

# Tri-Valley, Inc. - November 2022

| MONDAY   |  | TUESDAY  |            | WEDNESDAY   |            | THURSDAY  |            | FRIDAY  |   |            |
|--|--|--|------------|---|------------|---|------------|---|---|------------|
| Dudley 508-949-6640<br>Franklin 508-520-1422<br>Milford 508-478-8102<br>Northbridge 508-234-2002<br>Southbridge 774-289-9438<br>Spencer 508-885-5767<br>Sutton 508-234-0703<br>Upton 508-529-9094<br>Uxbridge 774-482-6174<br>W. Brookfield 508-867-1411 |  | 1  |            | <b>Na+</b>  | 2          | <b>Na+</b>  | 3          | <b>Na+</b>  | 4 | <b>Na+</b> |
|  |  | <b>Vegetable Cheese Bake</b><br>Seasoned Potatoes 7<br>Green Beans 0<br>Mandarin Oranges 7<br>Italian Bread 96<br>Cal: 832 Na+: 644mg  |            | <b>Chicken Milano*</b><br>Rice Pilaf 70<br>Spinach 87<br>Brownie 149<br>Diet = Half Piece 75<br>Pumpernickel Bread 135<br>Cal: 804 Na+:1078mg<br>Diet Cal: 731 Na+:1003mg |            | <b>Salisbury Steak with Gravy</b><br>Garlic Mashed Potatoes 107<br>Herbed Carrots 53<br>Fresh Fruit 0<br>Sandwich Roll 290<br>Cal: 800 Na+: 899mg   |            | <b>Potato Crunch Fish</b><br>Au Gratin Potatoes 285<br>Mixed Vegetables 30<br>Chocolate Pudding 135<br>Diet = SF Pudding 160<br>Marble Rye Bread 105<br>Tartar Sauce 85<br>Cal: 805 Na+:1039mg<br>Diet Cal:745 Na+:1064mg |   |            |
| 7 <b>Macaroni &amp; Cheese</b><br>Stewed Tomatoes 6<br>Green Beans 0<br>Lorna Doone Cookies 147<br>Italian Bread 96<br>Cal: 802 Na+: 870mg   |  | 8  | <b>Na+</b> | 9   | <b>Na+</b> | 10  | <b>Na+</b> | 11 <b>Veterans Day</b><br><b>No Meals Served</b><br>  |   |            |
|  |  | <b>Meatballs with Onion Gravy</b><br>Bowtie Pasta 8<br>Scandinavian Veg. 30<br>Fresh Fruit 0<br>French Bread 120<br>Cal:700 Na+:504mg  |            | <b>Marinated Pork Loin</b><br>Cranberry Stuffing 318<br>Roasted Brussels Sprouts 9<br>Baked Apples 14<br>Whole Wheat Bread 138<br>Cal:727 Na+:1003mg                      |            | <b>Chicken Fajitas</b><br>Spanish Rice 66<br>Black Beans & Corn 292<br>Sour Cream 9<br>Fruited Ambrosia 10<br>Pita Bread 68<br>Cal:876 Na+:970mg  |            |   |   |            |
| 14 <b>Lasagna &amp; Meatballs</b><br>Marinara Sauce 381<br>Green Beans 0<br>Fresh Fruit 0<br>Italian Bread 96<br>Cal:640 Na+:1033mg  |  | 15   | <b>Na+</b> | 16  | <b>Na+</b> | 17  | <b>Na+</b> | 18 <b>Crumb Topped Fish</b><br>Lemon Seasoned Rice 149<br>Peas & Pearl Onions 7<br>Mandarin Oranges<br>Whole Wheat Bread 138<br>Cal: 663 Na+: 635mg   |   |            |
|  |  | <b>Roast Pork* with Gravy</b><br>Mashed Potatoes 107<br>California Vegetables (Cold) Apple Crisp 63<br>Diet = Applesauce 25<br>Marble Rye Bread 105<br>Cal: 705 Na+:913mg<br>Diet Cal:595 Na+:875mg                                |            | <b>Chicken Picatta*</b><br>Rice Pilaf 70<br>Roasted Broccoli 15<br>Vanilla Mousse 150<br>Pumpernickel Bread 135<br>Cal: 756 Na+:1031mg                                    |            | <b>Beef w/Onions &amp;Peppers</b><br>Yukon Gold Potatoes 5<br>Glazed Carrots 69<br>Pumpkin Spice Cake 257<br>Diet = Half Piece 128<br>Sandwich Roll 290<br>Cal:766 Na+:1169mg<br>Diet Cal: 698 Na+:1041mg   |            |   |   |            |
| 21 <b>Beef Stew</b><br>Brown Rice 64<br>Corn Niblets 1<br>Fresh Fruit 0<br>Whole Wheat Bread 138<br>Cal: 814 Na+: 494mg  |  | 22   | <b>Na+</b> | 23  | <b>Na+</b> | 24 <b>Thanksgiving</b><br><b>No Meals Served</b><br>  |            | 25 <b>Shepherd's Pie</b><br>Peas & Carrots 30<br>Baked Cinnamon Pears 5<br>Biscuit 340<br>Cal: 754 Na+:767mg  |   |            |
|  |  | <b>Higher Sodium Meal</b><br><b>Roast Turkey &amp; Gravy*</b><br>Cornbread Stuffing 242<br>Butternut Squash 75<br>Double Chocolate Cake 180<br>Diet = Cream Puff 85<br>French Bread 120<br>Cal: 962 Na+: 1242mg<br>Diet Cal:Na+:mg |            | <b>Baked Potato with Chili &amp; Cheese</b><br>Broccoli 16<br>Sour Cream 9<br>Peaches 5<br>Pumpernickel Bread 135<br>Cal: 669 Na+: 946mg                                  |            |   |            |   |   |            |
| 28 <b>Chicken Mornay*</b><br>Couscous 84<br>Roman Blend Vegetables 9<br>Butterscotch Pudding 246<br>Diet = SF Pudding 125<br>Marble Rye Bread 105<br>Cal: 807 Na+: 970mg<br>Diet Cal: 769 Na+: 849mg   |  | 29   | <b>Na+</b> | 30  | <b>Na+</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.<br><br>mg = milligrams Na+ = Sodium *Indicates higher sodium entrees >500mg<br>High Sodium Meal = >1200mg Breakdown includes 125mg Na+ for milk<br>Indicates meatless meal |            |   |   |            |
|  |  | <b>Meatloaf with Gravy</b><br>Garlic Mashed Potatoes 107<br>Jardiniere Vegetables 30<br>Mixed Fruit 20<br>Whole Wheat Bread 138<br>Cal: 735 Na+: 692mg   |            | <b>Hot Dog*</b><br>Baked Beans 370<br>Coleslaw 219<br>Fresh Fruit 0<br>Mustard 50<br>Hot Dog Bun 195<br>Cal: 857 Na+:1499mg   |            |   |            |   |   |            |