


# Tri-Valley, Inc. - September 2021

Monday	Tuesday	Wednesday	Thursday	Friday	
<b>Menus are Subject to Change</b> 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.  Na+ = Sodium mg = milligrams Breakdown includes 125mg Na+ for milk		1 <b>Meatloaf with Gravy</b> Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit French Bread		2 <b>Turkey* with Supreme Sauce</b> Cornbread Stuffing Roman Blend Vegetables Pear Crisp Diet = Applesauce Whole Wheat Bread	
*Indicates higher sodium entrees >500mg High Sodium Meal = >1200mg Ⓢ Indicates meatless meal		Cal:752      Na+:637mg		Cal:791      Na+:1185mg Diet Cal:654      Na+:1156mg	
6 <b>No Meal Served</b>  <b>LABOR DAY</b>		7 Ⓢ <b>Vegetable Cheese Bake</b> Seasoned Potatoes Green Beans Mixed Fruit Italian Bread		8 <b>Chicken Milano*</b> Scalloped Potatoes Country Blend Vegetables Fresh Fruit White Peasant Bread	
Cal:822      Na+:664mg		Cal:700      Na+:879mg		9 <b>Salisbury Steak with Gravy</b> Mashed Potatoes Herbed Carrots Peaches Sandwich Roll	
13 <b>Chicken Picatta</b> Wild Rice Broccoli Lemon Pudding Diet = SF Chocolate Pudding Pumpnickel Bread		14 <b>Meatballs with Onion Gravy</b> Bowtie Pasta Honey Glazed Carrots Strawberries White Peasant Bread		15 <b>Marinated Pork Loin</b> Herbed Potatoes Scandinavian Vegetables Gingerbread Diet = Small Piece w/ Whip Cream Italian Bread	
Cal:702      Na+:1161mg Diet Cal:652      Na+:1141mg		Cal:681      Na+:566mg		Cal:734      Na+:947mg Diet Cal:663      Na+:802mg	
20 <b>Lemon Pepper Cod</b> Potatoes Au Gratin Spinach Oreo Thin Crisps Pumpnickel Bread		21 <b>Beef with Onions &amp; Peppers</b> Potato Wedges Peas and Carrots Fresh Fruit Sandwich Roll		22 <b>Roast Pork with Gravy</b> Cranberry Stuffing Roasted Brussels Sprouts Baked Apples Marble Rye Bread	
Cal:704      Na+:994mg		Cal:727      Na+:1183mg		23 Ⓢ <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Green Beans Birthday Cake Diet = Small Piece Italian Bread	
27 <b>Teriyaki Beef</b> Steamed Rice Broccoli Pineapple Fortune Cookie Whole Wheat Bread		28 <b>Buttermilk Chicken</b> Mashed Sweet Potatoes Jardiniere Vegetables Butterscotch Pudding Diet = SF Tapioca Pudding Marble Rye Bread		29 <b>Baked Potato with Chili &amp; Cheese</b> Country Blend Vegetables Sour Cream Chocolate Mousse Pumpnickel Bread	
Cal:802      Na+:817mg		Cal:763      Na+:1055mg Diet Cal:725      Na+:944mg		Cal:700      Na+:1076mg	
30 <b>HIGH SODIUM MEAL</b> <b>Hot Dog*</b> Baked Beans Coleslaw Fresh Fruit Hot Dog Bun Mustard		3 <b>Potato Crunch Fish</b> O'Brien Potatoes Mixed Vegetables Tapioca Pudding Diet = SF Vanilla Pudding Tartar Sauce Marble Rye Bread		10 <b>Lasagna Rolls with Meatballs &amp; Marinara Sauce</b> Roasted California Blend Yogurt Whole Wheat Bread	
Cal:857      Na+:1499mg		Cal:791      Na+:1063mg Diet Cal:722      Na+:1053mg		Cal:746      Na+:900mg Diet Cal:696      Na+:815mg	
Cal:802      Na+:817mg		Cal:805      Na+:1176mg		Cal:798      Na+:834mg	
Dudley 508-949-6640 Franklin 508-520-1422 Milford 508-478-8102 Northbridge 508-234-2002 Southbridge 774-289-9438 Spencer 508-885-5767 Sutton 508-234-0703 Upton 508-529-9094 Uxbridge 774-482-6174 W. Brookfield 508-867-1411		Cal:846      Na+:944mg Diet Cal:755      Na+:883mg		Cal:857      Na+:1499mg	