

Tri-Valley, Inc. - June 2023

Monday		Tuesday		Wednesday		Thursday		Friday	
Menu 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 🌱 Indicates meatless meal						1 Beef with Onions & Peppers Red Bliss Potatoes Honey Glazed Carrots Fresh Fruit Sandwich Roll Na+ 420 2 5 69 0 290		2 Baked Fish w/ Parmesan Cream Sauce Buttery Quinoa Cabbage & Carrots Brownie Diet = Small Piece Pumpernickel Bread Na+ 296 162 76 55 149 35 135	
						Cal:700 Na+:912mg		Cal:892 Na+:998mg	
								Diet Cal:820 Na+:923mg	
5 Chicken Picatta Vegetable Rice Pilaf Roasted Broccoli Lemon Pudding Diet = SF Pudding Marble Rye Bread Na+ 426 70 15 180 135 105	6 Salisbury Steak with Gravy Garlic Mashed Potatoes Capri Vegetables Fresh Fruit Sandwich Roll Na+ 240 82 107 16 0 290	7 Marinated Pork Loin with Gravy Herbed Potatoes Carrots Baked Apples Whole Wheat Bread Na+ 400 211 7 53 14 138	8 Teriyaki Meatballs* Brown Rice Roasted Brussels Sprouts Pear Crisp Diet = Pears French Bread Na+ 510 64 9 54 10 120	9 🌱 Macaroni & Cheese Stewed Tomatoes Green Beans Gingerbread Diet = Small Piece Italian Bread Na+ 496 6 0 289 144 96					
Cal:764 Na+:982mg		Cal:769 Na+:860mg		Cal:715 Na+:948mg		Cal:798 Na+:756mg		Cal:805 Na+:1012g	
Diet Cal:714 Na+:937mg						Diet Cal:681 Na+:712mg		Diet Cal:735 Na+:867mg	
12 Lasagna & Meatballs Marinara Sauce Green Peas Lorna Doone Cookies Italian Bread Na+ 290 140 381 7 147 96	13 Breaded Chicken Tenders with Dipping Sauce Yukon Gold Potatoes Corn Niblets Mandarin Oranges Whole Wheat Bread Na+ 456 160 5 5 0 138	14 High Sodium Meal Hot Dog* Baked Beans Coleslaw Fresh Fruit Hot Dog Bun Mustard Na+ 540 370 219 0 195 50	15 Father's Day Meal Roast Pork with Gravy Cranberry Stuffing California Vegetables Cream Puffs Marble Rye Bread Na+ 266 211 347 36 85 105	16 🌱 Egg Frittata Stewed Tomatoes Green Beans Fruited Ambrosia Diet = Pineapple Corn Muffin Na+ 389 6 0 137 0 149					
Cal:743 Na+:1186mg		Cal:709 Na+:889mg		Cal:857 Na+:1499mg		Cal:721 Na+:1175mg		Cal:811 Na+:708mg	
								Diet Cal:745 Na+:669mg	
19 Juneteenth No Meals Served 	20 Beef Stew Rice Peas & Carrots Strawberries White Peasant Bread Na+ 166 100 72 2 142	21 Baked Potato with Chili & Cheese Broccoli Fresh Fruit Pumpnickel Bread Sour Cream Na+ 7 474 90 16 1 135 9	22 Salmon with Primavera Sauce Lemon Seasoned Potatoes Green Beans Birthday Cake Diet = Small Piece Marble Rye Bread Na+ 75 161 179 0 221 110 105	23 Buttermilk Chicken Potatoes Au Gratin Spinach Baked Cinnamon Pears Whole Wheat Bread Na+ 470 285 87 5 138					
		Cal:706 Na+:483mg		Cal:719 Na+:857mg		Cal:755 Na+:866mg		Cal:721 Na+:1171mg	
						Diet Cal:665 Na+:755mg			
26 Chicken Mornay* Couscous Roman Blend Vegetables Vanilla Pudding Diet = SF Pudding Pumpnickel Bread Na+ 606 84 9 170 125 135	27 Meatloaf with Gravy Mashed Potatoes Succotash Mixed Fruit Whole Wheat Bread Na+ 202 82 107 9 20 138	28 High Sodium Meal Roast Turkey* with Gravy Mashed Sweet Potatoes Green Beans Chocolate Mousse White Peasant Bread Na+ 683 150 91 0 224 142	29 Potato Crunch Fish Delmonico Potatoes Beets Apple Crisp Diet = Applesauce Marble Rye Bread Tartar Sauce Na+ 280 212 140 63 25 105 85	30 Ham Salad* Potato Salad Tomato & Cuke Salad Melon Pita Bread Na+ 731 84 71 0 68					
Cal:803 Na+:1190mg		Cal:785 Na+:663mg		Cal:686 Na+:1415mg		Cal:798 Na+:1009mg		Cal:730 Na+:1078mg	
Diet Cal:733 Na+:1145mg						Diet Cal:688 Na+:972mg			