

Tri-Valley, Inc. - May 2021

Monday	Tuesday	Wednesday	Thursday	Friday	
3 Lasagna with Meatballs Roasted Broccoli Lorna Doone Cookies Italian Bread Cal: 730 Na+: 953mg	4 Beef with Peppers & Onions Steak Cut Potato Wedges Honey Glazed Carrots Cinnamon Pears Sandwich Roll Cal: 717 Na+: 938mg	5 Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple Cal: 762 Na+: 657mg	6 <u>Mother's Day Meal</u> Roast Turkey with Gravy Mashed Sweet Potatoes Green Beans Cream Puffs Italian Bread Cal: 717 Na+: 897mg	7 Breaded Fish Strips Coleslaw Peas & Carrots Baked Apples Tartar Sauce Sandwich Roll Cal: 692 Na+: 1157mg	
10 Beef Stew Rice Corn Niblets Strawberries Marble Rye Bread Cal: 823 Na+: 500mg	11 Chicken Breast with Buttermilk Sauce Herbed Potatoes Mixed Vegetables Oreo Cookies Whole Wheat Bread Cal: 732 Na+: 880mg	12 Baked Potato with Chili & Cheese* Broccoli Sour Cream Yogurt Pumpnickel Bread Cal: 759 Na+: 1021mg	13 <u>High Sodium Day</u> Hot Dog* Baked Beans Green Beans Fresh Orange Hot Dog Bun Mustard Cal: 773 Na+: 1280mg	14 Shepherd's Pie Carrots Peas Peaches Snack 'n Loaf Cal: 829 Na+: 629mg	
17 Chicken Mornay* Couscous Roman Blend Vegetables Butterscotch Pudding Diet = SF Vanilla Pudding Marble Rye Bread Cal: 741 Na+: 1175mg Diet Cal: 703 Na+: 1054mg	18 Meatloaf with Gravy Garlic Mashed Potatoes Country Blend Vegetables Mixed Fruit Whole Wheat Bread Cal: 746 Na+: 696mg	19 Macaroni & Cheese Stewed Tomatoes Green Beans Apple Cinnamon Grahams Italian Bread Cal: 771 Na+: 808mg	20 Chicken Cranberry Salad Pasta Salad Tomato & Cucumber Salad Fresh Fruit Sandwich Roll Cal: 801 Na+: 886mg	21 Pollock w/ Parmesan Cream Sauce Wild Rice Beets Fruited Ambrosia Pumpnickel Bread Cal: 820 Na+: 951mg	
24 Pork Rib-i-que with BBQ Sauce Macaroni & Cheese Carrots Strawberries Sandwich Roll Cal: 702 Na+: 1194mg	25 Swedish Meatballs Mashed Potatoes Roasted California Blend Lemon Pudding Diet = Diet Tapioca Marble Rye Bread Cal: 788 Na+: 816mg Diet Cal: 738 Na+: 771mg	26 Sloppy Joes* Steak Cut Potato Wedges Mixed Vegetables Pear Crisp Diet = Pears Sandwich Roll Cal: 838 Na+: 1184mg Diet Cal: 721 Na+: 1140mg	27 Chicken Cordon Bleu* with Gravy Red Bliss Potatoes Green Beans Chocolate Mousse Snack 'n Loaf Cal: 799 Na+: 1105mg	28 Ham Salad* Three Bean Salad Tomato & Cucumber Salad Fresh Fruit Marble Rye Bread Cal: 708 Na+: 1064mg	
31 Memorial Day No Meal Served With Honor & Gratitude We Remember	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			<p style="text-align: center;"><u>Menus are Subject to Change</u></p> 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. <p style="text-align: center;"> Na+ = Sodium *Indicates higher sodium entrees >500mg mg = milligrams High Sodium Meal = >1200mg Breakdown includes 125mg Na+ for milk indicates meatless meal </p>	