

October 2018 - Nutrition Breakdown

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY						
1	<u>HIGH SODIUM MEAL</u> Roast Turkey* w/ Gravy Mashed Potatoes Cranberry Stuffing California Blend Vegetables Applesauce Peasant White Bread	<u>Na+</u> 683 77 176 154 29 25 142	2	Stuffed Pepper Casserole Mashed Potatoes Carrots Oreo Cookies Marble Rye Bread	<u>Na+</u> 176 176 53 190 105	3	Garlic Herbed Chicken Potatoes Au Gratin Peas & Pearl Onions Gingerbread Diet = Small Piece Whole Wheat Bread	<u>Na+</u> 346 205 34 289 144 138	4	Burger w/ Chili & Cheese Sweet Potato Fries Green Beans Pineapple Hamburger Bun	<u>Na+</u> 260 268 172 0 10 290	5	Breaded Fish Potato Wedges Mixed Vegetables Fresh Fruit Tartar Sauce Bun	<u>Na+</u> 220 283 30 0 85 290
Cal: 695 Fat: 24% Na+: 1412mg		Cal: 749 Fat: 33% Na+: 825mg		Cal: 729 Fat: 26% Na+:1136mg <i>Diet Cal: 659 Fat: 27% Na+: 992mg</i>		Cal: 860 Fat: 36% Na+: 1125mg		Cal: 737 Fat: 28% Na+:1033mg						
8	Columbus Day No Meal Served 		9	Haddock w/ Parmesan Cheese Sauce Wild Rice Broccoli & Carrots Baked Apples Pumpernickel Bread	<u>Na+</u> 296 167 185 38 14 135	10	<u>HIGH SODIUM MEAL</u> Hot Dog* Baked Beans Coleslaw Fresh Fruit Hot Dog Bun Mustard	<u>Na+</u> 540 370 219 0 195 50	11	Chicken Pesto Lemon Seasoned Rice Country Blend Vegetables Fresh Fruit Marble Rye Bread Cream of Tomato Soup	<u>Na+</u> 476 179 22 0 105 274	12	American Chop Suey Broccoli & Red Peppers Corn Peach Streusel Cake Diet = Small Piece Italian Bread	<u>Na+</u> 196 21 1 235 117 96
		Cal: 761 Fat: 35% Na+: 960mg		Cal: 857 Fat: 40% Na+: 1499mg		Cal: 818 Fat: 27% Na+: 1180mg		Cal: 759 Fat: 25% Na+: 674mg <i>Diet Cal: 645 Fat: 23% Na+: 557mg</i>						
15	Ranch Chicken* Red Bliss Potatoes Honey Glazed Carrots Fresh Fruit Blueberry Muffin	<u>Na+</u> 531 5 70 1 160	16	Beef w/ Onions & Peppers Potato Wedges Mixed Vegetables Yogurt Sandwich Roll	<u>Na+</u> 293 283 30 75 290	17	BBQ Pork Pie* Peas Pumpernickel Bread Pears	<u>Na+</u> 670 66 10 135	18	Chicken Picatta Vegetable Couscous Roman Blend Vegetables Vanilla Pudding Diet = Dt. Vanilla Pudding French Bread	<u>Na+</u> 417 77 12 170 125 120	19	Spaghetti & Meatballs Green Beans Cranberry Apple Crisp Diet = Applesauce Italian Bread	<u>Na+</u> 291 0 62 25 96
Cal: 762 Fat: 25% Na+: 891mg		Cal: 698 Fat: 27% Na+: 1097mg		Cal: 795 Fat: 27% Na+: 1006mg		Cal: 690 Fat: 21% Na+: 920mg <i>Diet Cal: 620 Fat: 20% Na+: 875mg</i>		Cal: 795 Fat: 22% Na+: 574mg <i>Diet Cal: 671 Fat: 20% Na+: 537mg</i>						
22	Fish w/ Crumb Topping Rice Pilaf Mixed Vegetables Mandarin Oranges Tartar Sauce Pumpernickel Bread	<u>Na+</u> 294 65 30 20 85 135	23	Greek Chicken Steamed White Rice Broccoli Bread Pudding Diet = Small Piece Peasant White Bread	<u>Na+</u> 479 64 22 145 73 142	24	Meatloaf w/ Beef Gravy Garlic Mashed Potatoes Chuck Wagon Corn Fresh Fruit Marble Rye Bread	<u>Na+</u> 301 72 114 4 0 105	25	Macaroni and Cheese Stewed Tomatoes Green Beans Birthday Cake Diet = Plain Birthday Cake Whole Wheat Bread	<u>Na+</u> 498 6 0 221 131 138	26	Chicken Pot Pie Mashed Potatoes Jardinière Vegetables Peaches Biscuit	<u>Na+</u> 208 176 28 10 340
Cal: 689 Fat: 25% Na+:754mg		Cal: 717 Fat: 22% Na+:976mg <i>Diet Cal: 642 Fat: 21% Na+: 904mg</i>		Cal: 759 Fat: 27% Na+: 721mg		Cal: 866 Fat: 32% Na+: 987mg <i>Diet Cal: 740 Fat: 31% Na+: 898mg</i>		Cal: 840 Fat: 33% Na+: 887mg						
25	Beef Stew Steamed White Rice Corn Nibbles Pineapple Biscuit	<u>Na+</u> 186 64 1 10 340	26	Vegetable Cheese Bake* Scalloped Potatoes Roman Vegetables Mixed Fruit French Bread	<u>Na+</u> 798 77 12 20 120	27	<u>HAPPY HALLOWEEN</u> Chicken Milano Yukon Gold Potatoes Beets Pumpkin Spice Mousse Marble Rye Bread Cream of Carrot Soup	<u>Na+</u> 396 5 140 150 105 140	<p>Menus are Subject to Change</p> <p>Meals are based on a No Added Salt (3,000-4,000 milligram diet) for healthy older adults. If you have a special concern regarding sodium, contact our Nutritionist for guidance on managing your intake to meet your dietary requirements.</p> <p>High Sodium Meal = >1200mg Na+ = Sodium mg = milligrams * Indicates higher sodium entrees >500mg</p>					
Cal: 796 Fat: 25% Na+: 725mg		Cal: 702 Fat: 42% Na+: 1152mg		Cal: 777 Fat: 32% Na+: 1061mg										