Tri-Valley, Inc. - February 2021

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|--|------------------------------------|--|---|---|--|--|---|--|--|
| 1 | Na+ | 2 | Na+ | 3 | Na+ | 4 HIGH SODIUM MEAL | Na+ | 5 | Na+ |
| Shepherd's Pie | 267 | Potato Crunch Fish | 280 | Chicken Cranberry Salad | 229 | Turkey* | 683 | Meatloaf | 202 |
| Carrots | 53 | Potatoes Au Gratin | 285 | Pasta Salad | 172 | with Supreme Sauce | 115 | with Gravy | 82 |
| Peas | 58 | Mixed Vegetables | 30 | Three Bean Salad | 32 | Cranberry Stuffing | 318 | Garlic Mashed Potatoes | 106 |
| Apple Cinnamon Grahams | 85 | Tapioca | 210 | Strawberry Fruit Cup | 2 | Roasted California Blend | 32 | Chuckwagon Corn | 1 |
| Pumpernickel Bread | 135 | Diet = SF Tapioca | 135 | Sandwich Roll | 290 | Pear Crisp | 54 | Fresh Fruit | 0 |
| · | | Marble Rye Bread | 105 | | | Diet = Pears | 10 | French Bread | 120 |
| | | Tartar Sauce | 85 | | | Italian Bread | 96 | | |
| Cal:798 Na+:724mg | | Cal:838 Na+:1120m | g | Cal:874 Na+:850mg | | Cal:788 Na+:1424mg | | Cal:752 Na+:637mg | |
| | | Diet Cal:788 Na+:1045m | g | | | Diet Cal:671 Na+:1380mg | | | |
| 8 | <u>Na+</u> | 9 | Na+ | 10 | Na+ | 11 | <u>Na+</u> | 12 | Na+ |
| Teriyaki Beef | 438 | Marinated Pork Loin | 400 | Chicken Milano* | 533 | Salisbury Steak | 240 | Lasagna | 360 |
| Steamed Rice | 100 | Herbed Potatoes | 7 | Vegetable Couscous | 77 | with Gravy | 82 | with Meatballs | 210 |
| Broccoli | 16 | Honey Glazed Carrots | 69 | Spinach | 87 | Garlic Mashed Potatoes | 107 | Green Beans | 0 |
| Pineapple | 0 | Yogurt | 50 | Peaches | 5 | Corn | 5 | Chocolate Mousse | 224 |
| Fortune Cookie | 0 | Marble Rye Bread | 105 | Pumpernickel Bread | 135 | Fresh Fruit | 0 | French Bread | 120 |
| Whole Wheat Bread | 138 | | | | | Sandwich Roll | 290 | | |
| | | | | | | | | | |
| Cal:802 Na+:817mg | | Cal:717 Na+:756mg | | Cal:710 Na+:961g | | Cal:880 Na+:849mg | | Cal:671 Na+:1039mg | |
| | | | | | | | | | |
| 15 | | 16 | Na+ | 17 🔊 | Na+ | 18 HIGH SODIUM MEAL | Na+ | 19 | Na+ |
| | | | ' | | <u>Na+</u> 416 | 18 HIGH SODIUM MEAL Chicken | <u>Na+</u> 320 | - | <u>Na+</u> 335 |
| 15 Presidents' Day No Meal Served | | 16 Shaved Steak & Cheese* Steak Cut French Fries | Na+ 548 25 | 17 & Vegetable Cheese Bake Seasoned Potatoes | | | | 19 Lemon Pepper Cod Rice Pilaf | |
| Presidents' Day | | Shaved Steak & Cheese* | 548 | Vegetable Cheese Bake | 416 | Chicken | 320 | Lemon Pepper Cod | 335 |
| Presidents' Day | | Shaved Steak & Cheese* Steak Cut French Fries | 548 25 | Vegetable Cheese Bake Seasoned Potatoes | 416 7 | Chicken with BBQ Sauce Mashed Potatoes | 320 391 | Lemon Pepper Cod Rice Pilaf Roasted Broccoli | 335 70 |
| Presidents' Day No Meal Served | | Shaved Steak & Cheese* Steak Cut French Fries Carrots | 548 25 53 | Vegetable Cheese Bake Seasoned Potatoes Green Beans | 416 7 0 | Chicken with BBQ Sauce | 320 391 107 | Lemon Pepper Cod Rice Pilaf | 335 70 15 |
| Presidents' Day | | Shaved Steak & Cheese* Steak Cut French Fries Carrots Fresh Fruit | 548 25 53 0 | Vegetable Cheese Bake Seasoned Potatoes Green Beans Mixed Fruit | 416 7 0 20 | Chicken with BBQ Sauce Mashed Potatoes Country Blend Vegetables | 320 391 107 22 | Lemon Pepper Cod Rice Pilaf Roasted Broccoli Baked Apples | 335 70 15 14 |
