

Tri-Valley, Inc. - February 2021


Monday		Tuesday		Wednesday		Thursday		Friday	
1	Shepherd's Pie Carrots Peas Apple Cinnamon Grahams Pumpernickel Bread	2	Potato Crunch Fish Potatoes Au Gratin Mixed Vegetables Tapioca Diet = SF Tapioca Marble Rye Bread Tartar Sauce	3	Chicken Cranberry Salad Pasta Salad Three Bean Salad Strawberry Fruit Cup Sandwich Roll	4	<u>HIGH SODIUM MEAL</u> Turkey* with Supreme Sauce Cranberry Stuffing Roasted California Blend Pear Crisp Diet = Pears Italian Bread	5	Meatloaf with Gravy Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit French Bread
Cal:798 Na+:724mg		Cal:838 Na+:1120mg Diet Cal:788 Na+:1045mg		Cal:874 Na+:850mg		Cal:788 Na+:1424mg Diet Cal:671 Na+:1380mg		Cal:752 Na+:637mg	
8	Teriyaki Beef Steamed Rice Broccoli Pineapple Fortune Cookie Whole Wheat Bread	9	Marinated Pork Loin Herbed Potatoes Honey Glazed Carrots Yogurt Marble Rye Bread	10	Chicken Milano* Vegetable Couscous Spinach Peaches Pumpernickel Bread	11	Salisbury Steak with Gravy Garlic Mashed Potatoes Corn Fresh Fruit Sandwich Roll	12	Lasagna with Meatballs Green Beans Chocolate Mousse French Bread
Cal:802 Na+:817mg		Cal:717 Na+:756mg		Cal:710 Na+:961g		Cal:880 Na+:849mg		Cal:671 Na+:1039mg	
15	Presidents' Day No Meal Served 	16	Shaved Steak & Cheese* Steak Cut French Fries Carrots Fresh Fruit Sandwich Roll	17	 Vegetable Cheese Bake Seasoned Potatoes Green Beans Mixed Fruit Italian Bread	18	<u>HIGH SODIUM MEAL</u> Chicken with BBQ Sauce Mashed Potatoes Country Blend Vegetables Lorna Doone Cookies Peasant White Bread	19	Lemon Pepper Cod Rice Pilaf Roasted Broccoli Baked Apples Corn Muffin
		Cal:880 Na+:1042mg		Cal:822 Na+:664mg		Cal:711 Na+:1253mg		Cal:711 Na+:708mg	
22	Meatballs with Onion Gravy Bowtie Pasta Brussels Sprouts Vanilla Pudding Diet = SF Vanilla Pudding French Bread	23	Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple	24	Roast Pork with Gravy Cornbread Stuffing Roman Blend Vegetables Fresh Fruit Peasant White Bread	25	Beef with Onions & Peppers Steak Cut French Fries Honey Glazed Carrots Vanilla Mousse Sandwich Roll	26	 Macaroni & Cheese Stewed Tomatoes Green Beans Fruited Ambrosia Italian Bread
Cal:753 Na+:658mg Diet Cal:683 Na+:613mg		Cal:761 Na+:662mg		Cal:699 Na+:996mg		Cal:776 Na+:1083mg		Cal:856 Na+:718mg	

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

Tri-Valley receives federal financial support under the Older Americans Act provided by the Central Massachusetts Agency on Aging and the Massachusetts Executive Office of Elder Affairs.

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  Indicates meatless meal