

March 2019 Nutrition Breakdown

Monday		Tuesday		Wednesday		Thursday		Friday	Na+		
MENU IS 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 ☺Indicates meatless meal									1	Braised Beef 383 Gemelli Pasta 8 Broccoli 22 Pears 5 Italian Bread 96	Cal:740 Fat:28% Na+:638mg
4	Chicken Pesto Na+ 476 Red Bliss Potatoes 5 Scandinavian Vegetables 30 Vanilla Mousse 150 Pumpernickel Bread 135	5	Jambalaya* Na+ 581 Rice Pilaf 65 Green Peas 58 Pineapple 10 Italian Bread 96	6	Vegetable Cheese Bake* Na+ 798 Seasoned Potatoes 46 Tuscany Blend Vegetables 31 Mandarin Oranges 20 Italian Bread 96 ☺	7	Roast Pork Loin with Gravy Na+ 477 Cranberry Herb Stuffing 308 Country Blend Vegetables 22 Fresh Fruit 14 Marble Rye Bread 105 Chicken Rice Soup 148	8	Macaroni & Cheese Na+ 498 Stewed Tomatoes 6 Green Beans 0 Cookie 147 French Bread 120 ☺	Cal:650 Fat:27% Na+:921mg	
Cal:650 Fat:27% Na+:921mg		Cal:665 Fat:24% Na+:935mg		Cal:754 Fat:40% Na+:1116mg		Cal:704 Fat:26% Na+:1199mg		Cal:818 Fat:34% Na+:895mg			
11	Shepherd's Pie Na+ 238 Carrots 53 Peas 58 Strawberry Cup 0 Marble Rye Bread 105	12	Greek Chicken Na+ 479 Bowtie Pasta 8 Broccoli with Red Peppers 21 Pear Crisp 55 Diet = Pears 5 Pumpernickel Bread 153	13	Meatloaf Na+ 301 Gravy 72 Garlic Mashed Potatoes 176 Chuck Wagon Corn 4 Peaches 5 French Bread 120	14	High Sodium Meal Na+ 931 Corned Beef* Boiled Potato 6 Cabbage & Carrots 25 Cake 221 Diet = Half Piece 110 Marble Rye Bread 105	15	Lemon Pepper Haddock* Na+ 589 Vegetable Rice Pilaf 64 Peas and Onions 34 Chocolate Pudding 135 Diet = SF Pudding 125 Whole Wheat Bread 138	Cal:767 Fat:29% Na+:579mg	
Cal:767 Fat:29% Na+:579mg		Cal:764 Fat:21% Na+:823mg <i>Diet Cal:638 Fat:19% Na+:773mg</i>		Cal:786 Fat:28% Na+:803mg		Cal:590 Fat:22% Na+:1413mg <i>Diet Cal:499 Fat:21% Na+:1302mg</i>		Cal:740 Fat:23% Na+:1085mg <i>Diet Cal:680 Fat:22% Na+:1075mg</i>			
18	American Chop Suey Na+ 196 California Blend Vegetables 29 Bread Pudding 145 French Bread 120	19	Beef Stir Fry Na+ 449 Steamed Rice 64 Broccoli 22 Pineapple 10 Fortune Cookie 0 Whole Wheat Bread 138	20	Chicken Milano Na+ 396 Rice Lentil Pilaf 72 Spinach 60 Apple Crisp 63 Diet = Applesauce 25 Pumpernickel Bread 135	21	Salisbury Steak with Gravy Na+ 312 Garlic Mashed Potatoes 176 Herbed Carrots 54 Strawberry Cup 0 Italian Bread 96 Minestrone Soup 201	22	Potato Crunch Fish Na+ 280 Potatoes Au Gratin 205 Mixed Vegetables 30 Brownie 149 Diet = Half Piece 75 Tartar Sauce 85 Marble Rye Bread 105	Cal:626 Fat:24% Na+:616mg	
Cal:626 Fat:24% Na+:616mg		Cal:754 Fat:23% Na+:807mg		Cal:789 Fat:27% Na+:851mg <i>Diet Cal:679 Fat:26% Na+:813mg</i>		Cal:871 Fat:36% Na+:964mg		Cal:836 Fat:34% Na+:979mg <i>Diet Cal:763 Fat:29% Na+:904mg</i>			
25	High Sodium Meal Na+ 420 Burger 297 Chili 180 Cheese 172 Sweet Potato Fries 0 Green Beans 0 Strawberries 0 Sandwich Roll 290	26	BBQ Chicken* Na+ 696 Mashed Potatoes 176 Carrots 53 Peaches 5 Marble Rye Bread 105	27	Marinated Pork Loin Na+ 400 Wild Rice 185 Roasted Brussels Sprouts 15 Gingerbread 289 Whole Wheat Bread 138	28	Meatballs Na+ 260 Onion Gravy 76 Gemelli Pasta 8 Broccoli with Red Peppers 21 Birthday Cake 221 Diet=Small Piece 110 Italian Bread 96	29	Fish with Crumb Topping Na+ 484 Lemon Herb Rice Pilaf 65 Tuscany Style Vegetables 31 Fruited Ambrosia 33 Tartar Sauce 85 Whole Wheat Bread 138	Cal:885 Fat:39% Na+:1486mg	
Cal:885 Fat:39% Na+:1486mg		Cal:645 Fat:19% Na+:1160mg		Cal:739 Fat:27% Na+:1152mg		Cal:747 Fat:38% Na+:681mg <i>Diet Cal:657 Fat:40% Na+:571mg</i>		Cal:759 Fat:29% Na+:962mg			