Tri-Valley, Inc. - May 2022

Monday	Na+	Tuesday	Na+	Wednesday	Na+	Thursday	Na+	Friday	Na+
2		**3**		**4**		**5 Cinco de Mayo**		**6 Mother's Day Meal**	
Chicken Mornay*	606	**Meatloaf**	202	**Macaroni & Cheese**	496	**Chicken Fajitas**	401	**Roast Turkey***	683
Couscous	84	**with Gravy**	82	Stewed Tomatoes	6	Spanish Rice	66	**with Gravy**	150
Roman Blend Vegetables	9	Garlic Mashed Potatoes	107	Green Beans	0	Black Beans & Corn	292	Herbed Potatoes	7
Tapioca	210	Scandinavian Vegetables	30	Fresh Fruit	1	Pineapple	1	Roasted California Blend Veg.	32
Diet = SF Vanilla Pudding	125	Mixed Fruit	20	Italian Bread	96	Pita Bread	68	Cream Puff	85
Pumpernickel Bread	135	Whole Wheat Bread	138			Sour Cream	9	Marble Rye Bread	105
Cal:760 Na+:1169mg		**Cal:744 Na+:705mg**		**Cal:770 Na+:724mg**		**Cal:812 Na+:962mg**		**Cal:707 Na+:1188mg**	
Diet Cal:710 Na+:1084mg									
9 HIGH SODIUM MEAL	Na+	**10**	Na+	**11**	Na+	**12**	Na+	**13**	Na+
BBQ Pulled Pork*	670	**Swedish Meatballs**	276	**Chicken Cacciatore***	720	**Sloppy Joe***	660	**Breaded Fish Patty**	260
Macaroni & Cheese	248	Mashed Potatoes	107	Gemelli Pasta	8	Steak Cut Fries	25	Rice Pilaf	70
Green Beans	0	Country Blend Vegetables	22	Roasted Broccoli	15	Mixed Vegetables	30	Brussels Sprouts	15
Strawberries	2	Vanilla Mousse	150	Brownie	150	Baked Apples	14	Fresh Fruit	0
Sandwich Roll	290	Marble Rye Bread	105	Diet = Half Piece	75	Sandwich Roll	290	Sandwich Roll	290
				Italian Bread	96			Tartar Sauce	85
Cal:838 Na+:1335mg		**Cal:720 Na+:784mg**		**Cal:731 Na+:1113mg**		**Cal:708 Na+:1144mg**		**Cal:767 Na+:845g**	
				Diet Cal:658 Na+:1038mg					
16	Na+	**17**	Na+	**18**	Na+	**19**	Na+	**20**	Na+
Chicken Pot Pie	484	**Spaghetti**	1	**Potato Crunch Fish**	280	**Baked Ham***	580	**Garlic Herbed Chicken**	359
Mashed Potatoes	107	**& Meatballs**	210	Red Bliss Potatoes	5	**with Maple Glaze**	30	Bread Stuffing	324
Country Blend Vegetables	22	Marinara Sauce	763	Peas & Onions	34	Sour Cream & Chive Potatoes	142	Roasted Brussels Sprouts	9
Peaches	5	Green Beans	0	Cinnamon Streusel Cake	271	Carrots	53	Pear Crisp	54
Biscuit	340	Fresh Fruit	1	Diet = Half Piece	135	Vanilla Pudding	170	Diet = Pears	10
		Italian Bread	96	Pumpernickel Bread	135	Diet = SF Tapioca	135	Whole Wheat Bread	138
				Tartar Sauce	85	Italian Bread	96		
Cal:734 Na+:1083mg		**Cal:732 Na+:1196mg**		**Cal:813 Na+:934mg**		**Cal:741 Na+:1196mg**		**Cal:780 Na+:1008mg**	
				Diet Cal:692 Na+:799mg		**Diet Cal:671 Na+:1161mg**		**Diet Cal:663 Na+:964mg**	
23	Na+	**24**	Na+	**25**	Na+	**26**	Na+	**27**	Na+
Fish with	100	**Burger**	420	**Stuffed Pepper Casserole**	189	**Ranch Chicken***	531	**Chicken Cranberry Salad**	182
Parmesan Cream Sauce	162	**with Chili**	297	Mashed Potatoes	107	Rice Pilaf	70	Pasta Salad	172
Wild Rice	279	**and Cheese**	90	Carrots	53	Spinach	87	Three Bean Salad	280
Broccoli w/ Red Peppers	15	Green Beans	0	Lorna Doone Cookies	147	Birthday Cake	220	Fruited Ambrosia	10
Peaches	5	Steak Cut Fries	25	Marble Rye Bread	105	Diet = Small Piece	110	Diet = Pineapple	0
Pumpernickel Bread	135	Strawberries	2			Pumpernickel Bread	135	Hot Dog Roll	195
		Whole Wheat Bread	138						
Cal:743 Na+:822mg		**Cal:690 Na+:1097mg**		**Cal:726 Na+:726mg**		**Cal:769 Na+:1168mg**		**Cal:882 Na+:963mg**	
						Diet Cal:678 Na+:1057mg		**Diet Cal:813 Na+:953mg**	
30		**31 HIGH SODIUM MEAL**	Na+	Dudley 508-949-6640					
Memorial Day		**Hot Dog***	540	Franklin 508-520-1422					
No Meal Served		Baked Beans	370	Milford 508-478-8102					
		Coleslaw	219	Northbridge 508-234-2002					
		Fresh Fruit	0	Southbridge 774-289-9438					
		Hot Dog Bun	195	Spencer 508-885-5767					
		Mustard	50	Sutton 508-234-0703					
				Upton 508-529-9094					
		Cal:857 Na+:1499mg		Uxbridge 774-482-6174					
				W. Brookfield 508-867-1411					

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**