

Tri-Valley, Inc. - December 2023

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Tri-Valley receives federal financial support under the Older Americans Act furnished by the Central Mass Agency on Aging and the Massachusetts Executive Office of Elder Affairs.</p>	<p>MENU SUBJECT TO CHANGE</p> <p>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.</p> <p>(*) Indicates entrees with more than 500 mg sodium</p> <p>A high sodium meal = >1200 mg of sodium Indicates meatless meal</p> <p>Nutrition information includes the 110 calories, 13gm Carbs & 125mg of sodium for milk.</p>			<p>1</p> <p style="text-align: right;"><u>Sodium</u></p> <p>Ranch Chicken 324</p> <p>Wild Rice 279</p> <p>Roasted Carrots & Broccoli 33</p> <p>Fresh Fruit 0</p> <p>Pumpernickel Bread 135</p> <p style="text-align: right;">Calories: 743 Sodium:895mg Carbs: 90</p>
<p>4</p> <p style="text-align: right;"><u>Sodium</u></p> <p>Braised Beef 197</p> <p>Gemelli Pasta 8</p> <p>Broccoli 16</p> <p>Fresh Fruit 0</p> <p>Italian Bread 96</p> <p style="text-align: right;">Calories: 833 Sodium: 441mg Carbs: 89</p>	<p>5 <i>Higher Sodium Meal</i></p> <p style="text-align: right;"><u>Sodium</u></p> <p>Hot Dog* 540</p> <p>Baked Beans 370</p> <p>Coleslaw 204</p> <p>Baked Apples 14</p> <p>Hot Dog Bun 195</p> <p>Mustard 50</p> <p style="text-align: right;">Calories: 835 Sodium: 1498mg Carbs: 93</p>	<p>6</p> <p style="text-align: right;"><u>Sodium</u></p> <p>Stuffed Pepper Casserole 118</p> <p>Mashed Potatoes 107</p> <p>Carrots 53</p> <p>Ambrosia 55</p> <p>Marble Rye Bread 105</p> <p style="text-align: right;">Calories: 708 Sodium: 548mg Carbs: 91</p>	<p>7</p> <p style="text-align: right;"><u>Sodium</u></p> <p>Garlic Herbed Chicken 431</p> <p>Cranberry Herb Stuffing 347</p> <p>Roasted Brussels Sprouts 9</p> <p>Apple Crisp 63</p> <p>Diet = Applesauce 25</p> <p>Marble Rye Bread 105</p> <p style="text-align: right;">Calories: 775 Sodium:1079mg Carbs: 84</p>	<p>8</p> <p style="text-align: right;"><u>Sodium</u></p> <p>American Chop Suey 186</p> <p>Roasted Broccoli & Carrots 15</p> <p>Lorna Doone Cookies 147</p> <p>Italian Bread 96</p> <p style="text-align: right;">Calories:747 Sodium:620mg Carbs: 85</p>
<p>11</p> <p style="text-align: right;"><u>Sodium</u></p> <p>Chicken Pesto 301</p> <p>Herbed Potatoes 7</p> <p>Scandinavian Vegetables 30</p> <p>Rice Krispie Treat 105</p> <p>Pumpernickel Bread 135</p> <p style="text-align: right;">Calories: 703 Sodium:703mg Carbs: 86</p>	<p>12</p> <p style="text-align: right;"><u>Sodium</u></p> <p>Burger 150</p> <p>Chili & Cheese 654</p> <p>Red Bliss Potatoes 5</p> <p>Green Beans 0</p> <p>Fresh Fruit 0</p> <p>Sandwich Roll 248</p> <p style="text-align: right;">Calories: 854 Sodium: 1182mg Carbs: 100</p>	<p>13</p> <p style="text-align: right;"><u>Sodium</u></p> <p>Roast Pork Loin with Gravy 436</p> <p>Herbed Bread Stuffing 324</p> <p>Rstd. California Vegetables 32</p> <p>Cinnamon Pears 5</p> <p>Whole Wheat Bread 138</p> <p style="text-align: right;">Calories: 674 Sodium: 1025mg Carbs: 80</p>	<p>14</p> <p style="text-align: