

Tri-Valley, Inc. - March 2023

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p><u>MENU SUBJECT TO CHANGE</u></p> <p>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.</p> <p>Na+ = sodium High sodium meal= >1200mg mg = milligrams * Indicates higher sodium entrees > 500mg Breakdown includes 125mg Na+ for milk 🌿 = meatless meal</p>				<p>1</p> <p>Stuffed Pepper Casserole Mashed Potatoes Carrots Tapioca Pudding Diet = SF Pudding Marble Rye Bread</p> <p>Cal: 729 Na+: 789mg Diet Cal: 679 Na+: 714mg</p>	<p>2</p> <p>Braised Beef Gemelli Pasta Broccoli Pears Italian Bread</p> <p>Cal: 832 Na+: 451mg</p>	<p>3</p> <p>Egg Frittata O'Brien Potatoes Stewed Tomatoes Pumpnickel Bread Fruited Ambrosia Diet = Cinnamon Pears</p> <p>Cal: 789 Na+: 795mg Diet Cal: 711 Na+: 760mg</p>			
<p>6</p> <p>Chicken Pesto* Rice Pilaf Scandinavian Veg. Fresh Fruit Pumpnickel Bread</p> <p>Cal: 729 Na+: 929mg</p>	<p>7</p> <p>High Sodium Meal Burger with Chili & Cheese Herbed Potatoes Green Beans Strawberries Sandwich Roll</p> <p>Cal: 931 Na+: 1498mg</p>	<p>8</p> <p>Roast Pork Loin with Gravy Cranberry Stuffing Country Blend Veg. Baked Apples Corn Muffin</p> <p>Cal: 794 Na+: 1063mg</p>	<p>9</p> <p>American Chop Suey* Roasted Broccoli Glazed Carrots Yogurt Whole Wheat Bread</p> <p>Cal: 700 Na+: 1199mg</p>	<p>10</p> <p>Vegetable Cheese Bake Seasoned Potatoes Green Beans Mandarin Oranges Italian Bread</p> <p>Cal: 832 Na+: 644mg</p>					
<p>13</p> <p>Shepherd's Pie Carrots Peas Chocolate Pudding Diet = SF Pudding Marble Rye Bread</p> <p>Cal: 866 Na+: 692mg Diet Cal: 806 Na+: 717mg</p>	<p>14</p> <p>Greek Chicken* Steamed White Rice Broccoli Peaches Pumpnickel Bread</p> <p>Cal: 752 Na+: 1178mg</p>	<p>15</p> <p>Meatloaf Gravy Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit French Bread</p> <p>Cal: 752 Na+: 637mg</p>	<p>16</p> <p>High Sodium Meal Corned Beef* Boiled Potatoes Cabbage & Carrots Vanilla Mousse Corn Muffin</p> <p>Cal: 711 Na+: 1416mg</p>	<p>17</p> <p>Lemon Pepper Haddock Seasoned Potatoes Brussels Sprouts Fruit Streusel Cake Diet = Half Piece Whole Wheat Bread</p> <p>Cal: 890 Na+: 786mg Diet Cal: 776 Na+: 668mg</p>					
<p>20</p> <p>Marinated Pork Loin Cranberry Herb Stuffing Roasted California Veg. Cinnamon Pears Italian Vienna Bread</p> <p>Cal: 712 Na+: 1004mg</p>	<p>21</p> <p>Teriyaki Beef Steamed Rice Broccoli Pineapple Fortune Cookie Whole Wheat Bread</p> <p>Cal: 802 Na+: 817mg</p>	<p>22</p> <p>Chicken Milano* Wild Rice Spinach Fresh Fruit Pumpnickel Bread</p> <p>Cal: 739 Na+: 1138mg</p>	<p>23</p> <p>Salisbury Steak Gravy Garlic Mashed Potatoes Peas & Carrots Birthday Cake Diet = Half Piece Sandwich Roll</p> <p>Cal: 905 Na+: 1105mg Diet Cal: 815 Na+: 995mg</p>	<p>24</p> <p>Potato Crunch Fish Delmonico Potatoes Mixed Vegetables Brownie Diet = Half Piece Marble Rye Bread Tartar Sauce</p> <p>Cal: 798 Na+: 986mg Diet Cal: 726 Na+: 911mg</p>					
<p>27</p> <p>Chicken BBQ Sauce Mashed Potatoes Glazed Carrots Yogurt Marble Rye Bread</p> <p>Cal: 675 Na+: 1192mg</p>	<p>28</p> <p>Jambalaya* Rice Pilaf Green Peas Apple Crisp Diet = Applesauce Whole Wheat Bread</p> <p>Cal: 766 Na+: 1046mg Diet Cal: 655 Na+: 1008mg</p>	<p>29</p> <p>Meatballs with Onion Gravy Bowtie Pasta Scandinavian Veg. Pineapple French Bread</p> <p>Cal: 783 Na+: 629mg</p>	<p>30</p> <p>Chicken Picatta Wild Rice Roasted Broccoli Lemon Pudding Diet = SF Pudding Pumpnickel Bread</p> <p>Cal: 758 Na+: 1160mg Diet Cal: 708 Na+: 1115mg</p>	<p>31</p> <p>Macaroni & Cheese Stewed Tomatoes Green Beans Fresh Fruit Italian Bread</p> <p>Cal: 770 Na+: 724mg</p>					