



November 2018 Nutrition Breakdown

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p><u>Menus are subject to change</u></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, please contact our Nutritionist for guidance on managing your intake to meet your diet requirements.</p> <p>Na = sodium mg=milligrams High Sodium Meal = > 1200mg Breakdown includes 125mg Na+ for milk *Indicates higher sodium entrees</p>						<p>1</p> <p>Salisbury Steak</p> <p>Gravy</p> <p>Garlic Mashed Potatoes</p> <p>Herbed Carrots</p> <p>Baked Apples</p> <p>Sandwich Roll</p> <p>Cal:812 Fat:35% Na+:991mg</p>		<p>2</p> <p>Potato Crunch Fish</p> <p>Potatoes Au Gratin</p> <p>Mixed Vegetables</p> <p>Butterscotch Pudding</p> <p>Diet = SF Vanilla Pudding</p> <p>Marble Rye Bread</p> <p>Tartar Sauce</p> <p>Cal:819 Fat:35% Na+:1076mg Diet Cal:781 Fat:35% Na+:955mg</p>	
<p>5</p> <p>Chicken Picatta</p> <p>Herbed Rice</p> <p>Spinach</p> <p>Lemon Pudding</p> <p>Diet = SF Tapioca Pudding</p> <p>Pumpnickel Bread</p> <p>Cal:686 Fat:20% Na+:993mg Diet Cal:636 Fat:22% Na+:948mg</p>		<p>6</p> <p>Meatballs</p> <p>Onion Gravy</p> <p>Bowtie Pasta</p> <p>Scandinavian Vegetables</p> <p>Mandarin Oranges</p> <p>French Bread</p> <p>Cal:683 Fat:27% Na+:575mg</p>		<p>7</p> <p>Marinated Pork Loin</p> <p>Seasoned Potatoes</p> <p>Carrots</p> <p>Pumpkin Spice Cake</p> <p>Diet = Half Piece</p> <p>Whole Wheat Bread</p> <p>Cal:722 Fat:30% Na+:1019mg Diet Cal:654 Fat:32% Na+:891mg</p>		<p>8</p> <p>BBQ Chicken</p> <p>Red Bliss Potatoes</p> <p>Green Beans</p> <p>Fresh Fruit</p> <p>Marble Rye Bread</p> <p>Vegetable Soup</p> <p>Cal:610 Fat:10% Na+:1142mg</p>		<p>9</p> <p>Macaroni & Cheese</p> <p>Stewed Tomatoes</p> <p>Roman Blend Vegetables</p> <p>Fruited Ambrosia</p> <p>Italian Bread</p> <p>Cal:773 Fat:34% Na+:770mg</p>	
<p>12</p> <p>Veterans Day</p> <p>No Meal Served</p> 		<p>13</p> <p>Chicken Fajitas</p> <p>Spanish Rice</p> <p>Black Beans & Corn</p> <p>Sour Cream</p> <p>Pita Bread</p> <p>Pineapple</p> <p>Cal:759 Fat:30% Na+:648mg</p>		<p>14</p> <p>High Sodium Meal</p> <p>Hot Dog*</p> <p>Baked Beans</p> <p>Coleslaw</p> <p>Fresh Fruit</p> <p>Hot Dog Bun</p> <p>Mustard Packet</p> <p>Cal:857 Fat:40% Na+:1499mg</p>		<p>15</p> <p>Beef w/Onions & Peppers</p> <p>Potato Wedges</p> <p>Honey Glazed Carrots</p> <p>Strawberry Cup</p> <p>Sandwich Roll</p> <p>Cal:768 Fat:32% Na+:1192mg</p>		<p>16</p> <p>Salmon Boat w/Dill Sauce</p> <p>Mashed Potatoes</p> <p>Peas & Pearl Onions</p> <p>Gingerbread</p> <p>Diet = Half Piece</p> <p>Pumpnickel Bread</p> <p>Cal:752 Fat:26% Na+:1041 Diet Cal:682 Fat:27% Na+:897mg</p>	
<p>19</p> <p>Beef Stew</p> <p>Rice</p> <p>Corn Niblets</p> <p>Mandarin Oranges</p> <p>French Bread</p> <p>Cal:732 Fat:17% Na+:502mg</p>		<p>20</p> <p>High Sodium Meal</p> <p>Roast Turkey</p> <p>Gravy</p> <p>Mashed Potatoes</p> <p>Herbed Stuffing</p> <p>Butternut Squash</p> <p>Cream Puff</p> <p>French Bread</p> <p>Cranberry Sauce</p> <p>Cal:937 Fat:34% Na+:1269mg</p>		<p>21</p> <p>Baked Potato</p> <p>w/ Chili & Cheese</p> <p>Broccoli</p> <p>Sour Cream</p> <p>Strawberry Cup</p> <p>Pumpnickel Bread</p> <p>Cal:688 Fat:21% Na+:853mg</p>		<p>22</p> <p>Thanksgiving Day</p> <p>No Meal Served</p> 		<p>23</p> <p>Shepherd's Pie</p> <p>Peas & Carrots</p> <p>Baked Cinnamon Pears</p> <p>Italian Bread</p> <p>Cal:746 Fat:28% Na+:582mg</p>	
<p>26</p> <p>Chicken Mornay*</p> <p>Couscous</p> <p>Brussels Sprouts</p> <p>Peaches</p> <p>Marble Rye Bread</p> <p>Cal:694 Fat:25% Na+:959mg</p>		<p>27</p> <p>Meatloaf</p> <p>Gravy</p> <p>Garlic Mashed Potatoes</p> <p>Peas & Carrots</p> <p>Fresh Fruit</p> <p>Whole Wheat Bread</p> <p>Cal:783 Fat:28% Na+:884mg</p>		<p>28</p> <p>Roast Pork</p> <p>Gravy</p> <p>Cranberry Stuffing</p> <p>California Blend Vegetables</p> <p>Baked Apples</p> <p>Marble Rye Bread</p> <p>Cal:682 Fat:30% Na+:1192mg</p>		<p>29</p> <p>Lasagna</p> <p>Meatballs w/sauce</p> <p>Italian Blend Vegetables</p> <p>Birthday Cake</p> <p>Diet = Half Piece</p> <p>Italian Bread</p> <p>Cal:741 Fat:24% Na+:1061mg Cal:650 Fat:23% Na+:951mg</p>		<p>30</p> <p>Haddock w/Cream Sauce</p> <p>Wild Rice</p> <p>Broccoli w/Red Peppers</p> <p>Blondie</p> <p>Diet = Half Piece</p> <p>French Bread</p> <p>Cal:941 Fat:38% Na+:1186 Cal:819 Fat:37% Na+:1050mg</p>	