

# March 2020 - Nutrition Breakdown

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY																																																																																																															
2	Teriyaki Beef Steamed Rice Broccoli Pineapple Fortune Cookie Whole Wheat Bread	Na+ 449 64 22 1 0 138	3	Chicken Picatta Wild Rice Roasted California Vegetables Lemon Pudding Diet = SF Tapioca Pudding Pumpnickel Bread	Na+ 417 185 29 180 135 135	4	Shepherd's Pie Carrots Peas Cinnamon Streusel Cake Diet = Small Piece Italian Bread	Na+ 238 43 58 271 135 96	5	Salisbury Steak Gravy Garlic Mashed Potatoes Mixed Vegetables Fresh Fruit Sandwich Roll Chicken Vegetable Soup	Na+ 240 72 126 30 1 290 104	6	Potato Crunch Fish Potatoes Au Gratin Jardinière Vegetables Baked Cinnamon Pears Marble Rye Bread Tartar Sauce	Na+ 280 205 28 12 105 85	Cal:758 Na+:799mg		Cal:756 Na+:1071mg Diet Cal:706 Na+:1026mg		Cal:895 Na+:831mg Diet Cal:774 Na+:695mg		Cal:854 Na+:999mg		Cal:776 Na+:840mg		9	Chicken with BBQ Sauce Mashed Potatoes Glazed Carrots Fresh Fruit Whole Wheat Bread	Na+ 320 376 126 70 0 138	10	Meatballs with Onion Gravy Gemelli Pasta Summer Corn Fruited Ambrosia Marble Rye Bread	Na+ 210 76 8 19 33 105	11	Marinated Pork Loin Herbed Potatoes Peas & Onions Gingerbread Yogurt	Na+ 400 46 34 289 75	12	Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple	Na+ 97 51 293 13 68 1	13	 Macaroni & Cheese Stewed Tomatoes Green Beans Brownie Diet = Half Piece Italian Bread	Na+ 498 6 0 149 75 96	Cal:701 Na+:1156mg		Cal:729 Na+:451mg		Cal:750 Na+:969mg		Cal:759 Na+:648mg		Cal:810 Na+:874mg Diet Cal:737 Na+:799mg		16	Lasagna Meatballs Mixed Vegetables Lorna Doone Cookies French Bread	Na+ 360 210 30 147 120	17	<i>High Sodium Meal</i> Corned Beef* Boiled Potato Cabbage & Carrots Chocolate Pudding Diet = Vanilla Pudding Corn Muffin	Na+ 931 6 55 135 125 149	18	Beef with Onions & Peppers Potato Wedges Honey Glazed Carrots Fresh Fruit Sandwich Roll	Na+ 423 283 70 0 290	19	Roast Pork Gravy Cranberry Stuffing Roasted Brussels Sprouts Baked Apples Pumpnickel Bread	Na+ 266 211 331 20 14 135	20	Fish with Crumb Topping Rice Pilaf Roasted California Blend Veg Pear Crisp Diet=Pears Whole Wheat Bread	Na+ 438 65 29 55 5 138	Cal:705 Na+:992mg		Cal:744 Na+:1401mg Diet Cal:684 Na+:1391mg		Cal:749 Na+:1192mg		Cal:720 Na+:1102mg		Cal:827 Na+:851mg Diet Cal:702 Na+:801mg		23	Beef Stew Rice Corn Niblets Mandarin Oranges Italian Bread	Na+ 186 64 1 20 96	24	Buttermilk Chicken Sr. Crm. & Chive Mash. Potato Peas & Carrots Oreo Cookies Whole Wheat Bread	Na+ 372 154 72 190 138	25	Baked Potato with Chili & Cheese* Broccoli Sour Cream Birthday Cake Diet = Small Piece Pumpnickel Bread	Na+ 7 654 22 13 221 110 135	26	<i>High Sodium Meal</i> Hot Dog* Baked Beans Coleslaw Strawberries Hot Dog Bun Mustard	Na+ 540 370 219 0 195 50	27	 Vegetable Cheese Bake* Seasoned Potatoes Green Beans Peaches Italian Bread	Na+ 798 46 0 10 96	Cal:727 Na+:491mg		Cal:757 Na+:1050mg		Cal:850 Na+:1177mg Diet Cal:759 Na+:1067mg		Cal:857 Na+:1499mg		Cal:750 Na+:1075mg		30	Chicken Mornay* Couscous Roman Blend Vegetables Butterscotch Pudding Diet= SF Vanilla Pudding Marble Rye Bread	Na+ 640 70 12 246 125 105	31	Meatloaf Gravy Garlic Mashed Potatoes Peas & Onions Mixed Fruit Whole Wheat Bread	Na+ 301 72 126 34 10 138	Meals are based on a No Added Salt (3,000 - 4,000 mg 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    mg = milligrams    High Sodium Meal = >1200mg    *Indicates higher sodium entrees >500mg  Breakdown Includes 125mg Na+ for milk  indicates meatless meal				Cal:744 Na+:1197mg Diet Cal:706 Na+:1076mg		Cal:736 Na+:806mg							
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