

# Tri-Valley, Inc. - September 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 mg = milligrams Breakdown includes 125mg Na+ for milk		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 W. Brookfield 508-867-1411		<b>1</b>  <b>Chicken with BBQ Sauce</b> Mashed Potatoes Succotash Fresh Fruit Marble Rye Bread  Cal:702      Na+:1058mg	<b>2</b>   <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Green Beans Lorna Doone Cookies Italian Bread  Cal:802      Na+:870mg
<b>5</b>  <b>Labor Day</b> <b>No Meal Served</b>  	<b>6</b>  <b>Beef with Onions &amp; Peppers</b> Potato Wedges Honey Glazed Carrots Fresh Fruit Sandwich Roll  Cal:773      Na+:1183mg	<b>7</b>  <b>Chicken Fajitas</b> Spanish Rice Black Beans & Corn Pineapple Pita Bread Sour Cream  Cal:812      Na+:962mg	<b>8</b>  <b>Roast Pork with Gravy</b> Cranberry Stuffing California Vegetables Apple Crisp Diet = Applesauce Marble Rye Bread  Cal:741      Na+:1152mg Diet Cal:631      Na+:1114mg	<b>9</b>  <b>Chicken Cranberry Salad</b> Pasta Salad Tomato & Cucumber Salad Cookies Hot Dog Roll  Cal:782      Na+:884mg	
<b>12</b>  <b>Beef Stew</b> Rice Corn Niblets Mandarin Oranges French Bread  Cal:835      Na+:519mg	<b>13</b>  <b>Chicken with Buttermilk Sauce</b> Potatoes Au Gratin Mixed Vegetables Peaches Whole Wheat Bread  Cal:713      Na+:1053mg	<b>14</b>  <b>Baked Potato with Chili &amp; Cheese</b> Broccoli Chocolate Mousse Sour Cream Pumpnickel Bread  Cal:789      Na+:1170mg	<b>15</b> <u>HIGH SODIUM MEAL</u>  <b>Hot Dog*</b> Baked Beans Coleslaw Fresh Fruit Hot Dog Bun Mustard  Cal:857      Na+:1499mg	<b>16</b>  <b>Shepherd's Pie</b> Carrots Peas Cinnamon Streusel Cake Diet = Small Piece Italian Bread  Cal:912      Na+:870g Diet Cal:791      Na+:735mg	
<b>19</b>  <b>Chicken Mornay*</b> Couscous Roasted Brussels Sprouts Butterscotch Pudding Diet = SF Tapioca Pudding Marble Rye Bread  Cal:841      Na+:1175mg Diet Cal:776      Na+:1063mg	<b>20</b>  <b>Cheese Omelet with Western Sauce</b> Red Bliss Potatoes Green Beans Mixed Fruit Italian Bread  Cal:674      Na+:1043mg	<b>21</b>  <b>Roast Turkey* with Gravy</b> Mashed Sweet Potatoes Green Peas Cinnamon Pears Pumpnickel Bread  Cal:684      Na+:1195mg	<b>22</b>  <b>Meatloaf with Gravy</b> Garlic Mashed Potatoes Carrots Birthday Cake Diet = Small Piece Whole Wheat Bread  Cal:841      Na+:928mg Diet Cal:751      Na+:818mg	<b>23</b>  <b>Breaded Fish Patty</b> Coleslaw Mixed Vegetables Fresh Fruit Tartar Sauce Sandwich Roll  Cal:699      Na+:1101mg	
<b>26</b> <u>HIGH SODIUM MEAL</u>  <b>BBQ Pulled Pork*</b> Macaroni & Cheese Peas & Carrots Strawberries Sandwich Roll  Cal:862      Na+:1399mg	<b>27</b>  <b>Swedish Meatballs</b> Mashed Potatoes Beets Chocolate Pudding Diet = SF Chocolate Pudding Marble Rye Bread  Cal:736      Na+:880mg Diet Cal:676      Na+:913mg	<b>28</b>  <b>Sloppy Joe*</b> Yukon Gold Potatoes Summer Corn Baked Apples Sandwich Roll  Cal:776      Na+:1099mg	<b>29</b>  <b>Chicken Cacciatore*</b> Gemelli Pasta Roasted Broccoli Vanilla Mousse Italian Bread  Cal:703      Na+:1113mg	<b>30</b>  <b>Fish with Crumb Topping</b> Rice Pilaf Roasted California Blend Fresh Fruit Tartar Sauce Whole Wheat Bread  Cal:747      Na+:710mg	