Tri-Valley, Inc. - January 2022

Monday		Tuesday		Wednesday		Thursday		Friday	
3	Na+	4 HIGH SODIUM MEAL	Na+	5	Na+	6	Na+	7	Na+
Braised Beef	197	**Hot Dog***	540	**Stuffed Pepper Casserole**	189	**Ranch Chicken***	531	**Ham Salad***	731
Gemelli Pasta	8	Baked Beans	370	Mashed Potatoes	107	O'Brien Potatoes	65	Potato Salad	84
Broccoli	16	Coleslaw	219	Carrots	53	Peas & Onions	34	Tomato & Cucumber Salad	71
Pears	10	Fresh Fruit	0	Chocolate Pudding	135	Gingerbread	289	Mixed Fruit	20
Italian Bread	96	Hot Dog Bun	195	Diet = SF Choc. Pudding	160	Diet = Small Piece	144	Marble Rye Bread	105
		Mustard	50	Whole Wheat Bread	138	White Peasant Bread	142		
Cal:832 Na+:451mg		Cal:857 Na+:1499mg		Cal:744 Na+:747mg Diet Cal:684 Na+:772mg		Cal:714 Na+:1185mg Diet Cal:644 Na+:1041mg		Cal:760 Na+:1135mg	
10	Na+	11 HIGH SODIUM MEAL	Na+	12	Na+	13	Na+	14	Na+
Chicken Pesto*	569	**Burger**	420	**Roast Pork Loin**	400	**American Chop Suey***	776	**Breaded Fish Patty**	260
Red Bliss Potatoes	5	**with Chili**	297	**with Gravy**	170	Roasted Broccoli	15	Coleslaw	219
Mixed Vegetables	30	**and Cheese**	90	Apple Cornbread Stuffing	338	Carrots	53	Mixed Vegetable	30
Vanilla Mousse	150	Green Beans	0	Brussels Sprouts	15	Fruited Ambrosia	10	Yogurt	50
White Peasant Bread	142	Steak Cut Fries	25	Baked Apples	14	Diet = Pineapple	0	Tartar Sauce	85
		Strawberries	2	Marble Rye Bread	105	French Bread	120	Sandwich Roll	290
		Sandwich Roll	290						
Cal:706 Na+:1021mg		Cal:759 Na+:1249mg		Cal:716 Na+:1167mg		Cal:710 Na+:1100mg Diet Cal:641 Na+:1090mg		Cal:731 Na+:1059g	
17		18	Na+	19	Na+	20	Na+	21	Na+
Martin Luther King Jr. Day		**Greek Chicken**	496	**Meatloaf**	202	**Turkey***	592	**Shepherd's Pie**	267
No Meals Served		Steamed White Rice	100	**with Gravy**	82	**with Supreme Sauce**	115	Carrots	53
		Roasted California Vegetables	32	Garlic Mashed Potatoes	106	Cornbread Stuffing	121	Peas	7
		Peaches	5	Chuckwagon Corn	1	Mashed Sweet Potatoes	91	Pear Crisp	54
		Pumpernickel Bread	135	Lorna Doone Cookies	147	Fresh Fruit	1	Diet = Applesauce	25
				French Bread	120	Whole Wheat Bread	138	Marble Rye Bread	105
		Cal:731 Na+:894mg		Cal:818 Na+:783mg		Cal:782 Na+:1184mg		Cal:903 Na+:611mg Diet Cal:766 Na+:582mg	
24	Na+	25 ☙	Na+	26	Na+	27	Na+	28	Na+
Teriyaki Beef	438	**Vegetable Cheese Bake**	416	**Chicken Milano***	512	**Salisbury Steak**	240	**Potato Crunch Fish**	280
Steamed Rice	100	Seasoned Potatoes	7	Vegetable Couscous	77	**with Gravy**	82	Potatoes Au Gratin	285
Scandinavian Vegetables	30	Green Beans	0	Spinach	87	Garlic Mashed Potatoes	107	Country Blend Vegetables	22
Pineapple	0	Fresh Fruit	0	Chip Ahoy Thin Crisps	140	Herbed Carrots	53	Cinnamon Pears	5
Fortune Cookie	0	Italian Bread	96	Pumpernickel Bread	135	Birthday Cake	221	Tartar Sauce	85
Whole Wheat Bread	125					Diet = Small Piece	110	Marble Rye Bread	105
						Sandwich Roll	290		
Cal:816 Na+:832mg		Cal:813 Na+:644mg		Cal:748 Na+:1076mg		Cal:888 Na+:1118mg Diet Cal:797 Na+:1008mg		Cal:758 Na+:906mg	
31	Na+								
Chicken Picatta	426								
Delmonico Potatoes	212								
Peas & Mushrooms	45								
Lemon Pudding	180								
Diet = SF Vanilla Pudding	125								
Pumpernickel Bread	135								
Cal:736 Na+:1123mg Diet Cal:686 Na+:1068mg									

Menus are 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 **High Sodium Meal = >1200mg**

Breakdown includes 125mg Na+ for milk ☙ **Indicates meatless meal**

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

Our Caterer is working hard to fulfill menu items as printed. Thank you for your patience. We are anticipating possible menu changes due to supply chain issues