| Presidents' Day No Meal Served | | Shaved Steak & Cheese* Steak Cut French Fries Carrots Fresh Fruit Sandwich Roll | 548 25 53 0 290 | Vegetable Cheese Bake Seasoned Potatoes Green Beans Mixed Fruit Italian Bread | 416 7 0 20 | Chicken with BBQ Sauce Mashed Potatoes Country Blend Vegetables Lorna Doone Cookies Peasant White Bread | 320 391 107 22 147 | Lemon Pepper Cod Rice Pilaf Roasted Broccoli Baked Apples Corn Muffin | 335 70 15 14 |
| Presidents' Day No Meal Served | | Shaved Steak & Cheese* Steak Cut French Fries Carrots Fresh Fruit | 548 25 53 0 290 | Vegetable Cheese Bake Seasoned Potatoes Green Beans Mixed Fruit | 416 7 0 20 | Chicken with BBQ Sauce Mashed Potatoes Country Blend Vegetables Lorna Doone Cookies | 320 391 107 22 147 | Lemon Pepper Cod Rice Pilaf Roasted Broccoli Baked Apples | 335 70 15 14 |
| Presidents' Day No Meal Served Presidents Day | Na+ | Shaved Steak & Cheese* Steak Cut French Fries Carrots Fresh Fruit Sandwich Roll Cal:880 Na+:1042m | 548 25 53 0 290 | Vegetable Cheese Bake Seasoned Potatoes Green Beans Mixed Fruit Italian Bread Cal:822 Na+:664mg | 416 7 0 20 96 | Chicken with BBQ Sauce Mashed Potatoes Country Blend Vegetables Lorna Doone Cookies Peasant White Bread Cal:711 Na+:1253mg | 320 391 107 22 147 142 | Lemon Pepper Cod Rice Pilaf Roasted Broccoli Baked Apples Corn Muffin Cal:711 Na+:708mg | 335 70 15 14 149 |
| Presidents' Day No Meal Served Presidents Day 22 | <u>Na+</u> | Shaved Steak & Cheese* Steak Cut French Fries Carrots Fresh Fruit Sandwich Roll Cal:880 Na+:1042m | 548 25 53 0 290 | Vegetable Cheese Bake Seasoned Potatoes Green Beans Mixed Fruit Italian Bread Cal:822 Na+:664mg | 416 7 0 20 96 | Chicken with BBQ Sauce Mashed Potatoes Country Blend Vegetables Lorna Doone Cookies Peasant White Bread Cal:711 Na+:1253mg | 320 391 107 22 147 142 | Lemon Pepper Cod Rice Pilaf Roasted Broccoli Baked Apples Corn Muffin Cal:711 Na+:708mg | 335 70 15 14 149 |
| Presidents' Day No Meal Served Tresidents Day Meatballs | 260 | Shaved Steak & Cheese* Steak Cut French Fries Carrots Fresh Fruit Sandwich Roll Cal:880 Na+:1042m 23 Chicken Fajitas | 548 25 53 0 290 | Vegetable Cheese Bake Seasoned Potatoes Green Beans Mixed Fruit Italian Bread Cal:822 Na+:664mg 24 Roast Pork | 416 7 0 20 96 | Chicken with BBQ Sauce Mashed Potatoes Country Blend Vegetables Lorna Doone Cookies Peasant White Bread Cal:711 Na+:1253mg 25 Beef | 320 391 107 22 147 142 Na+ 420 | Lemon Pepper Cod Rice Pilaf Roasted Broccoli Baked Apples Corn Muffin Cal:711 Na+:708mg Macaroni & Cheese | 335 70 15 14 149 149 |
| Presidents' Day No Meal Served Day Meatballs with Onion Gravy | 260 85 | Shaved Steak & Cheese* Steak Cut French Fries Carrots Fresh Fruit Sandwich Roll Cal:880 Na+:1042m 23 Chicken Fajitas Spanish Rice | 548 25 53 0 290 8 Na+ 97 66 | Vegetable Cheese Bake Seasoned Potatoes Green Beans Mixed Fruit Italian Bread Cal:822 Na+:664mg 24 Roast Pork with Gravy | 416 7 0 20 96 Na+ 266 211 | Chicken with BBQ Sauce Mashed Potatoes Country Blend Vegetables Lorna Doone Cookies Peasant White Bread Cal:711 Na+:1253mg 25 Beef with Onions & Peppers | 320 391 107 22 147 142 Na+ 420 4 | Lemon Pepper Cod Rice Pilaf Roasted Broccoli Baked Apples Corn Muffin Cal:711 Na+:708mg Macaroni & Cheese Stewed Tomatoes | 335 70 15 14 149 149 |
