Tri-Valley, Inc. - August 2022

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1 ☘	Na+	2 *High Sodium Meal*	Na+	3	Na+	4	Na+	5	Na+
Macaroni & Cheese	496	**Burger**	420	**Stuffed Pepper Casserole**	189	**Ranch Chicken***	531	**Braised Beef**	197
Stewed Tomatoes	6	Chili	297	Mashed Potatoes	107	Wild Rice	279	Gemelli Pasta	8
Green Beans	0	Cheese	90	Carrots	53	Spinach	87	Roasted Broccoli	15
Lorna Doone Cookies	147	Steak Cut Fries	25	Apple Crisp	63	Fruited Ambrosia	10	Yogurt	75
Italian Bread	96	Fresh Fruit	0	Diet = Applesauce	25	Diet = Peaches	144	Italian Bread	96
		Sandwich Roll	290	Marble Rye Bread	105	Pumpernickel Bread	135		
Cal: 802 Na+:870mg		**Cal: 759 Na+:1249mg**		**Cal: 749 Na+:642mg** **Diet Cal:639 Na+:604mg**		**Cal:734 Na+:1196mg** **Diet Cal: 657 Na+:1161mg**		**Cal:908 Na+:516mg**	
8	Na+	9	Na+	10 *High Sodium Meal*	Na+	11	Na+	12	Na+
Chicken Pesto*	**569**	**Roast Pork Loin**	266	**Hot Dog***	540	**American Chop Suey***	776	**Jambalaya***	662
Red Bliss Potatoes	5	**with Gravy**	170	Baked Beans	370	Green Beans	0	Rice Pilaf	70
Scandinavian Vegetables	30	Apple Cornbread Stuffing	338	Coleslaw	219	Bread Pudding	184	Green Peas	7
Vanilla Mousse	150	Roasted Broccoli & Carrots	33	Fresh Fruit	0	Diet = Lorna Doone Cookies	147	Pineapple	0
Pumpernickel Bread	135	Baked Apples	14	Hot Dog Bun	195	French Bread	120	Italian Bread	96
		Marble Rye Bread	105	Mustard	50				
Cal: 694 Na+:1014mg		**Cal: 674 Na+: 1051mg**		**Cal: 857 Na+:1499mg**		**Cal: 683 Na+: 1182mg** **Diet Cal:596 Na+: 1144mg**		**Cal: 635 Na+:1018mg**	
15	Na+	16	Na+	17	Na+	18	Na+	19	Na+
Shepherd's Pie	267	**Greek Chicken**	**496**	**Meatloaf**	202	**Turkey Supreme***	**798**	**Lemon Pepper Fish***	**529**
Carrots	53	Steamed Rice	100	**with Gravy**	82	Mashed Potatoes	107	Seasoned Potatoes	7
Peas	7	Broccoli	16	Garlic Mashed Potatoes	107	Roman Blend Vegetables	9	Roasted Brussels Sprouts	9
Chocolate Pudding	135	Peaches	5	Chuckwagon Corn	1	Pear Crisp	54	Yogurt	75
Diet = SF Chocolate Pudding	160	Pumpernickel Bread	135	Fresh Fruit	0	Diet = Applesauce	25	Whole Wheat Bread	138
Marble Rye Bread	105			French Bread	120	Italian Bread	96		
Cal:835 Na+:744mg **Diet Cal:775 Na+:769mg**		**Cal: 671 Na+:877mg**		**Cal: 752 Na+:637mg**		**Cal: 693 Na+: 1190mg** **Diet Cal:554 Na+: 1151mg**		**Cal: 933 Na+: 967mg**	
22	Na+	23 ☘	Na+	24	Na+	25	Na+	26	Na+
Teriyaki Beef	438	**Omelet**	474	**Chicken Milano***	512	**Salisbury Steak with Gravy**	322	**Potato Crunch Fish**	280
Steamed Rice	100	Seasoned Potatoes	7	Rice Pilaf	70	Garlic Mashed Potatoes	107	Potatoes Au Gratin	285
Broccoli	16	Green Beans	0	Spinach	87	Herbed Carrots	53	Mixed Vegetables	30
Pineapple	0	Mandarin Oranges	7	Lorna Doone Cookies	147	Birthday Cake	221	Chocolate Mousse	224
Fortune Cookie	0	Italian Bread	96	Pumpernickel Bread	135	Diet = Half Piece	110	Marble Rye Bread	105
Whole Wheat Bread	138					Sandwich Roll	290	Tartar Sauce	85
Cal: 802 Na+: 817mg		**Cal: 680 Na+: 796mg**		**Cal: 795 Na+:1075mg**		**Cal: 876 Na+: 1128mg** **Diet Cal:786 Na+:1018mg**		**Cal: 819 Na+: 1135mg**	
29	Na+	30	Na+	31	Na+				
Chicken Picatta*	536	**Meatballs**	260	**Marinated Pork Loin**	400				
Rice Pilaf	70	**with Onion Gravy**	85	Cranberry Stuffing	318				
Roasted Broccoli	15	Bowtie Pasta	8	Carrots	53				
Lemon Pudding	180	Scandinavian Vegetables	30	Cinnamon Pears	5				
Diet = SF Tapioca Pudding	135	Pineapple	0	Whole Wheat Bread	138				
Pumpernickel Bread	135	French Bread	120						
Cal: 778 Na+: 1061mg **Diet Cal: 728 Na+:1016mg**		**Cal: 673 Na+: 504mg**		**Cal: 672 Na+: 1038mg**					

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 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**