


Tri-Valley, Inc. - July 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>MENU SUBJECT TO CHANGE</u></p> <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 dietary requirements.</p> <p>Na+ = Sodium mg = milligrams Breakdown includes 125mg Na+ for milk</p> <p>*Indicates higher sodium entrees >500mg High Sodium Meal = >1200mg</p> <p>☞ Indicates meatless meal</p>		<p>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 W. Brookfield 508-867-1411</p>	<p>1 HIGH SODIUM MEAL</p> <p>Hot Dog* Baked Beans Mixed Vegetables Fresh Fruit Hot Dog Bun Mustard</p> <p>Cal:791 Na+:1310mg</p>	<p>2</p> <p>Potato Crunch Fish Rice Pilaf Peas & Onions Chocolate Pudding Diet Pudding Marble Rye Bread Tartar Sauce</p> <p>Cal:738 Na+:681mg Diet Cal:678 Na+:706mg</p>
<p>5</p> <p>INDEPENDENCE DAY NO MEAL SERVED</p> 	<p>6</p> <p>Meatballs with Onion Gravy Bowtie Pasta Country Blend Vegetables Tapioca Pudding Diet = SF Tapioca Pudding Marble Rye Bread</p> <p>Na+ 260 85 8 22 210 135 105</p> <p>Cal:735 Na+:689mg Diet Cal:685 Na+:614mg</p>	<p>7</p> <p>Marinated Pork Loin Cornbread Stuffing Roasted Brussels Sprouts Pear Crisp Diet = Pears Whole Wheat Bread</p> <p>Na+ 400 242 9 54 10 138</p> <p>Cal:870 Na+:967mg Diet Cal:753 Na+:923mg</p>	<p>8</p> <p>Lemon Chicken Red Bliss Potatoes Roasted Broccoli & Carrots Fruited Ambrosia Diet = Pineapple Pumpnickel Bread</p> <p>Na+ 382 5 33 40 0 135</p> <p>Cal:680 Na+:720mg Diet Cal:613 Na+:680mg</p>	<p>9</p> <p>☞ Macaroni & Cheese Stewed Tomatoes Green Beans Fresh Fruit Italian Bread</p> <p>Na+ 496 6 0 0 96</p> <p>Cal:736 Na+:723mg</p>
<p>12</p> <p>Lasagna with Meatballs Roasted Broccoli Pears Whole Wheat Bread</p> <p>Na+ 430 140 15 10 138</p> <p>Cal:643 Na+:718mg</p>	<p>13</p> <p>Chicken Mornay* Couscous Roman Blend Vegetables Lemon Pudding Diet = SF Vanilla Pudding Pumpnickel Bread</p> <p>Na+ 606 84 9 180 125 135</p> <p>Cal:760 Na+:1139mg Diet Cal:710 Na+:1084mg</p>	<p>14</p> <p>Baked Potato with Chili & Cheese* Broccoli Sour Cream Vanilla Mousse Marble Rye Bread</p> <p>Na+ 7 654 16 9 150 105</p> <p>Cal:779 Na+:1066mg</p>	<p>15</p> <p>Beef with Onions & Peppers Potato Wedges Honey Glazed Carrots Fresh Fruit Sandwich Roll</p> <p>Na+ 420 4 273 69 0 290</p> <p>Cal:749 Na+:1181mg</p>	<p>16</p> <p>Cranberry Chicken Salad Pasta Salad Tomato & Cucumber Salad Strawberries Sandwich Roll</p> <p>Na+ 229 172 71 0 290</p> <p>Cal:769 Na+:888mg</p>
<p>19</p> <p>Beef Stew Rice Corn Niblets Pineapple Whole Wheat Bread</p> <p>Na+ 166 100 1 0 138</p> <p>Cal:859 Na+:531mg</p>	<p>20</p> <p>Roast Pork with Gravy Cranberry Stuffing Roasted California Veg Baked Apples Marble Rye Bread</p> <p>Na+ 266 211 347 32 14 135</p> <p>Cal:702 Na+:1130mg</p>	<p>21</p> <p>Chicken with Buttermilk Sauce Red Bliss Potatoes Peas & Carrots Cookie Biscuit</p> <p>Na+ 320 150 5 30 147 340</p> <p>Cal:719 Na+:1116mg</p>	<p>22</p> <p>Meatloaf with Gravy Garlic Mashed Potatoes Herbed Carrots Chocolate Mousse Italian Bread</p> <p>Na+ 202 82 107 7 224 96</p> <p>Cal:759 Na+:890mg</p>	<p>23</p> <p>Shepherd's Pie Green Beans Cinnamon Pears Whole Wheat Bread</p> <p>Na+ 267 0 5 138</p> <p>Cal:674 Na+:535mg</p>
<p>26</p> <p>Chicken Picatta Rice Pilaf Roasted Broccoli & Carrots Lemon Pudding Diet = SF Vanilla Pudding Marble Rye Bread</p> <p>Na+ 426 70 33 180 125 105</p> <p>Cal:746 Na+:939mg Diet Cal:696 Na+:884mg</p>	<p>27</p> <p>Salisbury Steak with Gravy Mashed Potatoes Country Blend Vegetables Vanilla Mousse Sandwich Roll</p> <p>Na+ 240 82 107 22 150 290</p> <p>Cal:820 Na+:1026mg</p>	<p>28</p> <p>Fish with Parmesan Cream Sauce Wild Rice Broccoli Peaches Pumpnickel Bread</p> <p>Na+ 100 162 279 16 5 135</p> <p>Cal:742 Na+:822mg</p>	<p>29</p> <p>Seasoned Beef Red Beans & Rice Fresh Salsa Sour Cream Pineapple Pita Bread</p> <p>Na+ 43 56 4 9 0 68</p> <p>Cal:647 Na+:305mg</p>	<p>30</p> <p>BBQ Turkey Mashed Sweet Potatoes Roasted Brussels Sprouts Fresh fruit Sandwich Roll</p> <p>Na+ 395 91 9 0 290</p> <p>Cal:855 Na+:920mg</p>