






Tri-Valley, Inc. - November 2021

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | | | | | |
|---|---|-------------------|----------------------|---|-------------------|---|---|-------------------|---------------------|--|-------------------|---|--|-------------------|
| 1 | Chicken Pesto* Red Bliss Potatoes 5 Scandinavian Veg. 8 Vanilla Mousse 17 Pumernickel Bread 15 | Na+ 569 | 2 | High Sodium Meal Burger Chili & Cheese* 536 Steak Fries 25 Green Beans 5 Strawberries 10 Sandwich Roll 290 | Na+ 420 | 3 | American Chop Suey* Broccoli 16 Carrots 53 Cookie 110 Italian Bread 96 | Na+ 776 | 4 | Roast Pork Loin Gravy 170 Cornbread Stuffing 242 Roasted California Veg 32 Baked Apples 14 Whole Wheat Bread 138 | Na+ 266 | 5 | Jambalaya* Rice Pilaf 70 Green Peas 7 Pear Crisp 54 Diet=Pineapple 0 Marble Rye Bread 105 | Na+ 662 |
| Cal: 694 Na+: 1014mg | | | Cal: 834 Na+: 1398mg | | | Cal: 627 Na+: 1176mg | | | Cal: 704 Na+: 987mg | | | Cal: 767 Na+: 1081mg Diet Cal: 650 Na+: 1027mg | | |
| 8 | Shepherd's Pie Carrots 53 Peas 7 Chocolate Pudding 135 Diet = SF Chocolate Pudding 125 Marble Rye Bread 105 | Na+ 267 | 9 | Greek Chicken Steamed White Rice 100 Roasted Broccoli 15 Peaches 5 Pumernickel Bread 135 | Na+ 496 | 10 | Meatloaf Gravy 82 Garlic Mashed Potatoes 106 Chuckwagon Corn 1 Fresh Fruit 0 French Bread 120 | Na+ 202 | 11 | Veterans Day No Meal Served  | | 12 | Lemon Pepper Fish Seasoned Potatoes 7 Roasted Brussels Sprouts 9 Gingerbread 289 Diet = Half Piece 144 Whole Wheat Bread 138 | Na+ 370 |
| Cal: 866 Na+: 692mg Diet Cal: 806 Na+: 682mg | | | Cal: 727 Na+: 877mg | | | Cal: 752 Na+: 637mg | | | | | | Cal: 753 Na+: 937mg Diet Cal: 683 Na+: 792mg | | |
| 15 | Teriyaki Beef Steamed Rice 100 Broccoli 16 Pineapple 0 Fortune Cookie 0 Whole Wheat Bread 138 | Na+ 438 | 16 |  Vegetable Cheese Bake Herbed Potatoes 7 Green Beans 0 Peaches 5 Italian Bread 96 | Na+ 416 | 17 | Garlic Herbed Chicken Bread Stuffing 324 Spinach 87 Brownie 149 Diet = Half Piece 75 Pumernickel Bread 135 | Na+ 359 | 18 | Salisbury Steak Gravy 82 Garlic Mashed Potatoes 107 Glazed Carrots 69 Fresh Fruit 0 Sandwich Roll 290 | Na+ 240 | 19 |  Macaroni & Cheese Stewed Tomatoes 6 Green Beans 0 Fruited Ambrosia 40 Diet = Pears 10 Italian Bread 96 | Na+ 496 |
| Cal: 802 Na+: 817mg | | | Cal: 802 Na+: 649mg | | | Cal: 675 Na+: 1179mg Diet Cal: 602 Na+: 1104mg | | | Cal: 835 Na+: 925mg | | | Cal: 801 Na+: 763mg Diet Cal: 735 Na+: 733mg | | |
| 22 | Chicken Picatta Wild Rice 279 Roasted California Veg 32 Fresh Fruit 0 Pumernickel Bread 135 | Na+ 426 | 23 | High Sodium Meal Roast Turkey * Gravy 150 Cornbread Stuffing 242 Mashed Potatoes 107 Winter Squash 75 Cream Puff 85 Italian Bread 96 | Na+ 501 | 24 | Marinated Pork Loin Cranberry Herb Stuffing 347 Mixed Vegetables 30 Baked Cinnamon Pears 5 Whole Wheat Bread 138 | Na+ 400 | 25 | Thanksgiving No Meal Served  | | 26 | Potato Crunch Fish Potatoes Au Gratin 285 Peas & Carrots 30 Butterscotch Pudding 246 Diet = Vanilla SF Pudding 125 Marble Rye Bread 105 Tartar Sauce 85 | Na+ 280 |
| Cal: 727 Na+: 999mg | | | Cal: 977 Na+: 1382mg | | | Cal: 685 Na+: 1044 mg | | | | | | Cal: 851 Na+: 1156mg Diet Cal: 813 Na+: 1035mg | | |
| 29 | Lasagna with Meatballs Marinara Sauce 480 Green Beans 0 Yogurt 75 French Bread 120 | Na+ 430 | 30 | Chicken Fajitas Spanish Rice 66 Black Beans & Corn 292 Sour Cream 9 Pita Bread 68 Pineapple 1 | Na+ 273 | MENU SUBJECT TO CHANGE 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  Indicates meatless meal | | | | | | | | |
| Cal: 642 Na+: 1158mg | | | Cal: 798 Na+: 834mg | | | | | | | | | | | |

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