

December 2018 - Nutrition Breakdown

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|-----------------------------------|---|--|--|---|---|---|--|-----------------------------------|---|
| 3 | Na+ 280 Pork Rib-i-que Macaroni & Cheese Green Beans Cold Baked Apples Sandwich Roll 249 0 14 290 | 4 | Na+ 260 Swedish Meatballs Mashed Potatoes Scandinavian Vegetables Vanilla Pudding Diet = SF Vanilla Pudding Marble Rye Bread 176 30 170 125 105 | 5 | Na+ 660 <u>High Sodium Meal</u> Sloppy Joe* Potato Wedges Mixed Vegetables Strawberries Sandwich Roll 283 30 2 290 | 6 | Na+ 443 Chicken Cacciatore Gemelli Pasta Broccoli Brownie Diet = Half Piece Italian Bread 8 22 149 75 96 | 7 | Na+ 484 Fish w/Crumb Topping Rice Pilaf Tuscany Style Vegetables Fruited Ambrosia Whole Wheat Bread 65 31 33 138 |
| Cal:676 Fat:30% Na+:958mg | | Cal:794 Fat:33% Na+:866mg Diet Cal:724 Fat:34% Na+:821mg | | Cal:710 Fat:28% Na+:1390mg | | Cal:676 Fat:16% Na+:843mg Diet Cal:603 Fat:16% Na+:768mg | | Cal:714 Fat:26% Na+:877mg | |
| 10 | Na+ 208 Chicken Pot Pie Mashed Potatoes Country Blend Vegetables Peaches Biscuit 176 22 10 340 | 11 | Na+ 291 Penne & Meatballs Green Beans Pear Crisp Diet = Pears Italian Bread 0 55 10 96 | 12 | Na+ 346 Garlic Herbed Chicken Bread Stuffing Brussels Sprouts Chocolate Pudding Diet = SF Tapioca Pudding Whole Wheat Bread 317 15 135 135 138 | 13 | Na+ 280 Potato Crunch Fish Herbed Potatoes Peas & Onions Cinnamon Streusel Cake Diet = Half Piece Pumpnickel Bread Tartar Sauce 46 34 271 135 135 85 | 14 | Na+ 557 Baked Ham w/Maple Glaze* Sour Cream & Chive Mashed Potato Carrots Fresh Fruit Marble Rye Bread 154 53 1 105 |
| Cal:841 Fat:33% Na+:881mg | | Cal:808 Fat:22% Na+:568mg Diet Cal:691 Fat:20% Na+:522mg | | Cal:691 Fat:24% Na+:1076mg Diet Cal:631 Fat:22% Na+:1076mg | | Cal:886 Fat:33% Na+:976mg Diet Cal:766 Fat:33% Na+:840mg | | Cal:739 Fat:21% Na+:1025mg | |
| 17 | Na+ 283 Salmon Boat with Dill Sauce Peas Lemon Seasoned Rice Mandarin Oranges Whole Wheat Bread 66 133 20 138 | 18 | Na+ 540 <u>High Sodium Meal</u> Hot Dog* Baked Beans Coleslaw Fresh Fruit Hot Dog Bun 370 219 0 195 | 19 | Na+ 196 American Chop Suey Broccoli & Red Peppers Bread Pudding Italian Bread Minestrone Soup 21 145 96 201 | 20 | Na+ 500 Holiday Meal Chicken with Sage Stuffing* Sour Cream & Chive Potatoes Butternut Squash Cream Puff French Bread 106 77 85 120 | 21 | Na+ 383 Braised Beef Gemelli Pasta California Vegetables Peaches Italian Bread 8 29 10 96 |
| Cal:688 Fat:18% Na+:764mg | | Cal:857 Fat:40% Na+:1499mg | | Cal:689 Fat:22% Na+:784mg | | Cal:865 Fat:36% Na+:1014mg | | Cal:750 Fat:28% Na+:651mg | |
| 24 | Na+ 476 Chicken Pesto Red Bliss Potatoes Corn Fresh Fruit Pumpnickel Bread 5 1 1 135 | 25 | Christmas No Meal Served  | 26 | Na+ 266 Roast Pork Loin Gravy Cranberry Stuffing Winter Mix Vegetables Baked Cinnamon Pears Cornbread 185 308 8 12 284 | 27 | Na+ 176 Stuffed Pepper Casserole Garlic Mashed Potatoes Carrots Birthday Cake Diet = Half Piece Whole Wheat Bread 176 176 53 221 110 138 | 28 | Na+ 581 Jambalaya* Rice Pilaf Peas and Onions Pineapple Italian Bread 65 72 1 96 |
| Cal:671 Fat:20% Na+:743mg | | | | Cal:709 Fat:26% Na+:1188mg | | Cal:797 Fat:30% Na+:889mg Diet Cal:706 Fat:30% Na+:778mg | | Cal:660 Fat:24% Na+:940mg | |
| 31 | 260 Burger Chili & Cheese Sweet Potato French Fries Green Beans Strawberry Cup Sandwich Roll 268 172 0 0 290 | Menus are Subject to Change 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 diet requirements. Na+ = Sodium mg = milligrams * Indicates higher sodium entrees >500mg High Sodium Meal = >1200mg | | | | | | | |
| Cal:880 Fat:36% Na+:1115mg | | | | | | | | | |