

Tri-Valley, Inc. - November 2020

Monday		Tuesday		Wednesday		Thursday		Friday	
2	Na+	3	Na+	4	Na+	5	Na+	6	Na+
Chicken Pot Pie	199	Spaghetti & Meatballs	352	Potato Crunch Fish	280	Shaved Steak & Cheese*	548	Garlic Herbed Chicken	359
Mashed Potatoes	107	Green Beans	0	Herbed Potatoes	7	Steak Cut French Fries	25	Bread Stuffing	323
Corn Niblets	1	Cookies	190	Peas & Onions	7	Carrots	53	California Blend Vegetables	36
Peaches	5	Italian Bread	96	Fruited Ambrosia	10	Fresh Fruit	0	Vanilla Pudding	170
Biscuit	340			Pumpernickel Bread	135	Sandwich Roll	290	Diet = SF Tapioca Pudding	125
Tartar Sauce				85				Whole Wheat Bread	138
Cal: 755	Na+: 777mg	Cal: 766	Na+: 763mg	Cal: 847	Na+: 648mg	Cal: 870	Na+: 1052mg	Cal: 689	Na+: 1151mg
								Diet Cal: 619	Na+: 1106mg
9	Na+	10	Na+	11		12	Na+	13	Na+
Stuffed Pepper Casserole	176	High Sodium Meal	540	Veterans Day		Ranch Chicken*	531	Braised Beef	197
Garlic Mashed Potatoes	107	Hot Dog *	370	No Meal Served		Wild Rice	279	Gemelli Pasta	8
Glazed Carrots	53	Baked Beans	30			Spinach	87	Jardiniere Vegetables	18
Cookies	100	Mixed Vegetables	0			Peaches	5	Pineapple	0
Marble Rye Bread	105	Fresh Fruit	195			Muffin	149	Italian Bread	96
Hot Dog Bun		Mustard	50						
Cal: 805	Na+: 749mg	Cal: 807	Na+: 1312mg			Cal: 803	Na+: 1176mg	Cal: 838	Na+: 444mg
16	Na+	17	Na+	18	Na+	19	Na+	20	Na+
Chicken Pesto*	521	Beef w/Onions & Peppers	423	Roast Pork Loin	266	American Chop Suey*	776	Fish with Crumb Topping	315
Red Bliss Potatoes	5	Steak Cut French Fries	25	with Gravy	170	Broccoli	16	Potatoes Au Gratin	285
Mixed Vegetables	30	Peas	7	Apple Cornbread Stuffing	338	Bread Pudding	184	California Blend Vegetables	36
Lemon Pudding	180	Strawberries	2	Country Blend Vegetables	22	Italian Bread	96	Fresh Fruit	0
Diet = Vanilla Pudding	125	Sandwich Roll	290	Cinnamon Pears	5			Pumpernickel Bread	135
Pumpernickel Bread	135			Muffin	149				
Cal: 694	Na+: 995mg	Cal: 720	Na+: 872mg	Cal: 784	Na+: 1074mg	Cal: 686	Na+: 1197mg	Cal: 706	Na+: 897mg
Diet Cal: 644	Na+: 577mg								
23	Na+	24	Na+	25	Na+	26		27	Na+
Shepherd's Pie	267	High Sodium Meal	683*	Meatloaf	202	Thanksgiving		Jambalaya*	662
Carrots	53	Roast Turkey	150	with Gravy	82	No Meal Served		Rice Pilaf	70
Peas	7	Cornbread Stuffing	242	Garlic Mashed Potatoes	106			Green Peas	7
Mixed Fruit	20	Winter Squash	75	Chuckwagon Corn	1			Pineapple	0
Marble Rye Bread	105	Cream Puff	85	Fresh Fruit	0			Whole Wheat Bread	138
Italian Bread		Italian Bread	96	Pumpernickel Bread	135				
Cal: 796	Na+: 577mg	Cal: 782	Na+: 1457mg	Cal: 757	Na+: 652mg			Cal: 678	Na+: 1001mg
30	Na+	<p style="text-align: center;"><u>MENU IS SUBJECT TO CHANGE</u></p> <p style="text-align: center;">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.</p> <p style="text-align: center;">Na+ = Sodium *Indicates higher sodium entrée High Sodium Meal = >1200mg mg = milligrams</p> <p style="text-align: center;">Breakdown includes 125mg Na+ for milk</p> <p style="text-align: center; font-size: small;">Tri-Valley receives federal financial support under the Older Americans Act furnished by the Central Mass Agency on Aging and the Executive Office of Elder Affairs.</p>							
Teriyaki Beef	438								
Steamed Rice	100								
Broccoli	16								
Pears	4								
Fortune Cookie	0								
Whole Wheat Bread	138								
Cal: 781	Na+: 821mg								

Our caterer is working hard to fulfill menu items as printed. Thank you for your patience, as we do anticipate possible menu changes due to vendor shortages and product availability at this time.