April 2019 Nutrition Breakdown

Monday		Tuesday		Wednesday		Thursday		Friday	
1	**Na+**	**2**	**Na+**	**3**	**Na+**	**4**	**Na+**	**5**	**Na+**
Spaghetti	248	Chicken Fajitas	97	Pork Rib-i-que	280	Beef with Onions & Peppers	423	Salmon Boat with Dill Sauce	283
Meatballs	190	Spanish Rice	51	Macaroni & Cheese	249	Potato Wedges	283	Mashed Potatoes	176
Green Beans	0	Black Beans & Corn	293	Mixed Vegetables	30	Herbed Carrots	54	Peas & Pearl Onions	34
Vanilla Pudding	170	Sour Cream	13	Strawberries	2	Baked Apples	14	Gingerbread	289
Diet = SF Vanilla Pudding	125	Pita Bread	68	Sandwich Roll	290	Sandwich Roll	290	Diet = Half Piece	144
Italian Bread	96	Pineapple	1					Pumpernickel Bread	135
Cal:781 Fat:22% Na+:682mg		Cal:759 Fat:30% Na+:648mg		Cal:676 Fat:30% Na+:976mg		Cal:753 Fat:38% Na+:1190mg		Cal:752 Fat:26% Na+:1041mg	
Diet Cal:711 Fat:21% Na+:637mg								Diet Cal:682 Fat:26% Na+:897mg	
8	**Na+**	**9 High Sodium Meal**	**Na+**	**10 High Sodium Meal**	**Na+**	**11**	**Na+**	**12**	**Na+**
Buttermilk Chicken	372	Hot Dog	540	Roast Turkey	683	Baked Potato	7	Macaroni & Cheese	498
Wild Rice	185	Baked Beans	370	Gravy	77	Chili & Cheese	536	Stewed Tomatoes	6
California Blend Vegetables	29	Coleslaw	219	Seasoned Stuffing	308	Broccoli	22	Green Beans	0
Lemon Pudding	180	Fresh Fruit	0	Herbed Brussels Sprouts	15	Sour Cream	13	Brownie	149
Diet = SF Pudding	125	Hot Dog Bun	195	Apple Crisp	63	Strawberry Cup	0	Diet = Half Piece	75
Pumpernickel Bread	135	Mustard	50	Diet = Applesauce	14	Pumpernickel Bread	135	Italian Bread	96
				Peasant White Bread	142	*Corn Chowder*	319		
Cal:701 Fat:19% Na+:1026mg		Cal:921 Fat:37% Na+:1359mg		Cal:714 Fat:22% Na+:1413mg		Cal:671 Fat:36% Na+:927mg		Cal:810 Fat:31% Na+:874mg	
Diet Cal:651 Fat:21% Na+:971mg				Diet Cal:601 Fat:19% Na+:1364mg				Diet Cal:737 Fat:32% Na+:799mg	
15		**16**		**17**		**18 *Easter Meal***		**19**	
Patriots' Day		Meatloaf	301	Shepherd's Pie	238	Baked Ham	451	Haddock	296
No Meals Served		Gravy	72	Carrots	53	Sr. Crm. & Chive Mash. Potato	106	Parmesan Cream Sauce	167
		Garlic Mashed Potatoes	114	Peas	58	Carrots	54	Vegetable Rice Pilaf	64
		Chuckwagon Corn	4	Cookies	190	Cream Puff	85	Broccoli & Red Peppers	21
		Fresh Fruit	0	Italian Bread	96	Marble Rye Bread	105	Fruited Ambrosia	33
		Whole Wheat Bread	138					Pumpernickel Bread	135
		Cal:799 Fat:28% Na+:816mg		Cal:800 Fat:32% Na+:760mg		Cal:671 Fat:36% Na+:927mg		Cal:786 Fat:38% Na+:841mg	
22	**Na+**	**23**	**Na+**	**24**	**Na+**	**25**	**Na+**	**26**	**Na+**
Roast Pork	266	Swedish Meatballs	260	Garlic Herbed Chicken	346	Lasagna	210	BBQ Pulled Pork	683
Gravy	211	Mashed Potatoes	176	Herbed Stuffing	317	Meatballs	140	Steamed Rice	64
Cranberry Stuffing	308	Scandinavian Vegetables	30	Spinach	60	Mixed Vegetables	30	Green Beans	0
Roasted Brussels Sprouts	15	Chocolate Mousse	224	Pear Crisp	55	Birthday Cake	221	Mandarin Oranges	7
Applesauce	15	Italian Bread	96	Diet = Pears	10	Diet = Half Piece	110	Sandwich Roll	290
Marble Rye Bread	105			Whole Wheat Bread	138	Italian Bread	96		
Cal:623 Fat:27% Na+:1045mg		Cal:739 Fat:36% Na+:912mg		Cal:713 Fat:23% Na+:1041mg		Cal:732 Fat:23% Na+:1041mg		Cal:665 Fat:19% Na+:1178mg	
				Diet Cal:596 Fat:21% Na+:996mg		Diet Cal:642 Fat:23% Na+:931mg			
29	**Na+**	**30**	**Na+**						
Chicken Pot Pie	208	Sloppy Joe	660						
Mashed Potatoes	176	O'Brien Potatoes	78						
Corn Niblets	1	Green Beans	0						
Peaches	10	Strawberry Cup	0						
Biscuit	340	Sandwich Roll	290						
Cal:873 Fat:32% Na+:860mg		Cal:749 Fat:23% Na+:1155mg							

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**