September 2020 - Nutrition Breakdown

Monday	Na+	Tuesday	Na+	Wednesday	Na+	Thursday	Na+	Friday	Na+
		1 **HIGH SODIUM MEAL**		2		3		4	
		Hot Dog*	540	**Stuffed Pepper Casserole**	176	**Ranch Chicken***	531	**Braised Beef**	383
		Baked Beans	370	Mashed Potatoes	107	Wild Rice	282	Gemelli Pasta	8
		Green Beans	0	Carrots	53	Spinach	120	Broccoli	16
		Orange	0	Lorna Doone Cookies	147	Pears	10	Yogurt	50
		Hot Dog Bun	195	Pumpernickel Bread	135	Marble Rye Bread	105	Italian Bread	96
		Mustard	50						
		Cal:773 Na+:1280mg		Cal:723 Na+:743mg		Cal:707 Na+:1172mg		Cal:768 Na+:677mg	
7		8		9		10		11	
Labor Day		**Burger**	420	**Roast Pork Loin**	400	**American Chop Suey**	184	**Chicken Pesto**	476
No Meal Served		Chili & Cheese	327	**with Gravy**	170	Roasted Broccoli & Carrots	33	Red Bliss Potatoes	5
		Green Beans	0	Mashed Potatoes	107	Bread Pudding	145	Mixed Vegetables	30
		Steak Cut Fries	25	Country Blend Vegetables	15	Peasant White Bread	142	Fresh Fruit	1
		Strawberries	2	Pears	10			Corn Muffin	149
		Sandwich Roll	290	Marble Rye Bread	105				
		Cal:739 Na+:1190mg		Cal:718 Na+:938g		Cal:705 Na+:629mg		Cal:784 Na+:787mg	
14		15		16		17 **HIGH SODIUM MEAL**		18	
Shepherd's Pie	267	**Chicken Milano***	533	**Meatloaf**	209	**Turkey***	683	**Lemon Pepper Fish***	539
Carrots	53	Vegetable Couscous	77	**with Gravy**	82	**with Supreme Sauce**	115	Seasoned Potatoes	7
Peas	58	Spinach	120	Garlic Mashed Potatoes	106	Herbed Stuffing	323	Scandinavian Vegetables	30
Apple Cinnamon Grahams	85	Mixed Fruit	20	Chuckwagon Corn	1	Roasted California Blend	32	Chocolate Pudding	135
Marble Rye Bread	105	Pumpernickel Bread	135	Peaches	5	Fresh Fruit	1	Diet = SF Vanilla Pudding	125
				French Bread	120	Whole Wheat Bread	138	Italian Bread	96
Cal:791 Na+:694mg		Cal:748 Na+:1009mg		Cal:749 Na+:649mg		Cal:707 Na+:1418mg		Cal:756 Na+:932mg Diet Cal:696 Na+:922mg	
21		22 ꕥ		23		24		25	
Teriyaki Beef	438	**Vegetable Cheese Bake**	416	**Potato Crunch Fish**	280	**Salisbury Steak**	240	**Cranberry Chicken Salad**	280
Steamed Rice	100	Seasoned Potatoes	7	Potatoes Au Gratin	285	**with Gravy**	82	Pasta Salad	285
Broccoli	16	Green Beans	0	Mixed Vegetables	30	Garlic Mashed Potatoes	107	Three Bean Salad	32
Pineapple	0	Fresh Fruit	0	Oreos	190	Herbed Carrots	53	Fruited Ambrosia	26
Fortune Cookie	0	Italian Bread	96	Marble Rye Bread	105	Cheesecake Mousse	130	Pumpernickel Bread	135
Whole Wheat Bread	138			Tartar Sauce	85	Sandwich Roll	290		
Cal:802 Na+:817mg		Cal:813 Na+:644mg		Cal:836 Na+:1100mg		Cal:790 Na+:1028mg		Cal:892 Na+:719mg	
28		29		30					
Chicken Cordon Bleu*	550	**Meatballs**	260	**Marinated Pork Loin**	400				
Mashed Sweet Potatoes	76	**with Onion Gravy**	85	Herbed Potatoes	7				
Capri Blend Vegetables	16	Bowtie Pasta	8	Carrots	53				
Lemon Pudding	180	Broccoli	16	Vanilla Mousse	150				
Diet = SF Tapioca	135	Fresh Fruit	0	Whole Wheat Bread	138				
Pumpernickel Bread	135	French Bread	120						
Cal:789 Na+:1082mg Diet Cal:739 Na+:1037mg		Cal:762 Na+:613mg		Cal:714 Na+:872mg					

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 diet requirements.

Na+ = Sodium ***Indicates higher sodium entrees >500mg**

mg = milligrams **High Sodium Meal = >1200mg**

Breakdown includes 125mg Na+ for milk **ꕥ indicates meatless meal**