

# Tri-Valley, Inc. - June 2022

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      *Indicates higher sodium entrees >500mg mg = milligrams      High Sodium Meal = >1200mg Breakdown includes 125mg Na+ for milk       Indicates meatless meal				<b>1</b>  <b>Roast Pork with Gravy</b> Apple Cornbread Stuffing Roasted California Blend Baked Cinnamon Pears Marble Rye Bread	Na+ 400 170 338 32 5 105	<b>2</b>  <b>American Chop Suey*</b> Broccoli & Red Peppers Summer Corn Lorna Doone Cookies French Bread	Na+ 776 15 1 147 120	<b>3</b>  <b>Chicken Picatta*</b> Lemon Seasoned Rice Mixed Vegetables Fruited Ambrosia Diet = Pineapple Pumpernickel Bread	Na+ 536 149 30 10 0 135
Cal:768      Na+:1175mg		Cal:691      Na+:1184mg		Cal:750      Na+:985mg		Diet Cal:681      Na+:975mg			
<b>6</b>  <b>Shepherd's Pie</b> Carrots Peas Butterscotch Pudding Diet = SF Chocolate Pudding Marble Rye Bread	Na+ 267 53 58 246 129 105	<b>7</b>  <b>Greek Chicken Casserole*</b> Steamed White Rice Roasted Broccoli Peaches Pumpernickel Bread	Na+ 590 100 15 5 135	<b>8</b>  <b>Meatloaf with Gravy</b> Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit French Bread	Na+ 202 82 106 1 0 120	<b>9</b>  <b>Turkey* with Supreme Sauce</b> Mashed Sweet Potatoes Roasted Brussels Sprouts Pear Crisp Diet = Pears Italian Bread	Na+ 683 115 91 9 54 10 96	<b>10</b>  <b>Vegetable Cheese Bake</b> Seasoned Potatoes Green Beans Chocolate Mousse Italian Bread	Na+ 416 7 0 224 96
Cal:813      Na+:855mg		Cal:806      Na+:970mg		Cal:752      Na+:637mg		Cal:822      Na+:1173mg		Cal:862      Na+:868g	
Diet Cal:761      Na+:738mg				Diet Cal:705      Na+:1129mg					
<b>13</b>  <b>Teriyaki Beef</b> Steamed Rice Broccoli Pineapple Fortune Cookie Whole Wheat Bread	438 100 16 0 0 138	<b>14</b>  <b>Chicken Milano*</b> Gemelli Pasta Spinach Peaches Pumpernickel Bread	Na+ 703 8 87 5 135	<b>15</b> <b>HIGH SODIUM DAY</b>  <b>Hot Dog*</b> Baked Beans Coleslaw Fresh Fruit Hot Dog Bun Mustard	Na+ 540 370 219 0 195 50	<b>16</b> <b>HIGH SODIUM DAY</b>  <b>Father's Day Meal</b> <b>Chicken Patty with BBQ Sauce</b> Steak Cut Fries Green Beans Cream Puff Sandwich Roll	Na+ 430 391 25 0 85 290	<b>17</b>  <b>Potato Crunch Fish</b> Potatoes Au Gratin Mixed Vegetables Tapioca Diet = SF Vanilla Pudding Marble Rye Bread Tartar Sauce	Na+ 280 285 30 210 125 105 85
Cal:802      Na+:817mg		Cal:795      Na+:1062mg		Cal:857      Na+:1499mg		Cal:736      Na+:1346mg		Cal:838      Na+:1120mg	
Diet Cal:788      Na+:1035mg									
<b>20</b>  <b>Juneteenth</b> No Meal Served  		<b>21</b>  <b>Marinated Pork Loin with Gravy</b> Mashed Potatoes Carrots Fresh Fruit Whole Wheat Bread	Na+ 400 170 107 53 0 138	<b>22</b>  <b>Chicken Fajitas</b> Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple	Na+ 401 66 292 9 68 1	<b>23</b>  <b>Salisbury Steak with Gravy</b> Garlic Mashed Potatoes Peas & Carrots Birthday Cake Diet = Small Piece Sandwich Roll	Na+ 240 82 107 72 220 110 290	<b>24</b>  <b>Ham Salad*</b> Potato Salad Tomato & Cucumber Salad Melon Pita Bread	Na+ 731 84 71 0 68
Cal:718      Na+:993mg		Cal:812      Na+:962mg		Cal:901      Na+:1137mg		Cal:730      Na+:1078mg			
Diet Cal:810      Na+:1026mg									
<b>27</b>  <b>Meatballs with Onion Gravy</b> Bowtie Pasta Scandinavian Vegetables Mandarin Oranges White Peasant Bread	Na+ 260 85 8 30 0 142	<b>28</b>  <b>Macaroni and Cheese</b> Stewed Tomatoes Green Beans Oreos Italian Bread	Na+ 496 6 0 150 96	<b>29</b>  <b>Roast Pork with Gravy</b> Cranberry Stuffing Brussels Sprouts Apple Crisp Diet = Applesauce Marble Rye Bread	Na+ 266 211 347 15 160 25 105	<b>30</b>  <b>Beef with Onions &amp; Peppers</b> Steak Cut Fries Honey Glazed Carrots Fresh Fruit Sandwich Roll	Na+ 420 3 25 69 2 290	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 West Brookfield 508-867-1411	
Cal:701      Na+:525mg		Cal:765      Na+:873mg		Cal:750      Na+:1131mg		Cal:753      Na+:935mg			
Diet Cal:640      Na+:1094mg									