


# Tri-Valley, Inc. - April 2021

| Monday  |  | Tuesday   |  | Wednesday   |  | Thursday   |  | Friday   |  |
|---|--|---|--|---|--|--|--|--|--|
| 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.<br><b>Na+ = sodium</b> <b>*Indicates higher sodium entrees &gt;500mg</b><br><b>mg = milligrams</b> <b>Breakdown includes 125mg Na+ for milk</b><br><b>High Sodium Meal = &gt; 1200mg</b> <b>indicates meatless meal</b><br><b style="text-decoration: underline;">MENU SUBJECT TO CHANGE</b> |  |   |  |   |  | <b>1 High Sodium Meal</b><br><b>Baked Ham*</b><br>Sr Crm/Chive Mash. Pot. 142<br>Roasted Broccoli & Carrots 33<br>Cheesecake 330<br>Diet=Cheesecake Mousse 130<br>Marble Rye Bread 105<br><b>Cal: 878    Na+: 1292mg</b> |  | <b>2  Vegetable Cheese Bake</b><br>Seasoned Potatoes 7<br>Green Beans 0<br>Fresh Fruit 0<br>Italian Bread 96<br><b>Cal: 847    Na+: 645mg</b>                              |  |
| <b>5 Chicken Pesto*</b><br>Lemon Seasoned Rice 149<br>Scandinavian Vegetables 30<br>Pineapple 0<br>Pumpernickel Bread 135<br><b>Cal: 743    Na+: 1009mg</b>   |  | <b>6 Hot Dog*</b><br>Baked Beans 370<br>Mixed Vegetables 30<br>Fresh Fruit 0<br>Hot Dog Bun 195<br>Mustard 50<br><b>Cal: 715    Na+: 1186mg</b>                     |  | <b>7 Roast Pork Loin w/ Gravy*</b><br>Apple Cornbread Stuffing 338<br>Country Blend Vegetables 22<br>Pear Crisp 54<br>Diet=Applesauce 25<br>Marble Rye Bread 105<br><b>Cal: 760    Na+: 1079mg</b><br><b>Diet Cal: 623    Na+: 1050mg</b> |  | <b>8 American Chop Suey*</b><br>Broccoli & Red Peppers 15<br>Bread Pudding 184<br>Diet = Cookies 147<br>Italian Bread 96<br><b>Cal: 688    Na+: 1197mg</b><br><b>Diet Cal: 601    Na+: 1159mg</b>                        |  | <b>9 Jambalaya*</b><br>Rice Pilaf 70<br>Green Peas 7<br>Fruited Ambrosia 10<br>Whole Wheat Bread 138<br><b>Cal: 747    Na+: 1011mg</b>                                     |  |
| <b>12 Shepherd's Pie</b><br>Carrots 53<br>Peas 7<br>Chocolate Pudding 135<br>Diet = SF Choc Pudding 125<br>Marble Rye Bread 105<br><b>Cal: 866    Na+: 692mg</b><br><b>Diet Cal: 806    Na+: 682mg</b>  |  | <b>13 Greek Chicken</b><br>Steamed White Rice 100<br>Roasted Broccoli 15<br>Peaches 5<br>Pumpernickel Bread 135<br><b>Cal: 727    Na+: 877mg</b>                    |  | <b>14 Meatloaf with Gravy</b><br>Garlic Mashed Potatoes 106<br>Chuckwagon Corn 1<br>Fresh Fruit 0<br>Whole Wheat Bread 138<br><b>Cal: 755    Na+: 655mg</b>   |  | <b>15 High Sodium Meal Turkey*</b><br><b>with Supreme Sauce</b><br>Herbed Stuffing 323<br>Roman Blend Vegetables 9<br>Baked Cinnamon Pears 5<br>Corn Muffin 149<br><b>Cal: 740    Na+: 1410mg</b>                        |  | <b>16 Lemon Pepper Haddock*</b><br>Seasoned Potatoes 7<br>Jardiniere Vegetables 18<br>Cookie 147<br>Whole Wheat Bread 138<br><b>Cal: 766    Na+: 1041mg</b>                |  |
| <b>19 Patriots' Day</b><br><b>No Meal Served</b><br>   |  | <b>20 Teriyaki Beef</b><br>Steamed Rice 100<br>California Blend Veg 36<br>Pineapple 0<br>Fortune Cookie 0<br>Whole Wheat Bread 138<br><b>Cal: 805    Na+: 837mg</b> |  | <b>21 Chicken Milano*</b><br>Wild Rice 279<br>Spinach 87<br>Mixed Fruit 20<br>Pumpernickel Bread 135<br><b>Cal: 748    Na+: 1158mg</b>  |  | <b>22 Salisbury Steak</b><br>Gravy 82<br>Garlic Mashed Potatoes 107<br>Carrots 53<br>Vanilla Mousse 150<br>Sandwich Roll 290<br><b>Cal: 814    Na+: 1057mg</b>   |  | <b>23 Potato Crunch Fish</b><br>Potatoes Au Gratin 285<br>Mixed Vegetables 30<br>Fresh Fruit 0<br>Tartar Sauce 85<br>Marble Rye Bread 105<br><b>Cal: 769    Na+: 910mg</b> |  |
| <b>26 Chicken Picatta</b><br>Rice Pilaf 70<br>Roasted Broccoli 15<br>Lemon Pudding 180<br>Diet = SF Tapioca Pudding 135<br>Pumpernickel Bread 135<br><b>Cal: 748    Na+: 951mg</b><br><b>Diet Cal: 698    Na+: 906 mg</b>   |  | <b>27 Meatballs with Onion Gravy</b><br>Bowtie Pasta 8<br>Scandinavian Vegetables 30<br>Pineapple 0<br>Corn Muffin 149<br><b>Cal: 746    Na+: 482mg</b>             |  | <b>28 Marinated Pork Loin</b><br>Cornbread Stuffing 272<br>Roasted California Veg. 32<br>Baked Cinnamon Pears 5<br>Whole Wheat Bread 138<br><b>Cal: 736    Na+: 942mg</b>   |  | <b>29 Chicken with BBQ Sauce</b><br>Mashed Potatoes 107<br>Corn Niblets 1<br>Fresh Fruit 0<br>Pumpernickel Bread 135<br><b>Cal: 693    Na+: 1080mg</b>   |  | <b>30  Macaroni &amp; Cheese</b><br>Stewed Tomatoes 6<br>Green Beans 0<br>Cookie 147<br>Italian Bread 96<br><b>Cal: 802    Na+: 870mg</b>                                  |  |

Dudley 508-949-6640, Franklin 509-520-1422, 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