

Tri-Valley, Inc. - October 2021

Monday		Tuesday		Wednesday		Thursday		Friday											
<p style="text-align: center;"><u>MENUS ARE 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 *Indicates higher sodium entrees >500mg mg = milligrams High Sodium Meal = >1200mg Breakdown includes 125mg Na+ for milk Indicates meatless meal</p>				<p>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>				<p style="text-align: center;">1</p>		<p style="text-align: center;">Shepherd's Pie</p> <p style="text-align: center;">Carrots Peas Peaches Italian Bread</p>		<p style="text-align: center;">Na+</p> <p style="text-align: center;">267 53 7 5 96</p>							
								Cal:761		Na+:553mg									
<p>4</p> <p style="text-align: center;">Chicken Mornay*</p> <p style="text-align: center;">Couscous Roman Blend Vegetables Tapioca Pudding Diet = SF Tapioca Pudding Marble Rye Bread</p>		<p style="text-align: center;">Na+</p> <p style="text-align: center;">606 84 9 210 135 105</p>		<p>5</p> <p style="text-align: center;">Meatloaf with Gravy</p> <p style="text-align: center;">Garlic Mashed Potatoes Chuckwagon Corn Mixed Fruit Pumpnickel Bread</p>		<p style="text-align: center;">Na+</p> <p style="text-align: center;">202 82 107 1 20 135</p>		<p>6</p> <p style="text-align: center;">Roast Turkey* with Gravy</p> <p style="text-align: center;">Mashed Sweet Potatoes Country Blend Vegetables Cinnamon Pears White Peasant Bread</p>		<p style="text-align: center;">Na+</p> <p style="text-align: center;">501 150 91 22 5 142</p>		<p>7</p> <p style="text-align: center;"> Macaroni & Cheese</p> <p style="text-align: center;">Stewed Tomatoes Green Beans Fresh Fruit Italian Bread</p>		<p style="text-align: center;">Na+</p> <p style="text-align: center;">496 6 0 1 96</p>		<p>8</p> <p style="text-align: center;">Fish with Crumb Topping</p> <p style="text-align: center;">Rice Pilaf Roasted Brussels Sprouts Vanilla Mousse Marble Rye Bread</p>		<p style="text-align: center;">Na+</p> <p style="text-align: center;">303 70 9 150 105</p>	
Cal:753 Na+:1139mg Diet Cal:703 Na+:1064mg		Cal:771 Na+:673mg		Cal:681 Na+:1035mg		Cal:770 Na+:724mg		Cal:752 Na+:761mg											
<p>11</p> <p style="text-align: center;">Columbus Day No Meal Served</p>		<p>12</p> <p style="text-align: center;">Chicken Pot Pie</p> <p style="text-align: center;">Mashed Potatoes Country Blend Vegetables Peaches Biscuit</p>		<p style="text-align: center;">Na+</p> <p style="text-align: center;">225 107 22 5 340</p>		<p>13 <u>HIGH SODIUM DAY</u></p> <p style="text-align: center;">Pork Rib-i-que BBQ Sauce</p> <p style="text-align: center;">Macaroni & Cheese Herbed Carrots Strawberries Sandwich Roll</p>		<p style="text-align: center;">Na+</p> <p style="text-align: center;">280 391 248 53 2 290</p>		<p>14</p> <p style="text-align: center;">Swedish Meatballs</p> <p style="text-align: center;">Mashed Potatoes Tuscan Blend Vegetables Vanilla Pudding Diet = SF Vanilla Pudding Marble Rye Bread</p>		<p style="text-align: center;">Na+</p> <p style="text-align: center;">276 107 31 170 125 105</p>		<p>15</p> <p style="text-align: center;">Cranberry Chicken Salad</p> <p style="text-align: center;">Pasta Salad Tomato & Cucumber Salad Fresh Fruit Sandwich Roll</p>		<p style="text-align: center;">182 172 71 0 290</p>			
