

Tri-Valley, Inc. - December 2020

Monday		Tuesday		Wednesday		Thursday		Friday											
Franklin 508-520-1422 Milford 508-478-8102 Northbridge 508-234-2002 Southbridge 774-289-9438 Spencer 508-885-5767 Sturbridge 508-347-5063 Sutton 508-234-0703 Upton 508-529-9094 Uxbridge 774-482-6174 West Brookfield 508-867-1411		1 Vegetable Cheese Bake Seasoned Potatoes Mixed Vegetables Fresh Fruit Italian Bread		2 Chicken Milano* Wild Rice Spinach Peaches Pumpnickel Bread		3 Salisbury Steak Gravy Garlic Mashed Potatoes Glazed Carrots Cookie Sandwich Roll		4 Fish with Crumb Topping Rice Pilaf California Blend Vegetables Butterscotch Pudding SF = Vanilla Pudding Marble Rye Bread Tartar Sauce		Na+ 416 7 30 0 96 Cal: 830 Na+: 674mg		Na+ 533 279 87 5 135 Cal: 730 Na+: 1163mg		Na+ 240 82 107 69 147 290 Cal: 869 Na+: 1071mg		Na+ 303 70 36 246 125 105 85 Cal: 744 Na+: 970mg Diet Cal: 706 Na+: 848mg			
7 Chicken Picatta Seasoned Rice Herbed Broccoli & Carrots Lemon Pudding Diet = SF Tapioca Pudding Pumpnickel Bread		8 Meatballs with Onion Gravy Bowtie Pasta Chuckwagon Corn Fruited Ambrosia Peasant Bread		9 Macaroni & Cheese Stewed Tomatoes Green Beans Cookie Italian Bread		10 Marinated Pork Loin Herbed Stuffing Winter Blend Vegetables Baked Cinnamon Pears Muffin		11 Chicken with BBQ Sauce Mashed Potatoes Glazed Carrots Fresh Fruit Whole Wheat Bread		Na+ 426 76 38 180 135 135 Cal: 750 Na+: 996mg Diet Cal: 700 Na+: 951mg		Na+ 210 85 8 1 10 142 Cal: 705 Na+: 456mg		Na+ 496 6 0 190 96 Cal: 803 Na+: 913mg		Na+ 400 324 18 5 149 Cal: 790 Na+: 1020mg		Na+ 320 391 107 69 1 138 Cal: 695 Na+: 1151mg	
14 Beef Stew Rice Corn Niblets Pineapple Italian Bread		15 Lasagna with Meatballs Green Beans Chocolate Pudding Diet = SF Chocolate Pudding Whole Wheat Bread		16 Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple		17 High Sodium Meal Hot Dog* Baked Beans Mixed Vegetables Fresh Fruit Hot Dog Bun Mustard		18 Roast Turkey* Gravy Mashed Sweet Potatoes Peas Fruited Ambrosia Pumpnickel Bread		Na+ 166 100 1 0 96 Cal: 839 Na+: 489mg		Na+ 360 210 0 135 125 138 Cal: 703 Na+: 968mg Diet Cal: 643 Na+: 958 mg		Na+ 97 66 292 13 68 0 Cal: 756 Na+: 661mg		Na+ 540 370 30 0 195 50 Cal: 807 Na+: 1312mg		Na+ 683 150 76 7 10 135 Cal: 741 Na+: 1186mg	
21 Shepherd's Pie Carrots Peas Mixed Fruit Marble Rye Bread		22 Chicken Cordon Bleu* Gravy Mashed Potatoes Roasted Broccoli & Carrots Cream Puff Italian Bread		23 Beef with Onions & Peppers Potato Wedges Summer Corn Strawberries Sandwich Roll		24 Baked Potato with Chili & Cheese* Broccoli Sour Cream Vanilla Mousse Pumpnickel Bread		25 Christmas No Meal Served 		Na+ 267 53 7 20 105 Cal: 796 Na+: 577mg		Na+ 590 81 107 33 85 96 Cal: 849 Na+: 1117 mg		Na+ 423 283 5 2 290 Cal: 784 Na+: 1129mg		Na+ 7 654 16 13 150 135 Cal: 785 Na+: 1100mg			
28 Chicken Mornay* Couscous Roman Blend Vegetables Tapioca Pudding Diet Tapioca Pudding Marble Rye Bread		29 Meatloaf Gravy Garlic Mashed Potatoes Carrots Cookie Whole Wheat Bread		30 Fish with Parmesan Cream Sauce Wild Rice Jardiniere Vegetables Fresh Fruit Pumpnickel Bread		31 Roast Pork with Gravy Herbed Stuffing California Vegetables Cinnamon Pears Muffin		<u>MENU SUBJECT TO CHANGE</u> Na+ = Sodium mg = milligrams High Sodium Meal = >1200mg Breakdown includes 125mg Na+ for milk *Indicates higher sodium entrées >500mg Indicates meatless meal		Na+ 606 84 9 210 135 105 Cal: 753 Na+: 1139mg Diet Cal: 703 Na+: 1064mg		Na+ 202 82 107 53 147 138 Cal: 795 Na+: 854mg		Na+ 100 167 279 18 0 135 Cal: 761 Na+: 825mg		Na+ 266 211 323 36 5 149 Cal: 765 Na+: 1114mg			

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.