






Tri-Valley, Inc. - January 2024

Monday		Tuesday		Wednesday		Thursday		Friday	
1	<div>New Year's Day No Meals Served</div> <div></div>	2	<div>Meatballs with Onion Gravy Bowtie Pasta Roasted California Blend Tropical Fruit Peasant White Bread</div> <div><u>Sodium</u> 260 85 8 32 0 142</div>	3	<div>Marinated Pork Loin with Gravy Herb Potatoes Carrots Apple Crisp Diet = Applesauce Whole Wheat Bread</div> <div><u>Sodium</u> 400 211 7 53 63 25 138</div>	4	<div>Chicken with BBQ Sauce Mashed Potatoes Summer Corn Fresh Fruit Pumpernickel Bread</div> <div><u>Sodium</u> 320 391 107 5 1 135</div>	5	<div> Macaroni and Cheese Stewed Tomatoes Green Beans Blondie Diet = Half Piece Italian Bread</div> <div><u>Sodium</u> 250 6 0 272 136 96</div>
		Calories=728 Total Sodium = 527 mg Carbs =81		Calories=819 Total Sodium = 997 mg Carbs = 78		Calories=764 Total Sodium = 1084 mg Carbs = 106		Calories=755 Total Sodium = 750 mg Carbs = 74	
8	<div>Spaghetti & Meatballs Marinara Sauce Green Beans Fresh Fruit Italian Bread</div> <div>1 210 763 0 8 96</div>	9	<div>Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pineapple Pita Bread</div> <div><u>Sodium</u> 258 66 292 9 1 68</div>	10	<div>Roast Pork with Gravy Cornbread Stuffing Roasted Broccoli & Carrots Lorna Doone Cookies Marble Rye Bread</div> <div><u>Sodium</u> 266 211 242 33 147 105</div>	11	<div>HIGH SODIUM DAY Hot Dog* Baked Beans Coleslaw Baked Apples Hot Dog Bun Mustard</div> <div><u>Sodium</u> 540 370 204 14 195 50</div>	12	<div>Fish with Crumb Topping Delmonico Potatoes Honey Glazed Carrots Vanilla Pudding Diet = SF Pudding Tartar Sauce Whole Wheat Bread</div> <div><u>Sodium</u> 226 212 69 170 125 85 138</div>
Calories=697 Total Sodium = 1195 Carbs = 98		Calories=773 Total Sodium = 818mg Carbs = 96		Calories= 781 Total Sodium = 1129 mg Carbs = 92		Calories=835 Total Sodium = 1498 mg Carbs = 93		Calories=809 Total Sodium = 1026 mg Carbs = 89	
15	<div>Martin Luther King Day No Meals Served</div> <div></div>	16	<div>Buttermilk Chicken Potatoes Au Gratin Mixed Vegetables Pears Whole Wheat Bread</div> <div><u>Sodium</u> 470 285 30 10 138</div>	17	<div>Baked Potato with Chili & Cheese Broccoli Sour Cream Chocolate Mousse Pumpernickel Bread</div> <div><u>Sodium</u> 7 474/180 16 9 224 135</div>	18	<div>Beef with Onions & Peppers Potato Wedges Tuscany Vegetables Fresh Fruit Sandwich Roll</div> <div><u>Sodium</u> 420 4 273 31 0 248</div>	19	<div>Shepherd's Pie Carrots Peas Fruited Ambrosia Italian Bread</div> <div><u>Sodium</u> 255 53 58 55 96</div>
		Calories=723 Total Sodium = 1058 mg Carbs = 88		Calories=789 Total Sodium = 1170 mg Carbs = 92		Calories=721 Total Sodium = 1101 mg Carbs = 95		Calories=825 Total Sodium = 642 mg Carbs = 92	
22	<div> Lentil Stew with Cheese Steamed White Rice Green Beans Mixed Fruit French Bread</div> <div><u>Sodium</u> 252 180 100 0 20 120</div>	23	<div>Chicken Mornay* Vegetable Couscous Roman Blend Vegetables Butterscotch Pudding Diet = SF Pudding Marble Rye Bread</div> <div><u>Sodium</u> 532 77 9 246 135 105</div>	24	<div>HIGH SODIUM DAY Roast Turkey* with Gravy Mashed Sweet Potatoes Roasted Broccoli Cinnamon Pears Italian Bread</div> <div><u>Sodium</u> 790 150 91 15 5 96</div>	25	<div>Meatloaf with Gravy Garlic Mashed Potatoes Country Blend Vegetables Birthday Cake Diet = Small Piece Whole Wheat Bread</div> <div><u>Sodium</u> 202 82 107 22 221 110 138</div>	26	<div>Chicken Cranberry Salad Pasta Salad Three Bean Salad Fresh Orange Hot Dog Roll</div> <div><u>Sodium</u> 257 172 370 0 195</div>
Calories=737 Total Sodium = 797 mg Carbs =108		Calories=714 Total Sodium = 1095 mg Carbs = 76		Calories=697 Total Sodium = 1271 mg Carbs = 92		Calories=847 Total Sodium = 896 mg Carbs = 94		Calories=930 Total Sodium = 1119 mg Carbs = 104	
29	<div>Ranch Chicken* Lemon Seasoned Potatoes Mixed Vegetables Rice Krispie Treat Italian Bread</div> <div><u>Sodium</u> 644 179 30 105 96</div>	30	<div>Swedish Meatballs Mashed Potatoes Herbed Carrots Vanilla Mousse Marble Rye Bread</div> <div><u>Sodium</u> 322 107 53 150 105</div>	31	<div>Beef Stew Rice Green Beans Pineapple Pumpernickel Bread</div> <div><u>Sodium</u> 166 100 0 0 96</div>	<div>Menus are Subject to Change</div> <div>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 Meal" purposes  Indicates a meatless meal</div>			
Calories= 792 Total Sodium = 1178 mg Carbs = 81		Calories=744 Total Sodium = 862 mg Carbs = 84		Calories=811 Total Sodium = 527 mg Carbs = 93					