Tri-Valley, Inc. - January 2023

Monday		Tuesday		Wednesday		Thursday		Friday	
2 **New Year's Day Observed** **No Meals Served** 		**3** **Greek Chicken*** Steamed White Rice Roasted Broccoli Peaches Pumpernickel Bread	Na+ 780 100 15 5 135	**4** **Meatloaf** **with Gravy** Garlic Mashed Potatoes Chuckwagon Corn Oreos French Bread	Na+ 202 82 106 1 110 120	**5** HIGH SODIUM MEAL **Turkey*** **with Supreme Sauce** Cranberry Herb Stuffing Roman Blend Vegetables Apple Crisp Diet = Applesauce Whole Wheat Bread	Na+ 683 115 347 9 63 25 138	**6** **Ham Salad*** Potato Salad Cucumber & Tomato Salad Fresh Fruit Pita Bread	Na+ 731 84 71 0 68
		Cal:732 **Na+:1161mg**		**Cal:811** **Na+:746mg**		**Cal:722** **Na+:1480mg** **Diet Cal:611** **Na+:1443mg**		**Cal:730** **Na+:1078mg**	
9 **Salisbury Steak** **with Gravy** Mashed Potatoes Herbed Carrots Fresh Fruit Sandwich Roll	Na+ 240 82 107 53 1 290	**10** ꕥ **Vegetable Cheese Bake** Seasoned Potatoes Green Beans Mixed Fruit Italian Bread	Na+ 416 7 0 20 96	**11** **Chicken Milano*** Vegetable Couscous Spinach Brownie Diet = Half Piece Pumpernickel Bread	Na+ 575 77 87 149 75 135	**12** **Teriyaki Beef** Steamed Rice Jardiniere Vegetables Pineapple Fortune Cookie Whole Wheat Bread	Na+ 438 100 18 0 0 138	**13** **Potato Crunch Fish** Potatoes Au Gratin Mixed Vegetables Vanilla Mousse Tartar Sauce Marble Rye Bread	Na+ 280 285 30 150 85 105
Cal:810 **Na+:899mg**		**Cal:822** **Na+:664mg**		**Cal:827** **Na+:1148mg** **Diet Cal:754** **Na+:1073mg**		**Cal:808** **Na+:820mg**		**Cal:815** **Na+:1060mg**	
16 **Martin Luther King Jr. Day** **No Meals Served** 		**17** **Meatballs** **with Onion Gravy** Bowtie Pasta Scandinavian Vegetables Strawberries French Bread	Na+ 260 85 8 30 2 120	**18** **Marinated Pork Loin** **with Gravy** Herbed Potatoes Carrots Gingerbread Diet = Half Piece Marble Rye Bread	Na+ 400 211 7 53 289 144 105	**19** HIGH SODIUM MEAL **Chicken*** **with BBQ Sauce** Sour Cream & Chive Potatoes Country Blend Vegetables Fresh Fruit Whole Wheat Bread	Na+ 604 391 154 22 1 138	**2** ꕥ **Macaroni & Cheese** Stewed Tomatoes Green Beans Fruited Ambrosia Diet = Pineapple Italian Bread	Na+ 496 6 0 40 0 96
		Cal:743 **Na+:630mg**		**Cal794** **Na+:1190mg** **Diet Cal:724** **Na+:1046mg**		**Cal:722** **Na+:1434mg**		**Cal:801** **Na+:763mg** **Diet Cal:735** **Na+:723mg**	
23 **Meatballs** **with Gemelli Pasta** Marinara Sauce* Green Beans Fresh Fruit Bread	Na+ 210 8 763 0 0 68	**24** **Roast Pork Loin** **with Gravy** Herb Stuffing Roasted California Vegetables Baked Apples White Peasant Bread	266 266 211 324 32 14 142	**25** **Chicken Fajitas** Spanish Rice Black Beans & Corn Sour Cream Pineapple Pita Bread	Na+ 258 66 292 9 1 68	**26** **Beef** **with Onions & Peppers** Red Bliss Potatoes Honey Glazed Carrots Birthday Cake Diet = Half Piece Sandwich Roll	Na+ 420 3 5 69 221 110 290	**27** **Shepherd's Pie** Carrots Peas Chocolate Pudding Diet = SF Chocolate Pudding Marble Rye Bread	Na+ 267 53 58 135 160 105
Cal:681 **Na+:1173mg**		**Cal:685** **Na+:1114mg**		**Cal:773** **Na+:818mg**		**Cal:811** **Na+:1133mg** **Diet Cal:720** **Na+:1023mg**		**Cal:835** **Na+:744mg** **Diet Cal:775** **Na+:769mg**	
30 **Beef Stew** Rice Corn Niblets Mandarin Oranges French Bread	Na+ 166 100 1 7 120	**31** **Buttermilk Chicken** Lemon Seasoned Potatoes Mixed Vegetables Lorna Doone Cookies White Peasant Bread	Na+ 384 179 30 147 142	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			
Cal:835 **Na+:519mg**		**Cal:749** **Na+:1006mg**							

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 dietary requirements.

Na+ = Sodium ***Indicates higher sodium entrees >500mg**

mg = milligrams **High Sodium Meal = >1200mg**

Breakdown includes 125mg Na+ for milk **ꕥ Indicates meatless meal**