



January 2019 Nutrition Breakdown

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 New Year's Day No Meal Served 	2 Meatloaf with Gravy Garlic Mashed Potatoes Chuck Wagon Corn Fresh Fruit French Bread	3 Lemon Pepper Haddock* Mashed Sweet Potatoes Mixed Vegetables Cinnamon Streusel Cake Diet = Half Piece Whole Wheat Bread	4 Greek Chicken Herb Rice Roman Blend Vegetables Pear Crisp Diet = Applesauce Peasant White Bread
		Na+ 301 72 114 4 0 120	Na+ 506 76 30 271 135 138	Na+ 479 76 12 55 0 142
		Cal:761 Fat:26% Na+:736mg	Cal:755 Fat:19% Na+:1146mg Diet Cal:634 Fat:16% Na+1011mg	Cal:759 Fat:22% Na+:890mg Diet Cal:622 Fat:20% Na+:859mg
7 Beef Teriyaki Steamed White Rice Broccoli Pineapple Fortune Cookie Whole Wheat Bread	8 Vegetable Cheesebake* Seasoned Potatoes Green Beans Yogurt Italian Bread	9 Chicken Milano Wild Rice Spinach Fresh Fruit Pumpernickel Bread Cream of Carrot Soup	10 Salisbury Steak with Gravy Garlic Mashed Potatoes Herbed Carrots Brownie Diet = Half Piece Peasant White Bread	11 Potato Crunch Fish Potatoes Au Gratin Beets Pears Marble Rye Bread Tartar Sauce
Na+ 449 64 22 10 0 138	Na+ 798 46 0 50 96	Na+ 396 185 60 0 135 140	Na+ 240 72 114 54 149 75 142	Na+ 280 205 140 10 105 85
Cal:754 Fat:23% Na+:807mg	Cal:780 Fat:39% Na+:1115mg	Cal:819 Fat:28% Na+:1041mg	Cal:834 Fat:37% Na+:896mg Diet Cal:761 Fat:38% Na+:821mg	Cal:746 Fat:34% Na+:950mg
14 Chicken Picatta Rice Pilaf Brussels Sprouts Lemon Pudding Diet = Diet Tapioca Pumpnickel Bread	15 Meatballs with Onion Gravy Bowtie Pasta Scandinavian Vegetables Mandarin Oranges French Bread	16 Macaroni & Cheese Stewed Tomatoes Green Beans Fruited Ambrosia Italian Bread	17 BBQ Chicken* Mashed Potatoes Peas & Carrots Fresh Fruit Marble Rye Bread	18 Marinated Pork Loin Herbed Potatoes Carrots Gingerbread Diet = Half Piece Whole Wheat Bread
Na+ 417 65 15 180 135 135	Na+ 260 76 8 30 20 120	Na+ 482 6 0 33 96	Na+ 696 176 72 1 105	Na+ 400 46 53 289 144 138
Cal:704 Fat:18% Na+:937mg Diet Cal:654 Fat:19% Na+:892mg	Cal:764 Fat:35% Na+:639mg	Cal:829 Fat:38% Na+:742mg	Cal:703 Fat:18% Na+:1175mg	Cal:751 Fat:33% Na+:1051mg Diet Cal:680 Fat:34% Na+:907mg
21 Martin Luther King Day No Meal Served 	22 Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pineapple Pita Bread	23 Roast Pork with Gravy Cranberry Herb Stuffing California Vegetables Baked Apples Corn Muffin	24 HIGH SODIUM DAY Beef Patty with Onions & Peppers Potato Wedges Honey Glazed Carrots Birthday Cake Diet = Half Piece Sandwich Roll	25 Lasagna with Meatballs Country Blend Vegetables Fresh Fruit French Bread
	Na+ 97 51 293 13 10 68	Na+ 266 211 308 29 14 149	Na+ 420 4 283 70 221 110 290	Na+ 290 280 22 1 120
	Cal:754 Fat:30% Na+:656mg	Cal:774 Fat:34% Na+:1103mg	Cal:860 Fat:34% Na+:1412mg Diet Cal:769 Fat:35% Na+:1302mg	Cal:675 Fat:20% Na+:838mg
28 Beef Stew Steamed White Rice Corn Niblets Mandarin Oranges French Bread	29 Buttermilk Chicken Bread Stuffing Mixed Vegetables Strawberry Cup Whole Wheat Bread Chicken Vegetable Soup	30 Baked Potato with Chili & Cheese* Broccoli Sour Cream Chocolate Mousse Pumpnickel Bread	31 HIGH SODIUM DAY Hot Dog* Baked Beans Coleslaw Mustard Fresh Fruit Hot Dog Bun	
Na+ 186 64 1 7 120	Na+ 372 317 30 0 138 104	Na+ 7 564 22 13 224 135	Na+ 540 370 219 50 0 195	
Cal:732 Fat:21% Na+:502mg	Cal:706 Fat:21% Na+:1086mg	Cal:734 Fat:34% Na+:1091mg	Cal:857 Fat:40% Na+:1499mg	

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, please contact our Nutritionist for guidance on managing your intake to meet your dietary requirements.

Na = sodium mg = milligrams

High Sodium Meal = > 1200mg

Breakdown includes 125mg Na+ for milk

*Indicates higher sodium entrees >500mg