| Presidents' Day No Meal Served Day Meatballs with Onion Gravy Bowtie Pasta | 260 85 8 | Shaved Steak & Cheese* Steak Cut French Fries Carrots Fresh Fruit Sandwich Roll Cal:880 Na+:1042m 23 Chicken Fajitas Spanish Rice Black Beans & Corn | 548 25 53 0 290 8 Na+ 97 66 292 | Vegetable Cheese Bake Seasoned Potatoes Green Beans Mixed Fruit Italian Bread Cal:822 Na+:664mg 24 Roast Pork with Gravy Cornbread Stuffing | 416 7 0 20 96 Na+ 266 211 242 | Chicken with BBQ Sauce Mashed Potatoes Country Blend Vegetables Lorna Doone Cookies Peasant White Bread Cal:711 Na+:1253mg 25 Beef with Onions & Peppers Steak Cut French Fries | 320 391 107 22 147 142 Na+ 420 4 25 | Lemon Pepper Cod Rice Pilaf Roasted Broccoli Baked Apples Corn Muffin Cal:711 Na+:708mg Macaroni & Cheese Stewed Tomatoes Green Beans | 335 70 15 14 149 Na+ 482 6 0 |
| Presidents' Day No Meal Served Day Meatballs with Onion Gravy Bowtie Pasta Brussels Sprouts | 260 85 8 15 | Shaved Steak & Cheese* Steak Cut French Fries Carrots Fresh Fruit Sandwich Roll Cal:880 Na+:1042m 23 Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream | 548 25 53 0 290 8 Na+ 97 66 292 13 | Vegetable Cheese Bake Seasoned Potatoes Green Beans Mixed Fruit Italian Bread Cal:822 Na+:664mg 24 Roast Pork with Gravy Cornbread Stuffing Roman Blend Vegetables | 416 7 0 20 96 Na+ 266 211 242 9 | Chicken with BBQ Sauce Mashed Potatoes Country Blend Vegetables Lorna Doone Cookies Peasant White Bread Cal:711 Na+:1253mg 25 Beef with Onions & Peppers Steak Cut French Fries Honey Glazed Carrots | 320 391 107 22 147 142 Na+ 420 4 25 69 | Lemon Pepper Cod Rice Pilaf Roasted Broccoli Baked Apples Corn Muffin Cal:711 Na+:708mg Macaroni & Cheese Stewed Tomatoes Green Beans Fruited Ambrosia | 335 70 15 14 149 Na+ 482 6 0 10 |
| Presidents' Day No Meal Served Presidents Day Day Meatballs with Onion Gravy Bowtie Pasta Brussels Sprouts Vanilla Pudding | 260 85 8 15 170 | Shaved Steak & Cheese* Steak Cut French Fries Carrots Fresh Fruit Sandwich Roll Cal:880 Na+:1042m 23 Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pita Bread | 548 25 53 0 290 8 Na+ 97 66 292 13 68 | Vegetable Cheese Bake Seasoned Potatoes Green Beans Mixed Fruit Italian Bread Cal:822 Na+:664mg 24 Roast Pork with Gravy Cornbread Stuffing Roman Blend Vegetables Fresh Fruit | 416 7 0 20 96 Na+ 266 211 242 9 | Chicken with BBQ Sauce Mashed Potatoes Country Blend Vegetables Lorna Doone Cookies Peasant White Bread Cal:711 Na+:1253mg 25 Beef with Onions & Peppers Steak Cut French Fries Honey Glazed Carrots Vanilla Mousse | 320 391 107 22 147 142 Na+ 420 4 25 69 150 | Lemon Pepper Cod Rice Pilaf Roasted Broccoli Baked Apples Corn Muffin Cal:711 Na+:708mg Macaroni & Cheese Stewed Tomatoes Green Beans | 335 70 15 14 149 Na+ 482 6 0 |
