February 2019 Nutrition Breakdown

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 diet requirements.

Na = sodium mg=milligrams High Sodium Meal = > 1200mg

Breakdown includes 125mg Na+ for milk *Indicates higher sodium entrees

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
								1	Na+
								Harvest Pie*	501
								Corn Niblets	1
								Peas	66
								Yogurt	90
								Italian Bread	96
								Cal:855 Fat:28% Na+:879mg	
4	Na+	5	Na+	6 HIGH SODIUM DAY	Na+	7	Na+	8	Na+
Chicken Mornay*	640	**Meatloaf**	301	**Roast Turkey***	683	**Macaroni & Cheese**	498	**Haddock w/**	296
Vegetable Couscous	77	**w/ Gravy**	72	**w/ Gravy**	77	Stewed Tomatoes	6	**Parmesan Cream Sauce**	167
Roman Blend Vegetables	12	Garlic Mashed Potatoes	114	Mashed Potatoes	176	Green Beans	0	Wild Rice	185
Vanilla Pudding	170	Peas & Mushrooms	45	Cranberry Stuffing	154	Fresh Fruit	1	Broccoli & Red Peppers	21
Diet = Dt. Vanilla Pudding	125	Lorna Doone Cookies	147	Tuscany Vegetables	31	Italian Bread	96	Mixed Fruit	20
Marble Rye Bread	105	Whole Wheat Bread	138	Fruited Ambrosia	33	**Chicken Rice Soup**	148	Pumpernickel Bread	135
				French Bread	120				
Cal:770 Fat:28% Na+:1128mg		Cal:828 Fat:31% Na+:942mg		Cal:739 Fat:28% Na+:1400mg		Cal:839 Fat:28% Na+:874mg		Cal:782 Fat:34% Na+:949mg	
Diet Cal:700 Fat:28% Na+:1083mg									
11	Na+	12	Na+	13	Na+	14 Valentine's Day	Na+	15	Na+
Pork Rib-i-que	280	**Swedish Meatballs**	260	**Sloppy Joe's***	660	**Chicken Cacciatore**	443	**Fish w/ Crumb Topping**	484
Mac 'n Cheese	249	Mashed Potatoes	176	Herbed Potatoes	46	Gemelli Pasta	8	Rice Pilaf	65
Carrots & Green Beans	27	Scandinavian Vegetables	30	Mixed Vegetables	30	Broccoli	22	Brussel Sprouts	15
Mandarin Oranges	20	Jell-O	85	Fresh Fruit	1	Strawberry Shortcake	342	Tapioca	210
Sandwich Roll	290	Diet = Yogurt	75	Sandwich Roll	290	Diet = Half Serving	172	Diet = Dt. Tapioca	135
		Marble Rye Bread	105			Peasant White Bread	142	Whole Wheat Bread	138
Cal:686 Fat:30% Na+:991mg		Cal:698 Fat:32% Na+:781mg		Cal:801 Fat:24% Na+:1152mg		Cal:725 Fat:18% Na+:1082mg		Cal:753 Fat:22% Na+:1037mg	
		Diet Cal:724 Fat:31% Na+:771mg				Diet Cal:670 Fat:16% Na+:912mg		Diet Cal:703 Fat:22% Na+:962mg	
18		19	Na+	20	Na+	21	Na+	22	Na+
Presidents' Day		**Spaghetti & Meatballs**	291	**Potato Crunch Fish**	280	**Baked Ham**	440	**Garlic Herb Chicken**	346
No Meal Served		Green Beans	0	O'Brien Potatoes	65	Mash Sour Cr/Chive Potatoes	154	Bread Stuffing	317
		Apple Crisp	63	Peas & Onions	34	Honey Glazed Carrots	70	Country Blend Vegetables	22
		Diet = Applesauce	25	Baked Cinnamon Pears	12	Gingerbread w/ Whip. Top	289	Fresh Fruit	1
		Italian Bread	96	Pumpernickel Bread	135	Diet = Half Piece	144	Whole Wheat Bread	138
				Tartar Sauce	85	Marble Rye Bread	105	**Minestrone Soup**	201
		Cal:781 Fat:22% Na+:575mg		Cal:698 Fat:29% Na+:735mg		Cal:710 Fat:26% Na+:1183mg		Cal:731 Fat:19% Na+:1150mg	
		Diet Cal:671 Fat:20% Na+:537mg				Diet Cal:640 Fat:27% Na+:1039mg			
25	Na+	26 HIGH SODIUM DAY	Na+	27	Na+	28	Na+		
Chicken Pot Pie	208	**Hot Dog***	540	**Stuffed Pepper Casserole**	176	**Ranch Chicken***	531		
Mashed Potatoes	176	Baked Beans	370	Mashed Potatoes	176	Wild Rice	65		
Country Blend Vegetables	22	Coleslaw	219	Carrots	53	Spinach	60		
Peaches	10	Fresh Fruit	0	Blondie	272	Birthday Cake	221		
Whole Wheat Bread	138	Hot Dog Bun	195	Diet = Half Piece	136	Diet = Half Piece	110		
		Mustard	50	Marble Rye Bread	105	Pumpernickel Bread	135		
Cal:802 Fat:30% Na+:679mg		Cal:857 Fat:40% Na+:1499mg		Cal:854 Fat:34% Na+:908mg		Cal:765 Fat:26% Na+:1136mg			
				Diet Cal:733 Fat:33% Na+:771mg		Diet Cal:675 Fat:26% Na+:1026mg			