

Tri-Valley, Inc. - December 2021

Monday	Tuesday	Wednesday	Thursday	Friday
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 diet requirements. Na+ = sodium *Indicates higher sodium entrees >500mg mg = milligrams Breakdown includes 125mg Na+ for milk High Sodium Meal = > 1200mg Indicates meatless meal		1 Beef with Onions & Peppers Garlic Mashed Potatoes Honey Glazed Carrots Strawberries Sandwich Roll Cal:774 Na+:1017mg	2 Roast Pork with Gravy Cranberry Stuffing California Vegetables Cold Apple Crisp Diet=Applesauce Marble Rye Bread Cal:741 Na+:1152mg Diet Cal:631 Na+:1114mg	3 Chicken Cacciatore Gemelli Pasta Roasted Broccoli Brownie Diet = Half Piece Italian Bread Cal:731 Na+:837mg Diet Cal:659 Na+:762mg
6 Beef Stew Rice Green Beans Pineapple French Bread Cal:806 Na+:512mg	7 Buttermilk Chicken Herbed Potatoes Mixed Vegetables Chocolate Pudding Diet Chocolate Pudding Whole Wheat Bread Cal:753 Na+:905mg Diet Cal:693 Na+:895mg	8 Baked Potato with Chili & Cheese Broccoli Sour Cream Vanilla Mousse Pumpernickel Bread Cal:786 Na+:1096mg	9 High Sodium Meal Hot Dog* Baked Beans Coleslaw Cinnamon Pears Mustard Hot Dog Bun Cal:838 Na+:1489mg	10 Shepherd's Pie Carrots Peas Fresh Fruit Italian Bread Cal:772 Na+:548mg
13 Chicken Mornay* Couscous Roman Blend Veg. Butterscotch Pudding Diet= SF Vanilla Pudding Marble Rye Bread Cal:741 Na+:1175mg Diet Cal:703 Na+:1054mg	14 Meatloaf Gravy Garlic Mashed Potatoes Carrots Mixed Fruit Whole Wheat Bread Cal:738 Na+:727mg	15 Roast Turkey* with Gravy Mashed Sweet Potatoes Roasted Brussels Sprouts Pear Crisp Diet = Pears Peasant Bread Cal:860 Na+:1071mg Diet Cal:743 Na+:1027mg	16 Macaroni & Cheese Stewed Tomatoes Green Beans Peach Streusel Cake Diet = Half Piece Cake Italian Bread Cal:892 Na+:958mg Diet Cal:779 Na+:840mg	17 Fish with Parmesan Sauce Wild Rice California Vegetables Fresh Fruit Pumpernickel Bread Cal:777 Na+:1033mg
20 Pork Rib-i-que BBQ Sauce Mac N Cheese Green Beans Cold Baked Apples Sandwich Roll Cal:707 Na+:1153mg	21 Sloppy Joe* Steak Fries Mixed Vegetables Strawberries Sandwich Roll Cal:690 Na+:1132mg	22 Swedish Meatballs Mashed Potatoes Scandinavian Veg. Fruited Ambrosia Diet = Pineapple Marble Rye Bread Cal:737 Na+:683mg Diet Cal:671 Na+:643mg	23 High Sodium Meal Stuffed Chicken Mashed Potatoes Herbed Carrots Cheesecake Diet = Cheesecake Mousse French Bread Cal:999 Na+:1242mg Diet Cal:782 Na+:1042mg	24 Christmas Eve No Meal Served
27 Chicken Pot Pie Mashed Potatoes Corn Niblets Peaches Biscuit Cal:737 Na+: 803mg	28 Spaghetti with Meatballs Marinara Sauce Green Beans Cold Apple Crisp Diet = Applesauce Italian Bread Cal:745 Na+:903mg Cal:635 Na+:865mg	29 Fish with Crumb Topping Lemon Seasoned Rice Peas & Onions Gingerbread Diet = Half Piece Pumpernickel Bread Cal:768 Na+:894mg Cal:698 Na+:750mg	30 Maple Glazed Ham* Sr Crm/Chive Mashed Pot Carrots Fresh Fruit Marble Rye Bread Cal:701 Na+:1037mg	31 New Year's Eve No Meal Served