


May 2019 Nutrition Breakdown

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
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 dietary requirements. Na+ = Sodium *Indicates higher sodium entrees >500mg mg = milligrams High Sodium Meal = >1200mg				1 Potato Crunch Fish Herbed Potatoes 46 Peas & Onions 34 Gingerbread 289 Diet = Half Piece 144 Pumpernickel Bread 135 Cal: 765 Fat: 29% Na+: 909mg <i>Diet Cal: 693 Fat: 30% Na+: 764mg</i>	2 Baked Ham Sour Crm. & Chive Mash. Pot. 106 Carrots 53 Fresh Fruit 1 Corn Muffin 149 Cal: 721 Fat: 28% Na+: 875mg	3 Garlic Herbed Chicken Bread Stuffing 317 Roasted Brussels Sprouts 20 Vanilla Mousse 150 Whole Wheat Bread 138 Cal: 728 Fat: 32% Na+: 1096mg			
6 Stuffed Pepper Casserole Mashed Potatoes 176 Carrots 176 Lorna Doone Cookies 53 Marble Rye Bread 147 105 Cal: 748 Fat: 34% Na+: 782mg	7 <u>HIGH SODIUM MEAL</u> Hot Dog* Baked Beans 540 Coleslaw 216 Fresh Fruit 219 Hot Dog Bun 0 Mustard 195 50 Cal: 914 Fat: 37% Na+: 1344mg	8 Ranch Chicken* Potatoes Au Gratin 531 Peas & Carrots 205 Baked Apples 72 Pumpernickel Bread 14 135 Cal: 711 Fat: 30% Na+: 1081mg	9 <u>Mother's Day</u> Roast Pork Loin with Gravy Cranberry Herb Stuffing 303 Country Blend Vegetables 22 Cream Puffs (2) 171 Diet = Cream Puffs (1) 85 Italian Bread 96 Cal: 842 Fat: 36% Na+: 1193mg <i>Diet Cal: 701 Fat: 34% Na+: 1108mg</i>	10 Braised Beef Gemelli Pasta 383 Roasted Broccoli 8 Pears 21 Marble Rye Bread 10 105 Cal: 820 Fat: 34% Na+: 651mg					
13 Chicken Pesto Red Bliss Potatoes 476 Scandinavian Vegetables 5 Vanilla Pudding 30 Diet = SF Vanilla Pudding 170 Peasant White Bread 125 142 Cal: 704 Fat: 22% Na+: 949mg <i>Diet Cal: 634 Fat: 21% Na+: 904mg</i>	14 Beef Stir Fry Steamed White Rice 449 Oriental Blend 64 Pineapple 22 Fortune Cookie 10 Marble Rye Bread 0 105 Cal: 749 Fat: 23% Na+: 774mg	15 Lemon Pepper Haddock* Seasoned Potatoes 694 Mixed Vegetables 46 Pear Crisp 30 Diet = Applesauce 55 Whole Wheat Bread 25 138 Cal: 793 Fat: 25% Na+: 1089mg <i>Diet Cal: 656 Fat: 24% Na+: 1058mg</i>	16 American Chop Suey Roasted Broccoli 196 Bread Pudding 21 Peasant White Bread 145 142 Cal: 697 Fat: 30% Na+: 629mg	17 Jambalaya* Rice Pilaf 581 Green Peas 65 Mandarin Oranges 66 Cornbread 20 292 Cal: 754 Fat: 24% Na+: 1149mg					
20 Shepherd's Pie Carrots 238 Peas 53 Lemon Pudding 58 Diet = SF Tapioca 80 Marble Rye Bread 135 105 Cal: 817 Fat: 29% Na+: 759mg <i>Diet Cal: 767 Fat: 30% Na+: 714mg</i>	21 Greek Chicken Steamed White Rice 479 Roasted Brussels Sprouts 64 Peaches 20 Pumpernickel Bread 10 135 Cal: 706 Fat: 25% Na+: 833mg	22 Turkey* with Supreme Sauce Mashed Sweet Potatoes 76 Roasted California Blend 29 Fresh Fruit 1 Italian Bread 96 Cal: 712 Fat: 24% Na+: 1113mg	23 Meatloaf with Gravy Garlic Mashed Potatoes 114 Chuckwagon Corn 4 Birthday Cake 221 Diet = Small Piece 110 French Bread 120 Cal: 872 Fat: 28% Na+: 957mg <i>Diet Cal: 781 Fat: 28% Na+: 846mg</i>	24 <u>HIGH SODIUM MEAL</u> Burger with Chili & Cheese Sweet Potato Fries 420 Strawberries & Whip. Topping 477 Sandwich Roll 172 2 300 Cal: 877 Fat: 42% Na+: 1496mg					
27 Memorial Day No Meal Served 	28 Vegetable Cheese Bake* Seasoned Potatoes 798 Green Beans 46 Mandarin Oranges 0 Italian Bread 20 96 Cal: 750 Fat: 40% Na+: 1085mg	29 Chicken Milano Wild Rice 396 Spinach 185 Strawberry Cup 60 Pumpernickel Bread 0 135 Cal: 710 Fat: 24% Na+: 901mg	30 Salisbury Steak with Gravy Mashed Potatoes 240 Herbed Carrots 72 Brownie 176 Diet = Small Piece 54 French Bread 149 75 120 Cal: 863 Fat: 39% Na+: 936mg <i>Diet Cal: 790 Fat: 41% Na+: 862mg</i>	31 Potato Crunch Fish Potatoes Au Gratin 280 Mixed Vegetables 205 Melon 30 Marble Rye Bread 0 Tartar Sauce 105 85 Cal: 761 Fat: 34% Na+: 830mg					