

## September 2019 Nutrition Breakdown

Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6
<b>Labor Day</b> <b>No Meal Served</b> 	<b>Meatloaf with Gravy</b> Garlic Mashed Potatoes Country Blend Vegetables Fresh Fruit Whole Wheat Bread	<b>Chicken Pot Pie</b> Mashed Potatoes Corn Peaches Biscuit	<b>Baked Ham with Maple Glaze</b> Scalloped Potatoes Honey Glazed Carrots Apple Crisp Diet = Applesauce Cornbread	<b>Chicken Drumsticks</b> Bread Stuffing Roasted California Vegetables Lemon Pudding Diet = SF Tapioca Marble Rye Bread
	Na+ 301 72 114 22 0 138	Na+ 208 176 1 10 340	Na+ 451 30 77 70 63 25 292	Na+ 450 307 29 180 135 105
	Cal:741 Fat:27% Na+:771mg	Cal:873 Fat:32% Na+:860mg	Cal:756 Fat:23% Na+:1108mg Diet Cal:646 Fat:21% Na+:1070mg	Cal:756 Fat:32% Na+:1196mg Diet Cal:706 Fat:34% Na+:1151mg
9	10	11	12	13
<b>Roast Turkey* with Gravy</b> Mashed Sweet Potatoes Roasted Brussels Sprouts Cranberry Sauce Cinnamon Pears French Bread	<b>Swedish Meatballs</b> Mashed Potatoes Scandinavian Vegetables Chocolate Pudding Diet = SF Chocolate Pudding Marble Rye Bread	<u><b>HIGH SODIUM MEAL</b></u> <b>Sloppy Joe*</b> Herb Potatoes Mixed Vegetables Fresh Fruit Sandwich Roll	<b>Chicken Cacciatore</b> Steamed Rice Roasted Broccoli Brownie Diet = Half Piece Italian Bread	<b>Braised Beef</b> Gemelli Pasta Spinach Mixed Fruit Whole Wheat Bread
Na+ 683 77 76 20 0 12 120	Na+ 260 176 30 135 129 105	Na+ 660 46 30 0 290	Na+ 443 64 21 149 75 96	Na+ 383 8 60 20 138
Cal:739 Fat:22% Na+:1114mg	Cal:784 Fat:34% Na+:831mg Diet Cal:710 Fat:33% Na+:826mg	Cal:767 Fat: 25% Na+: 1151mg	Cal:711 Fat:24% Na+:898mg Diet Cal:639 Fat:24% Na+:823mg	Cal:774 Fat:28% Na+:733mg
16	17	18	19	20
<b>Pork Rib-i-que</b> Mac 'n Cheese Peas & Carrots Strawberries Whip. Topping Sandwich Roll	<b>Macaroni &amp; Cheese</b> Stewed Tomatoes Green Beans Lorna Doone Cookies Whole Wheat Bread	<b>Chicken Pesto</b> Red Bliss Potatoes Country Blend Vegetables Blondie Diet = Half Piece Pumpernickel Bread	<b>Spaghetti &amp; Meatballs</b> Green Beans Peach Crisp Diet = Peaches Italian Bread	<b>Potato Crunch Fish</b> Wild Rice Peas & Onions Tartar Sauce Pineapple Pumpernickel Bread
Na+ 280 249 72 2 0 290	Na+ 498 6 0 147 138	Na+ 476 5 22 272 136 135	Na+ 291 0 36 10 96	Na+ 280 185 34 85 10 135
Cal:709 Fat:32% Na+:1018mg	Cal:821 Fat:35% Na+:913mg	Cal:778 Fat:29% Na+:1035mg Diet Cal:657 Fat:27% Na+:899mg	Cal:750 Fat:22% Na+:548mg Diet Cal:691 Fat:20% Na+:522mg	Cal:726 Fat:27% Na+:853mg
23	24	25	26	27
<b>Beef Steak Fajitas</b> Peppers & Onions Lemon Herb Rice Sour Cream Mandarin Oranges Pita Bread	<u><b>HIGH SODIUM MEAL</b></u> <b>Hot Dog*</b> Baked Beans Garbanzo & Tomato Salad Fresh Fruit Hot Dog Bun Mustard	<b>Chicken Mornay*</b> Couscous Roman Blend Vegetables Vanilla Mousse Marble Rye Bread	<b>Stuffed Pepper Casserole</b> Mashed Potatoes Carrots Birthday Cake Diet = Half Piece Pumpernickel Bread	<u><b>HIGH SODIUM MEAL</b></u> <b>Pinwheels w/ Marinara Sauce &amp; Meatballs</b> Broccoli Fresh Fruit Italian Bread
Na+ 272 3 133 20 13 68	Na+ 540 295 245 0 195 50	Na+ 640 70 12 150 105	Na+ 176 176 53 221 110 135	Na+ 470 428 140 22 1 96
Cal:740 Fat:38% Na+:634mg	Cal:955 Fat:29% Na+:1450mg	Cal:733 Fat:31% Na+:1101mg	Cal:799 Fat:30% Na+:886mg Diet Cal:708 Fat:30% Na+:775mg	Cal:733 Fat:27% Na+:1282mg
30	<b>BBQ Pulled Pork*</b> Herbed Potatoes Green Beans Baked Apples Sandwich Roll			
Na+ 683 46 0 14 290	Cal:690 Fat:22% Na+:1158mg			
<b>Menus are Subject to Change</b> 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  indicates meatless meal				