


# Tri-Valley, Inc. - September 2023

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>Menus are Subject to Change</b> Meals are based on a No Added Salt (3,000-4,000 milligram diet) for healthy older adults. Contact our Nutritionist for any questions on sodium, calories, carbohydrates, or other dietary needs. (*) Indicates entrees with more than 500 mg sodium A high sodium meal = >1200 mg of sodium Nutrition information includes the 110 calories, 13gm Carbs & 125mg of sodium for milk. Carbs are listed for Diabetic Friendly Meals purposes 🌱 Indicates a meatless meal						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		<b>1 HIGH SODIUM MEAL</b> <b>Hot Dog*</b> 540 Baked Beans 370 Coleslaw 219 Fresh Fruit 2 Hot Dog Bun 195 Mustard 50 Calories= 873 Total Sodium = 1500mg Carbs = 100	
<b>4 Labor Day</b> <b>No Meals Served</b> 		<b>5 Meatloaf with Gravy</b> Garlic Mashed Potatoes 107 Country Blend Vegetables 22 Mixed Fruit 20 Whole Wheat Bread 138 Sodium 202 82 Calories=746 Total Sodium = 696 mg Carbs = 98		<b>6 Roast Turkey* with Gravy</b> Herbed Potatoes 7 Mixed Vegetables 30 Fresh Fruit 1 Italian Bread 96 Sodium 790 150 Calories=655 Total Sodium = 1198 mg Carbs = 91		<b>7 Macaroni &amp; Cheese</b> 🌱 Stewed Tomatoes 6 Green Beans 0 Lorna Doone Cookies 147 Peasant White Bread 142 Sodium 250 6 0 147 142 Calories=681 Total Sodium = 670 mg Carbs = 82		<b>8 Chicken Mornay*</b> Vegetable Couscous 77 Scandinavian Vegetables 30 Fruited Ambrosia 55 Marble Rye Bread 105 Sodium 742 77 30 55 105 Calories=816 Total Sodium = 1135mg Carbs = 85	
<b>11 HIGH SODIUM MEAL</b> <b>Pork Rib-i-que with BBQ Sauce</b> 395 Mac n Cheese 167 Green Beans 0 Mandarin Oranges 0 Sandwich Roll 248 Sodium 395 391 167 0 0 248 Calories=813 Total Sodium = 1325 mg Carbs = 107		<b>12 Swedish Meatballs</b> Mashed Potatoes 107 Mixed Vegetables 30 Tapioca 210 Diet = SF Pudding 135 Marble Rye Bread 105 Sodium 322 107 30 210 135 105 Calories=772 Total Sodium = 899mg Carbs = 98		<b>13 Sloppy Joe*</b> Scalloped Potatoes 77 Summer Corn 5 Strawberries 2 Sandwich Roll 248 Sodium 660 77 5 2 248 Calories=767 Total Sodium = 1117mg Carbs = 92		<b>14 Chicken Cacciatore*</b> Gemelli Pasta 8 Roasted Broccoli 15 Fresh Fruit 1 Italian Bread 96 Sodium 621 8 15 1 96 Calories=717 Total Sodium = 865mg Carbs = 95		<b>15 Fish with Crumb Topping</b> Rice Pilaf 70 Brussels Sprouts 15 Vanilla Mousse 150 Tartar Sauce 85 Whole Wheat Bread 138 Sodium 226 70 15 150 85 138 Calories=725 Total Sodium = 809mg Carbs = 93	
<b>18 Chicken Pot Pie</b> 225 Mashed Potatoes 107 Country Blend Vegetables 22 Peaches 5 Biscuit 340 Sodium 225 107 22 5 340 Calories=706 Total Sodium = 824mg Carbs = 72		<b>19 Spaghetti &amp; Meatballs</b> Marinara Sauce* 763 Green Beans 0 Fresh Fruit 0 Italian Bread 96 Sodium 1 210 763 0 0 96 Calories=697 Total Sodium = 1195mg Carbs = 98		<b>20 Lentil Stew with Cheese</b> 🌱 Steamed White Rice 100 California Blend Vegetables 36 Chocolate Mousse 224 Whole Wheat Bread 138 Sodium 252 180 100 36 224 138 Calories=786 Total Sodium = 1056mg Carbs = 108		<b>21 Potato Crunch Fish</b> Sour Cream & Onion Pot. 142 Peas & Onions 34 Yogurt 75 Pumpernickel Bread 135 Tartar Sauce 85 Sodium 280 142 34 75 135 85 Calories=775 Total Sodium = 876mg Carbs = 93		<b>22 Garlic Herbed Chicken*</b> Cranberry Stuffing 318 Roasted Broccoli & Carrots 33 Baked Apples 14 Italian Bread 96 Sodium 566 318 33 14 96 Calories=681 Total Sodium = 1152mg Carbs = 86	
<b>25 Omelet with Western Sauce</b> Herbed Potatoes 7 Green Beans & Tomato 26 Rice Krispie Treat 105 Pumpernickel Bread 135 Sodium 380 418 7 26 105 135 Calories=797 Total Sodium = 1195mg Carbs = 89		<b>26 Shepherd's Pie</b> Carrots 53 Peas 58 Fresh Fruit 0 Italian Bread 96 Sodium 255 53 58 0 96 Calories=726 Total Sodium = 587 mg Carbs = 93		<b>27 Baked Ham* Pineapple Cherry Glaze</b> Mashed Sweet Potatoes 91 Roasted Brussels Sprouts 9 Cinnamon Pears 5 Peasant White Bread 142 Sodium 775 1 91 9 5 142 Calories=689 Total Sodium = 1147mg Carbs = 109		<b>28 Stuffed Pepper Casserole</b> Mashed Potatoes 107 Honey Glazed Carrots 69 Birthday Cake 221 Diet = Small Piece 110 Marble Rye Bread 105 Sodium 189 107 69 221 110 105 Calories=805 Total Sodium = 816mg Carbs = 108		<b>29 Ranch Chicken*</b> Red Bliss Potatoes 5 Spinach 87 Apple Crisp 63 Diet = Applesauce 25 French Bread 120 Sodium 769 5 87 63 25 120 Calories=727 Total Sodium = 1168mg Carbs = 88	