



# Tri-Valley, Inc. - January 2021

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>Menus are Subject to Change</b>								<b>1</b>	
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                      *Indicates higher sodium entrees >500mg mg = milligrams                      High Sodium Meal = >1200mg Breakdown includes 125mg Na+ for milk                      🌱 Indicates meatless meal				Dudley 508-949-6640, 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				<b>New Year's Day No Meal Served</b>  	
<b>4</b>	<u>Na+</u>	<b>5</b>	<u>Na+</u>	<b>6</b>	<u>Na+</u>	<b>7</b>	<u>Na+</u>	<b>8</b>	<u>Na+</u>
<b>Swedish Meatballs</b> Garlic Mashed Potatoes Peas & Carrots Fresh Fruit Pumpnickel Bread	260 107 72 1 135	<b>Garlic Herbed Chicken</b> Cornbread Stuffing Roasted Broccoli Lorna Doone Cookies Whole Wheat Bread	359 242 15 147 138	<b>Stuffed Pepper Casserole</b> Mashed Potatoes Carrots Vanilla Pudding Diet = SF Vanilla Pudding Peasant White Bread	189 107 53 170 125 142	<b>Potato Crunch Fish</b> Wild Rice Mixed Vegetables Tartar Sauce Pineapple Marble Rye Bread	280 279 30 85 0 105	<b>Pork Rib-i-que with BBQ Sauce</b> Macaroni & Cheese Green Beans Fruited Ambrosia Sandwich Roll	280 195 248 0 10 290
Cal:725      Na+:700mg		Cal:753      Na+:1026mg		Cal:767      Na+:786g Diet Cal:697      Na+:741mg		Cal:725      Na+:904mg		Cal:790      Na+:1148mg	
<b>11</b>	<u>Na+</u>	<b>12</b>	<u>Na+</u>	<b>13</b>	<u>Na+</u>	<b>14</b>	<u>Na+</u>	<b>15</b>	<u>Na+</u>
<b>Chicken Pot Pie</b> Mashed Potatoes Country Blend Vegetables Apple Cinnamon Grahams Biscuit	199 107 22 85 340	<b>Sloppy Joes*</b> Steak Cut French Fries Jardiniere Vegetables Fresh Fruit Sandwich Roll	660 25 18 0 290	<b>Fish with Crumb Topping</b> Lemon Seasoned Rice Roasted California Blend Chocolate Pudding Diet = SF Choc. Pudding Marble Rye Bread	190 149 32 135 125 105	<b>Baked Virginia Ham* w/ Pineapple Cherry Sauce</b> Mashed Sweet Potatoes Peas Baked Cinnamon Pears Dinner Roll	501 1 76 7 5 410	<b>Chicken Cranberry Salad</b> Pasta Salad Three Bean Salad Strawberries Pumpnickel Bread	229 172 32 2 135
Cal:770      Na+:878mg		Cal:714      Na+:1119mg		Cal:764      Na+:736mg Diet Cal:704      Na+:726mg		Cal:672      Na+:1125mg		Cal:807      Na+:695mg	
<b>18</b>		<b>19</b>	<u>Na+</u>	<b>20</b>	<u>Na+</u>	<b>21</b>	<u>Na+</u>	<b>22</b>	<u>Na+</u>
<b>Martin Luther King Day No Meal Served</b>  		<b>HIGH SODIUM DAY</b> <b>Hot Dog*</b> Baked Beans Mixed Vegetables Fresh Orange Hot Dog Bun Mustard	540 370 30 0 195 50	<b>Ranch Chicken*</b> Rice Pilaf Spinach Oreos Marble Rye Bread	531 70 87 190 105	<b>Spaghetti &amp; Meatballs</b> Green Beans Pear Crisp Diet = Pears French Bread	291 0 54 10 120	<b>Braised Beef</b> Gemelli Pasta Broccoli Peaches Italian Bread	197 8 16 5 96
		Cal:791      Na+:1310mg		Cal:719      Na+:1107mg		Cal:825      Na+:590mg Diet Cal:708      Na+:546mg		Cal:822      Na+:446mg	
<b>25</b>	<u>Na+</u>	<b>26</b>	<u>Na+</u>	<b>27</b>	<u>Na+</u>	<b>28</b>	<u>Na+</u>	<b>29</b>	<u>Na+</u>
<b>Chicken Pesto*</b> Red Bliss Potatoes Scandinavian Vegetables Fresh Fruit Corn Muffin	521 5 30 0 149	<b>HIGH SODIUM MEAL</b> <b>Burger with Chili &amp; Cheese</b> Green Beans Sweet Potato Fries Strawberries Sandwich Roll	420 387 0 172 2 290	<b>American Chop Suey*</b> Broccoli & Red Peppers Bread Pudding Italian Bread	776 15 184 96	<b>Roast Pork Loin with Gravy</b> Mashed Potatoes Brussels Sprouts Cheesecake Mousse Marble Rye Bread	400 211 107 15 130 105	<b>🌱 Frittata</b> O'Brien Potatoes Stewed Tomatoes Mixed Fruit French Bread	389 101 6 20 120
Cal:770      Na+:830mg		Cal:830      Na+:1396mg		Cal:688      Na+:1197mg		Cal:728      Na+:1093mg		Cal:727      Na+:761mg	