

June 2019 Nutrition Breakdown

Monday	Tuesday	Wednesday	Thursday	Friday
3 Chicken Picatta Rice Lentil Pilaf Roasted California Blend Yogurt Pumpernickel Bread Na+ 417 72 29 50 135	4 Meatballs with Onion Gravy Bowtie Pasta Scandinavian Vegetables Pineapple French Bread Na+ 260 76 8 30 1 120	5 Marinated Pork Loin Herbed Potatoes Peas & Pearl Onions Gingerbread Diet = Small Piece Whole Wheat Bread Na+ 400 46 34 289 144 138	6 Beef Patty with Onions & Peppers Potato Wedges Honey Glazed Carrots Fresh Fruit Sandwich Roll Na+ 423 283 70 2 2 290	7 Macaroni & Cheese Stewed Tomatoes Green Beans Fruited Ambrosia Italian Bread Na+ 498 6 0 33 96
Cal:715 Fat:24% Na+:828mg	Cal:783 Fat:34% Na+:620mg	Cal:756 Fat:32% Na+:1032mg Diet Cal:686 Fat:33% Na+:887mg	Cal:773 Fat:32% Na+:1193mg	Cal:776 Fat:32% Na+:758mg
10 Lasagna with Meatballs Green Beans Lorna Doone Cookies Peasant White Bread Na+ 430 140 0 147 142	11 Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple Na+ 97 51 293 13 68 10	12 Salmon Boat with Dill Sauce Mashed Potatoes Carrots Strawberry Cups Pumpernickel Bread Na+ 210 73 176 53 0 135	13 <u>Father's Day Meal</u> High Sodium Entree BBQ Chicken* Cornbread Stuffing Roasted Broccoli Cream Puffs Italian Bread Na+ 696 292 21 85 96	14 Roast Pork with Gravy Mashed Potatoes Roasted California Vegetables Apple Crisp Diet = Applesauce Marble Rye Bread Na+ 266 211 176 29 63 25 105
Cal:703 Fat:27% Na+:984mg	Cal:754 Fat:30% Na+:656mg	Cal:696 Fat:25% Na+:772mg	Cal:720 Fat:30% Na+: 1315mg	Cal:795 Fat:37% Na+:976mg Diet Cal:685 Fat:37% Na+:938mg
17 Beef Stew Rice Corn Niblets Mandarin Oranges French Bread 186 64 1 7 120	18 Shepherd's Pie Carrots Peas Peaches Italian Bread 238 53 58 10 96	19 Buttermilk Chicken Red Bliss Potatoes Mixed Vegetables Cinnamon Streusel Cake Diet = Half Piece Whole Wheat Bread 372 5 30 271 138	20 Baked Potato with Chili & Cheese* Broccoli Sour Cream Chocolate Mousse Pumpernickel Bread 7 654 22 13 224 135	21 <u>High Sodium Entree</u> Hot Dog* Baked Beans Coleslaw Strawberry Cups Mustard Hot Dog Bun 540 295 219 0 50 195
Cal:732 Fat:21% Na+:502mg	Cal:732 Fat:29% Na+:580mg	Cal:728 Fat:24% Na+:941mg Diet Cal:607 Fat:22% Na+:805mg	Cal:789 Fat:37% Na+:1181mg	Cal:982 Fat:34% Na+:1424g
24 Chicken Mornay* Vegetable Couscous Roman Blend Vegetables Tapioca Pudding Diet = Dt. Vanilla Pudding Marble Rye Bread Na+ 640 77 12 210 125 105	25 Meatloaf with Gravy Mashed Potatoes Country Blend Vegetables Mixed Fruit Whole Wheat Bread Na+ 301 72 176 22 20 138	26 Roast Turkey* with Gravy Mashed Sweet Potatoes Roasted Brussels Sprouts Cinnamon Pears French Bread Na+ 683 77 76 20 12 120	27 Frittata O'Brien Potatoes Green Beans Birthday Cake Diet = Small Piece Italian Bread Na+ 389 78 0 221 110 96	28 Haddock with Parmesan Cream Sauce Wild Rice Broccoli w/ Red Peppers Fresh Fruit Pumpernickel Bread Na+ 296 167 185 21 0 135
Cal:750 Fat:26% Na+:1168mg Diet Cal:700 Fat:28% Na+:1083mg	Cal:786 Fat: 28% Na+:854mg	Cal:705 Fat:23% Na+:1114mg	Cal:808 Fat:36% Na+:931mg Diet Cal:717 Fat:37% Na+:821mg	Cal:772 Fat:35% Na+:929mg

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**

MENU SUBJECT TO CHANGE