| Presidents' Day No Meal Served Presidents Presidents Presidents Pay Meatballs with Onion Gravy Bowtie Pasta Brussels Sprouts Vanilla Pudding Diet = SF Vanilla Pudding | 260 85 8 15 | Shaved Steak & Cheese* Steak Cut French Fries Carrots Fresh Fruit Sandwich Roll Cal:880 Na+:1042m 23 Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream | 548 25 53 0 290 8 Na+ 97 66 292 13 | Vegetable Cheese Bake Seasoned Potatoes Green Beans Mixed Fruit Italian Bread Cal:822 Na+:664mg 24 Roast Pork with Gravy Cornbread Stuffing Roman Blend Vegetables | 416 7 0 20 96 Na+ 266 211 242 9 | Chicken with BBQ Sauce Mashed Potatoes Country Blend Vegetables Lorna Doone Cookies Peasant White Bread Cal:711 Na+:1253mg 25 Beef with Onions & Peppers Steak Cut French Fries Honey Glazed Carrots | 320 391 107 22 147 142 Na+ 420 4 25 69 | Lemon Pepper Cod Rice Pilaf Roasted Broccoli Baked Apples Corn Muffin Cal:711 Na+:708mg Macaroni & Cheese Stewed Tomatoes Green Beans Fruited Ambrosia | 335 70 15 14 149 Na+ 482 6 0 |
| Presidents' Day No Meal Served Presidents Presidents Presidents Pay Meatballs with Onion Gravy Bowtie Pasta Brussels Sprouts Vanilla Pudding Diet = SF Vanilla Pudding French Bread | 260 85 8 15 170 125 | Shaved Steak & Cheese* Steak Cut French Fries Carrots Fresh Fruit Sandwich Roll Cal:880 Na+:1042m 23 Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple | 548 25 53 0 290 Na+ 97 66 292 13 68 1 | Vegetable Cheese Bake Seasoned Potatoes Green Beans Mixed Fruit Italian Bread Cal:822 Na+:664mg 24 Roast Pork with Gravy Cornbread Stuffing Roman Blend Vegetables Fresh Fruit | 416 7 0 20 96 Na+ 266 211 242 9 | Chicken with BBQ Sauce Mashed Potatoes Country Blend Vegetables Lorna Doone Cookies Peasant White Bread Cal:711 Na+:1253mg 25 Beef with Onions & Peppers Steak Cut French Fries Honey Glazed Carrots Vanilla Mousse | 320 391 107 22 147 142 Na+ 420 4 25 69 150 | Lemon Pepper Cod Rice Pilaf Roasted Broccoli Baked Apples Corn Muffin Cal:711 Na+:708mg Macaroni & Cheese Stewed Tomatoes Green Beans Fruited Ambrosia | 335 70 15 14 149 Na+ 482 6 0 |
| Presidents' Day No Meal Served President's Day 22 Meatballs with Onion Gravy Bowtie Pasta Brussels Sprouts Vanilla Pudding Diet = SF Vanilla Pudding French Bread | 260 85 8 15 170 125 | Shaved Steak & Cheese* Steak Cut French Fries Carrots Fresh Fruit Sandwich Roll Cal:880 Na+:1042m 23 Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple | 548 25 53 0 290 Na+ 97 66 292 13 68 1 | Vegetable Cheese Bake Seasoned Potatoes Green Beans Mixed Fruit Italian Bread Cal:822 Na+:664mg 24 Roast Pork with Gravy Cornbread Stuffing Roman Blend Vegetables Fresh Fruit Peasant White Bread | 416 7 0 20 96 Na+ 266 211 242 9 | Chicken with BBQ Sauce Mashed Potatoes Country Blend Vegetables Lorna Doone Cookies Peasant White Bread Cal:711 Na+:1253mg 25 Beef with Onions & Peppers Steak Cut French Fries Honey Glazed Carrots Vanilla Mousse Sandwich Roll | 320 391 107 22 147 142 Na+ 420 4 25 69 150 | Lemon Pepper Cod Rice Pilaf Roasted Broccoli Baked Apples Corn Muffin Cal:711 Na+:708mg Macaroni & Cheese Stewed Tomatoes Green Beans Fruited Ambrosia Italian Bread | 335 70 15 14 149 Na+ 482 6 0 |

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 mg = milligrams Breakdown includes 125mg Na+ for milk > Indicates meatless meal

*Indicates higher sodium entrees >500mg High Sodium Meal = >1200mg