

October 2020 - Nutrition Breakdown

Monday		Tuesday		Wednesday		Thursday		Friday						
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 dietary requirements. Na+ = Sodium mg = milligrams Breakdown includes 125mg Na+ for milk						1 Chicken with BBQ Sauce Mashed Potatoes Country Blend Vegetables Mixed Fruit Blueberry Snack 'n Loaf		Na+ 320 391 107 22 20 160	2 Macaroni & Cheese Stewed Tomatoes Green Beans Peaches Italian Bread		Na+ 496 6 0 5 96			
Cal:693 Na+:961mg Diet Cal:623 Na+:916mg		Cal:761 Na+:662mg		Cal:707 Na+:1148mg		Cal:749 Na+:1192mg		Cal:740 Na+:870mg						
5	Lasagna with Meatballs Green Beans Vanilla Pudding Diet = SF Vanilla Pudding Italian Bread	Na+ 430 120 0 170 125 96	6	Chicken Fajitas Spanish Rice Black Beans & Corn Pineapple Pita Bread Sour Cream	Na+ 97 66 292 1 68 13	7	Roast Pork with Gravy Cranberry Stuffing Roasted California Vegetables Applesauce White Peasant Bread	Na+ 266 211 347 32 25 142	8	Beef with Onions & Peppers Potato Wedges Honey Glazed Carrot Fresh Fruit Sandwich Roll	Na+ 420 4 283 70 0 290	9	Potato Crunch Fish Garlic Mashed Potatoes Peas & Pearl Onions Oreos Pumpernickel Bread	Na+ 280 107 34 190 135
Cal:693 Na+:961mg Diet Cal:623 Na+:916mg		Cal:761 Na+:662mg		Cal:707 Na+:1148mg		Cal:749 Na+:1192mg		Cal:740 Na+:870mg						
12	Columbus Day No Meal Served 	Na+	13	<u>HIGH SODIUM MEAL</u> Hot Dog* Baked Beans Green Beans Fresh Orange Mustard Hot Dog Bun	Na+ 540 370 0 0 50 195	14	Baked Potato with Chili & Cheese Broccoli Sour Cream Peaches Pumpernickel Bread	Na+ 7 474 180 16 13 5 135	15	Broc. & Cheese Stuffed Chicken with Gravy Lemon Seasoned Potatoes Mixed Vegetables Yogurt White Peasant Bread	Na+ 410 81 179 30 75 142	16	Shepherd's Pie Carrots Peas Fruited Ambrosia Italian Bread	Na+ 267 53 58 26 96
Cal:719 Na+:1014mg		Cal:738 Na+:712mg		Cal:681 Na+:1173mg		Cal:748 Na+:853mg		Cal:763 Na+:731mg						
19	Chicken Mornay* Couscous Roman Blend Vegetables Apple Grahams Marble Rye Bread	Na+ 606 84 9 85 105	20	Meatloaf with Gravy Garlic Mashed Potatoes Tuscany Vegetables Mixed Fruit Whole Wheat Bread	Na+ 209 82 107 31 20 138	21	Roast Turkey* with Gravy Mashed Sweet Potatoes Green Peas Cinnamon Pears French Bread	Na+ 683 150 76 7 12 120	22	Macaroni & Cheese Stewed Tomatoes Green Beans Cheesecake Mousse Italian Bread	Na+ 496 6 0 130 96	23	Baked Cod w/ Parmesan Cream Sauce Lemon Seasoned Rice California Vegetables Fresh Fruit Pumpernickel Bread	Na+ 125 167 149 29 0 135
Cal:699 Na+:968mg		Cal:744 Na+:828mg Diet Cal:694 Na+:753mg		Cal:710 Na+:1380mg		Cal:708 Na+:712mg		Cal:720 Na+:923mg						
26	Pork Rib-i-que Macaroni & Cheese Jardiniere Vegetables Pineapple Sandwich Roll	Na+ 280 248 25 0 290	27	Swedish Meatballs Mashed Potatoes Country Blend Vegetables Tapioca Pudding Diet = SF Tapioca Pudding Marble Rye Bread	Na+ 260 107 22 210 135 105	28	<u>HIGH SODIUM MEAL</u> Sloppy Joe* Potato Wedge Mixed Vegetables Strawberries Sandwich Roll	Na+ 660 273 30 2 290	29	Chicken Cacciatore Gemelli Pasta Roasted Broccoli Fresh Fruit Italian Bread	Na+ 443 8 15 1 120	30	Fish with Crumb Topping Sour Cream & Chive Potatoes Capri Blend Vegetables Pumpkin Mousse Whole Wheat Bread	Na+ 341 144 16 159 138