

Tri-Valley, Inc. - May 2023

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | | | | | | |
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| 1 | Chicken Pot Pie Garlic Mashed Potatoes Mixed Vegetables Yogurt Biscuit | Na+ 225 107 30 75 340 | 2 | Spaghetti & Meatballs Marinara Sauce Green Beans Fresh Fruit Italian Bread | Na+ 1 210 763 0 1 96 | 3 | Teriyaki Beef Steamed Rice Broccoli Strawberries Fortune Cookie Whole Wheat Bread | Na+ 438 100 16 2 0 138 | 4 | Potato Crunch Fish Potatoes Au Gratin Capri Blend Vegetables Cinnamon Streusel Cake Diet = Half Piece Marble Rye Bread Tartar Sauce | Na+ 280 285 16 271 135 105 85 | 5 | Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pineapple Pita Bread | Na+ 258 6 292 9 0 68 |
| Cal:736 Na+:902mg | | Cal:732 Na+:1196mg | | Cal:771 Na+:819mg | | Cal:926 Na+:1167mg Diet Cal:806 Na+:1032mg | | Cal:768 Na+:817mg | | | | | | |
| 8 | Stuffed Pepper Casserole Mashed Potatoes Carrots Vanilla Pudding Diet = Dt. Vanilla Pudding Peasant White Bread | Na+ 189 107 53 170 125 142 | 9 | Chicken Pesto* Lemon Seasoned Potatoes Country Blend Vegetables Cinnamon Pears Pumpernickel Bread | Na+ 569 179 22 5 135 | 10 | ∞ Lentil Stew with Cheese Steamed White Rice Green Beans Mandarin Oranges Italian Bread | Na+ 252 180 100 0 0 96 | 11 | <u>High Sodium Day</u> Chicken Cordon Bleu with Gravy Apple Cornbread Stuffing Roasted Cauliflower Double Chocolate Cake Diet = Chocolate Mousse Pumpernickel Bread | Na+ 550 81 338 15 210 224 135 | 12 | Breaded Fish Patty Tater Tots Spinach Fresh Fruit Tartar Sauce Sandwich Roll | Na+ 260 334 87 0 85 290 |
| Cal:767 Na+:786mg Diet Cal:697 Na+:741mg | | Cal:708 Na+:1034mg | | Cal:730 Na+:753mg | | Cal:981 Na+:1454mg Diet Cal:872 Na+:1468mg | | Cal:754 Na+:1181g | | | | | | |
| 15 | Smothered Chicken with Swiss & Mushrooms Wild Rice Roasted Broccoli Peaches Marble Rye Bread | Na+ 470 89 279 15 5 105 | 16 | <u>High Sodium Day</u> Burger with Chili and Cheese Green Beans Herb Potatoes Fresh Fruit Sandwich Roll | Na+ 420 474 90 0 7 0 290 | 17 | Lemon Pepper Fish Buttery Quinoa Brussels Sprouts Peach Streusel Cake Diet = Half Piece Whole Wheat Bread | Na+ 187 76 15 235 117 138 | 18 | American Chop Suey* Corn Honey Glazed Carrots Strawberries Peasant White Bread | Na+ 776 5 69 2 142 | 19 | Meatloaf with Gravy Garlic Mashed Potatoes Mixed Vegetables Oreos French Bread | Na+ 202 82 107 30 110 120 |
| Cal:751 Na+:1088mg | | Cal:908 Na+:1406mg | | Cal:817 Na+:776mg Diet Cal:703 Na+:659mg | | Cal:716 Na+:1120mg | | Cal:791 Na+:776mg | | | | | | |
| 22 | Shepherd's Pie Carrots Peas Chocolate Pudding Diet = SF Pudding Marble Rye Bread | Na+ 267 53 7 135 160 105 | 23 | White Bean Chicken Chili* Brown Rice Roasted Cali. Blend Fresh Fruit Pita Bread | Na+ 895 64 32 1 68 | 24 | Turkey* with Supreme Sauce Mashed Sweet Potatoes Green Beans Apple Crisp Diet = Applesauce Italian Bread | Na+ 683 115 91 0 63 25 96 | 25 | Baked Ham with Maple Glaze Mashed Potatoes Italian Blend Birthday Cake Diet = Small Piece Whole Wheat Bread | Na+ 440 30 70 31 221 110 138 | 26 | Chicken Cranberry Salad Pasta Salad Three Bean Salad Fruited Ambrosia Diet = Pineapple Hot Dog Roll | Na+ 182 172 280 40 0 195 |
| Cal:866 Na+:692mg Diet Cal:806 Na+:717mg | | Cal:675 Na+:1184mg | | Cal:725 Na+:1173mg Diet Cal:615 Na+:1136mg | | Cal:732 Na+:1092mg Diet Cal:642 Na+:981mg | | Cal:879 Na+:992mg Diet Cal:813 Na+:953mg | | | | | | |
| 29 | | 30 | | 31 | | <p style="text-align: center; color: red;"><u>Menus are 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 style="text-align: center;">Na+ = Sodium *Indicates higher sodium entrees >500mg mg = milligrams High Sodium Meal = >1200mg Breakdown includes 125mg Na+ for milk ∞ Indicates meatless meal</p> | | | | | | | | |
| <p style="text-align: center;">Memorial Day No Meals Served</p>  | | Chicken with BBQ Sauce Mashed Potatoes Summer Corn Mixed Fruit Marble Rye Bread | | ∞ Vegetable Cheese Bake Seasoned Potatoes Green Beans Mandarin Oranges French Bread | | | | | | | | | | |
| | | Cal:732 Na+:1073mg | | Cal:849 Na+:668mg | | | | | | | | | | |