right;"><u>Sodium</u></p> <p>Teriyaki Beef 438</p> <p>Brown Rice 64</p> <p>Broccoli 16</p> <p>Chocolate Mousse 224</p> <p>Fortune Cookie 0</p> <p>Marble Rye Bread 105</p> <p style="text-align: right;">Calories: 802 Sodium: 972mg Carbs: 104</p>	<p>15</p> <p style="text-align: right;"><u>Sodium</u></p> <p>Jambalaya* 539</p> <p>Rice Pilaf 70</p> <p>Green Peas 7</p> <p>Pineapple 0</p> <p>Whole Wheat Bread 138</p> <p style="text-align: right;">Calories: 712 Sodium:879mg Carbs: 105</p>
<p>18</p> <p style="text-align: right;"><u>Sodium</u></p> <p>Lemon Pepper Fish 362</p> <p>Rice Pilaf 70</p> <p>Roasted Brussels Sprouts 9</p> <p>Cold Baked Apples 14</p> <p>Whole Wheat Bread 138</p> <p style="text-align: right;">Calories: 718 Sodium: 667mg Carbs: 92</p>	<p>19 <i>Higher Sodium Meal</i></p> <p style="text-align: right;"><u>Sodium</u></p> <p>Holiday Meal</p> <p>Chicken Cordon Bleu 450</p> <p>Cranberry Herb Stuffing 347</p> <p>Roasted Carrots & Broccoli 33</p> <p>Cheesecake Mousse 130</p> <p>French Bread 120</p> <p style="text-align: right;">Calories: 721 Sodium:1205mg Carbs: 84</p>	<p>20</p> <p style="text-align: right;"><u>Sodium</u></p> <p>Meatloaf with Gravy 372</p> <p>Garlic Mashed Potatoes 107</p> <p>Chuckwagon Corn 1</p> <p>Mixed Fruit 20</p> <p>Italian Bread 96</p> <p style="text-align: right;">Calories: 745 Sodium:633mg Carbs: 99</p>	<p>21</p> <p style="text-align: right;"><u>Sodium</u></p> <p>Greek Chicken 261</p> <p>Steamed White Rice 100</p> <p>Roasted Broccoli 15</p> <p>Brownie 149</p> <p>Diet = Cookies 147</p> <p>Pumpernickel Bread 135</p> <p style="text-align: right;">Calories: 801 Sodium:786mg Carbs: 92</p>	<p>22</p> <p style="text-align: right;"><u>Sodium</u></p> <p>Shepherd's Pie 267</p> <p>Carrots 53</p> <p>Peas 7</p> <p>Fresh Fruit 0</p> <p>Marble Rye Bread 105</p> <p style="text-align: right;">Calories: 741 Sodium: 596mg Carbs: 96</p>
<p>25</p> <p style="text-align: center;">Christmas No Meals Served</p>	<p>26 </p> <p style="text-align: right;"><u>Sodium</u></p> <p>Vegetable Cheese Bake 416</p> <p>Seasoned Potatoes 7</p> <p>Mixed Vegetables 30</p> <p>Peaches 5</p> <p>Italian Bread 96</p> <p style="text-align: right;">Calories: 820 Sodium: 679mg Carbs: 68</p>	<p>27</p> <p style="text-align: right;"><u>Sodium</u></p> <p>Chicken Milano 276</p> <p>Wild Rice 279</p> <p>Roasted Broccoli & Carrots 33</p> <p>Pear Crisp 54</p> <p>Diet = Pears 10</p> <p>Pumpernickel Bread 135</p> <p style="text-align: right;">Calories: 904 Sodium:902mg Carbs: 91</p>	<p>28</p> <p style="text-align: right;"><u>Sodium</u></p> <p>Salisbury Steak with Gravy 472</p> <p>Garlic Mashed Potatoes 107</p> <p>Green Beans 0</p> <p>Birthday Cake 221</p> <p>Diet = Half Piece 111</p> <p>Sandwich Roll 248</p> <p style="text-align: right;">Calories: 839 Sodium:1173mg Carbs: 95</p>	<p>29</p> <p style="text-align: right;"><u>Sodium</u></p> <p>Potato Crunch Fish 280</p> <p>Lemon Seasoned Rice 149</p> <p>Roasted California Veg. 32</p> <p>Ambrosia 55</p> <p>Pumpernickel Bread 135</p> <p>Tartar Sauce 85</p> <p style="text-align: right;">Calories: 883 Sodium:862mg Carbs: 101</p>