		Cal:706 Na+:824mg		Cal:733 Na+:1389mg		Cal:748 Na+:814mg Diet Cal:678 Na+:769mg		Cal:783 Na+:839mg											
<p>18</p> <p style="text-align: center;">Chicken Cacciatore</p> <p style="text-align: center;">Gemelli Pasta Roasted Broccoli Fresh Fruit Whole Wheat Bread</p>		<p style="text-align: center;">Na+</p> <p style="text-align: center;">443 8 15 1 138</p>		<p>19</p> <p style="text-align: center;">Spaghetti & Meatballs</p> <p style="text-align: center;">Marinara Sauce Green Beans Chip Ahoy Thin Crisps Italian Bread</p>		<p style="text-align: center;">Na+</p> <p style="text-align: center;">1 210 408 0 140 96</p>		<p>20</p> <p style="text-align: center;">Potato Crunch Fish</p> <p style="text-align: center;">Herbed Potatoes Beets Cinnamon Streusel Cake Diet = Half Piece Tartar Sauce Pumpnickel Bread</p>		<p style="text-align: center;">Na+</p> <p style="text-align: center;">280 7 140 271 135 85 135</p>		<p>21</p> <p style="text-align: center;">Baked Ham* with Maple Glaze</p> <p style="text-align: center;">Sr.Crm & Chive Mashed Pot. Honey Glazed Carrots Baked Apples White Peasant Bread</p>		<p style="text-align: center;">Na+</p> <p style="text-align: center;">580 30 154 69 14 142</p>		<p>22</p> <p style="text-align: center;">Garlic Herbed Chicken</p> <p style="text-align: center;">Cornbread Stuffing Peas & Mushrooms Fruited Ambrosia Diet = Pineapple Marble Rye Bread</p>		<p style="text-align: center;">359 242 45 10 0 105</p>	
Cal:711 Na+:730mg		Cal:685 Na+:980mg		Cal:882 Na+:1043mg Diet Cal:761 Na+:907mg		Cal:716 Na+:1114mg		Cal:729 Na+:886mg Diet Cal:660 Na+:876mg											
<p>25</p> <p style="text-align: center;">Sloppy Joe*</p> <p style="text-align: center;">Herbed Potatoes Green Beans Strawberries Sandwich Roll</p>		<p style="text-align: center;">Na+</p> <p style="text-align: center;">660 7 0 2 290</p>		<p>26 <u>HIGH SODIUM DAY</u></p> <p style="text-align: center;">Hot Dog*</p> <p style="text-align: center;">Baked Beans Coleslaw Fresh Orange Hot Dog Bun Mustard</p>		<p style="text-align: center;">Na+</p> <p style="text-align: center;">540 370 219 0 195 50</p>		<p>27</p> <p style="text-align: center;">Ranch Chicken*</p> <p style="text-align: center;">White Rice Spinach Yogurt White Peasant Bread</p>		<p style="text-align: center;">Na+</p> <p style="text-align: center;">531 100 87 75 138</p>		<p>28</p> <p style="text-align: center;">Stuffed Pepper Casserole</p> <p style="text-align: center;">Mashed Potatoes Carrots Birthday Cake Diet = Small Piece Marble Rye Bread</p>		<p style="text-align: center;">Na+</p> <p style="text-align: center;">189 107 53 221 110 105</p>		<p>29</p> <p style="text-align: center;"> Frittata</p> <p style="text-align: center;">Red Bliss Potatoes Broccoli Pear Crisp Diet = Pears Italian Bread</p>		<p style="text-align: center;">Na+</p> <p style="text-align: center;">389 5 16 54 10 96</p>	
Cal:729 Na+:1084mg		Cal:857 Na+:1499mg		Cal:709 Na+:1056mg		Cal:770 Na+:800mg Diet Cal:679 Na+:690mg		Cal:754 Na+:684mg Diet Cal:637 Na+:640mg											