

Tri-Valley, Inc. - November 2023

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Menu Subject to Change				1		2		3	
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 info. includes 110 calories, 13gm carbs & 125mg of sodium for milk. ☞ Indicates meatless meal Carbs are listed for "Diabetic friendly" meal purposes				Beef with Onions & Peppers Potato Wedges Honey Glazed Carrots Fresh Fruit Sandwich Roll 420 4 273 69 0 290		Roast Pork with Gravy Cranberry Stuffing California Vegetables Applesauce Marble Rye Bread 266 211 318 36 25 105		Macaroni & Cheese Stewed Tomatoes Mixed Vegetables Brownie Diet = Half Brownie Whole Wheat Bread 250 6 30 149 75 138	
Calories: 773 Sodium: 1180mg Carbs: 108		Calories: 631 Sodium: 1114mg Carbs: 82		Calories: 694 Sodium: 699mg Diet Cal: 621 Carbs: 78					
6		7		8		9		10	
Beef Stew 166 Rice 100 Corn Niblets 1 Mandarin Oranges 7 French Bread 125		Chicken Vegetable Stir Fry* 861 Brown Rice 64 Green Beans 0 Pineapple 0 Marble Rye Bread 105		Baked Potato with Chili & Cheese 7 Broccoli 474/180 Broccoli 16 Sour Cream 9 Chocolate Mousse 224 Whole Wheat Bread 138		<u>Higher Sodium Meal</u> Hot Dog* 540 Baked Beans 370 Green Beans 0 Coleslaw 219 Fresh Fruit 0 Hot Dog Bun 190		Veterans Day Observed No Meals Served 	
Calories: 835 Sodium: 519mg Carbs: 101		Calories: 571 Sodium: 1154mg Carbs: 88		Calories: 789 Sodium: 1170mg Carbs: 92		Calories: 857 Sodium: 1499mg Carbs: 94			
13		14		15		16		17	
Chicken Mornay* 606 Couscous 84 Roman Blend Vegetables 9 Rice Krispie Treat 105 Marble Rye Bread 105		Meatloaf with Gravy 202 Garlic Mashed Potatoes 82 Carrots 107 Carrots 53 Fresh Fruit 0 Whole Wheat Bread 138		Honey Garlic Roast Pork* 769 Herbed Potatoes 7 Roasted Brussels Sprouts 9 Chocolate Pudding 135 Diet = SF Pudding 160 French Bread 120		Swedish Meatballs 276 Mashed Potatoes 107 Scandinavian Vegetables 30 Fruited Ambrosia 55 Marble Rye Bread 105		Fish with Parmesan Cream Sauce 100 Wild Rice 162 Roasted Broccoli 279 Peaches 15 Peaches 5 Pumpernickel Bread 135	
Calories: 562 Sodium: 640mg Carbs: 79		Calories: 763 Sodium: 708mg Carbs: 102		Calories: 812 Sodium: 1165mg Diet Cal: 752 Carbs: 82		Calories: 801 Sodium: 745mg Carbs: 84		Calories: 798 Sodium: 822mg Carbs: 64	
20		21		22		23		24	
Pork Rib-i-que* 671 Macaroni & Cheese 167 Mixed Vegetables 30 Cinnamon Pears 5 Sandwich Roll 290		<u>Higher Sodium Meal</u> Roast Turkey* & Gravy 576/150 Cornbread Stuffing 242 Butternut Squash 75 Double Chocolate Cake 180 Diet = Chocolate Cake 110 French Bread 120		Chicken Cacciatore 444 Gemelli Pasta 8 Roasted Broccoli 15 Applesauce 25 Italian Bread 96		Thanksgiving No Meals Served 		Fish with Crumb Topping 226 Rice Pilaf 70 Tuscany Style Vegetables 31 Fresh Fruit 0 Whole Wheat Bread 138	
Calories: 670 Sodium: 897mg Carbs: 82		Calories: 1011 Sodium: 1467mg Diet Cal: 842 Carbs: 89		Calories: 621 Sodium: 679mg Carbs: 80				Calories: 657 Sodium: 591mg Carbs: 99	
27		28		29		30			
Chicken Pot Pie 225 Mashed Potatoes 107 Corn Niblets 1 Peaches 5 Biscuit 340		Spaghetti with Meatballs 1 Marinara Sauce 210 Marinara Sauce 509 Green Beans 0 Lorna Doone Cookies 147 Italian Bread 96		Maple Glazed Ham 481 Sr Crm/Chive Mashed Pot 142 Carrots 53 Fresh Fruit 0 Marble Rye Bread 105		Potato Crunch Fish 280 Vegetable Rice Pilaf 80 Peas 7 Birthday Cake 221 Diet = Half Piece 110 Pumpernickel Bread 135 Tartar Sauce 85		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	
Calories: 737 Sodium: 803mg Carbs: 80		Calories: 736 Sodium: 1087mg Carbs: 96		Calories: 673 Sodium: 872mg Carbs: 109		Calories: 858 Sodium: 932mg Diet Cal: 768 Carbs: 102			