

February 2020 - Nutrition Breakdown

Monday		Tuesday		Wednesday		Thursday		Friday						
3	Chicken Pot Pie Mashed Potatoes Beets Peaches Biscuit	<u>Na+</u> 208 126 140 10 340	4	Spaghetti & Meatballs Green Beans Lemon Pudding Diet = SF Tapioca Italian Bread	<u>Na+</u> 291 0 180 135 96	5	Potato Crunch Fish Wild Rice Country Blend Vegetables Tartar Sauce Fresh Fruit Pumpernickel Bread	<u>Na+</u> 280 185 22 85 0 135	6	Baked Ham with Maple Glaze Sour Cream & Chive Potatoes Peas & Carrots Cinnamon Streusel Cake Diet = Half Piece Marble Rye Bread	<u>Na+</u> 440 30 106 72 271 135 105	7	Garlic Herbed Chicken Cranberry Herb Stuffing Roasted Brussel Sprouts Pear Crisp Diet = Applesauce Whole Wheat Bread	<u>Na+</u> 346 331 20 55 25 138
Cal: 793 Na+: 949mg		Cal: 761 Na+: 692mg Diet Cal: 711 Na+: 647mg		Cal: 727 Na+: 831mg		Cal: 813 Na+: 1149mg Diet Cal: 692 Na+: 1013mg		Cal: 822 Na+: 1015mg Diet Cal: 686 Na+: 985mg						
10	Braised Beef Gemelli Pasta Broccoli Mandarin Oranges Italian Bread	<u>Na+</u> 383 8 22 20 96	11	<u>HIGH SODIUM MEAL</u> Hot Dog* Baked Beans Coleslaw Fresh Fruit Hot Dog Bun Mustard	<u>Na+</u> 540 370 219 0 195 50	12	Stuffed Pepper Casserole Mashed Potatoes Honey Glazed Carrots Brownie Diet = Half Piece Marble Rye Bread	<u>Na+</u> 176 126 70 149 75 105	13	Broccoli & Cheese Stuffed Chicken with Gravy Wild Rice Spinach Vanilla Yogurt Pumpernickel Bread	<u>Na+</u> 410 77 185 60 50 135	14	<u>HIGH SODIUM MEAL</u> Turkey* with Supreme Sauce Herb Stuffing Roasted California Blend Strawberry Shortcake Diet = Strawberries/Whip Top Italian Bread	<u>Na+</u> 683 102 307 29 112 2 96
Cal: 739 Na+: 653mg		Cal: 857 Na+: 1499mg		Cal: 760 Na+: 751mg Diet Cal: 687 Na+: 676mg		Cal: 762 Na+: 1042mg		Cal: 793 Na+: 1455mg Diet Cal: 643 Na+: 1345mg						
17	President's Day No Meal Served 		18	Burger with Chili Yukon Potatoes Green Beans Fresh Fruit Sandwich Roll	<u>Na+</u> 420 297 5 0 0 290	19	Roast Pork Loin with Gravy Bread Stuffing Country Blend Vegetables Apple Crisp Diet = Applesauce Italian Bread	<u>Na+</u> 400 159 307 22 63 25 96	20	American Chop Suey Broccoli & Red Peppers Bread Pudding French Bread Minestrone Soup	<u>Na+</u> 196 21 145 120 201	21	Greek Chicken Steamed White Rice Roasted Broccoli Fruited Ambrosia Pumpernickel Bread	<u>Na+</u> 479 64 21 33 135
		Cal: 707 Na+: 1136mg		Cal: 784 Na+: 1171mg Diet Cal: 674 Na+: 1133mg		Cal: 706 Na+: 808mg		Cal: 724 Na+: 857mg						
24	Shepherd's Pie Carrots Peas Fresh Fruit Marble Rye Bread	<u>Na+</u> 238 53 58 0 105	25	<u>Mardi Gras</u> Jambalaya Rice Pilaf Mixed Vegetables Pineapple Corn Muffin	<u>Na+</u> 474 65 30 10 149	26	<u>Ash Wednesday</u> Cheese Ravioli w/ Vegetable Alfredo Sauce O'Brien Potatoes Roasted Brussel Sprouts Baked Apples French Bread	<u>Na+</u> 238 153 101 20 14 120	27	Chicken Pesto Red Bliss Potatoes Country Blend Vegetables Birthday Cake Diet = Half Piece Pumpernickel Bread	<u>Na+</u> 476 5 22 221 110 135	28	Lemon Pepper Fish Potatoes Au Gratin Jardinière Vegetables Tartar Sauce Lorna Doone Cookies Whole Wheat Bread	<u>Na+</u> 460 205 28 85 147 142
Cal: 748 Na+: 579mg		Cal: 766 Na+: 853mg		Cal: 691 Na+: 772mg		Cal: 716 Na+: 983mg Diet Cal: 625 Na+: 873mg		Cal: 707 Na+: 1191mg						

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 out Nutritionist for guidance on managing your intake to meet your dietary requirements.

Na+ = sodium *indicates higher sodium entrees>500mg mg = milligrams

Breakdown includes 125mg Na+ for milk 🍷 indicates meatless meal