


Tri-Valley, Inc. - February 2024

Monday	Tuesday	Wednesday	Thursday	Friday	
Menus are Subject to Change					
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					
			1	2	
			Lasagna & Meatballs Marinara Sauce Green Beans Fresh Fruit Italian Bread	Pork Rib-i-que with BBQ Sauce Macaroni & Cheese Mixed Vegetables Fruited Ambrosia Sandwich Roll	
			Sodium 320 210 381 0 0 96	Sodium 280 195 167 30 55 248	
			Calories= 716 Total Sodium = 1132 Carbs = 86	Calories= 828 Total Sodium = 1100mg Carbs = 96	
5	6	7	8	9	
Chicken Pot Pie Mashed Potatoes Country Blend Vegetables Pears Biscuit	Braised Beef Gemelli Pasta Broccoli Fresh Fruit French Bread	HIGH SODIUM MEAL Baked Ham* w/ Pineapple Cherry Glaze Sr Crm/Chive Mashed Pot. Honey Glazed Carrots Yogurt Pumpernickel Bread	Jambalaya* Rice Pilaf Green Peas Pineapple Marble Rye Bread	Garlic Herbed Chicken Bread Stuffing Roasted Brussels Sprouts Banana Pudding Diet = SF Pudding Whole Wheat Bread	
Sodium 241 107 22 10 110	Sodium 197 8 16 0 120	Sodium 904 1 142 69 75 135	Sodium 539 70 7 0 105	Sodium 431 324 9 170 125 138	
Calories= 714 Total Sodium = 844 Carbs = 88		Calories=850 Total Sodium = 465 mg Carbs =92		Calories=687 Total Sodium = 1452 mg Carbs = 98	
Calories=709 Total Sodium = 655 mg Carbs = 87		Calories=747 Total Sodium = 941mg Carbs = 84		Calories=707 Total Sodium = 846 mg Carbs = 104	
12	13	14	15	16	
Stuffed Pepper Casserole Mashed Potatoes Carrots Lorna Doone Cookies Marble Rye Bread	HIGH SODIUM MEAL Hot Dog* Baked Beans Coleslaw Baked Apples Hot Dog Bun Mustard	Salmon with Primavera Sauce Wild Rice Roasted California Blend Cheesecake Mousse Whole Wheat Bread	Chicken Cacciatore Gemelli Pasta Spinach Pear Crisp Diet = Pears White Bread	🌱 Egg Frittata Stewed Tomatoes Green Beans Fresh Fruit Corn Muffin	
Sodium 118 107 53 147 105	Sodium 540 370 204 14 195 50	Sodium 75 161 279 32 130 138	Sodium 411 8 87 54 10 142	Sodium 389 6 0 0 149	
Calories=709 Total Sodium = 655 mg Carbs = 87		Calories=835 Total Sodium = 1498mg Carbs = 93		Calories=736 Total Sodium = 826mg Carbs = 90	
Calories=746 Total Sodium = 669mg Carbs = 78		Calories=747 Total Sodium = 941mg Carbs = 84		Calories=736 Total Sodium = 826mg Carbs = 90	
19	20	21	22	23	
Presidents' Day No Meals Served 	Chicken Pesto Delmonico Potatoes Scandinavian Vegetables Fresh Fruit Pumpernickel Bread	Roast Pork Loin with Gravy Apple Cornbread Stuffing Cabbage & Carrots Peaches Marble Rye Bread	American Chop Suey Broccoli & Red Peppers Corn Birthday Cake Diet = Half Piece French Bread	Potato Crunch Fish Potatoes Au Gratin Peas & Carrots Apple Crisp Diet = Applesauce Tartar Sauce Sandwich Roll	
Sodium 301 212 30 1 135	Sodium 400 170 338 55 5 105	Sodium 186 15 5 220 110 120	Sodium 280 285 60 63 25 85 248		
Calories=723 Total Sodium = 805mg Carbs = 93		Calories=731 Total Sodium = 1197mg Carbs = 63		Calories=799 Total Sodium = 672mg Carbs = 90	
Calories=927 Total Sodium = 1021mg Carbs = 106		Calories=731 Total Sodium = 1197mg Carbs = 63		Calories=799 Total Sodium = 672mg Carbs = 90	
26	27	28	29		
Shepherd's Pie Carrots Peas Mixed Fruit Marble Rye Bread	Greek Chicken Steamed White Rice Roasted Brussels Sprouts Chocolate Mousse Pumpernickel Bread	Burger with Chili & Cheese Herbed Potatoes Green Beans Brownie Diet = Cookie Sandwich Roll	Ham Salad* Potato Salad Tomato & Cuke Salad Fresh Fruit Hot Dog Roll	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	
Sodium 255 53 58 20 105	Sodium 261 100 9 224 135	Sodium 150 297/90 7 0 149 147 248	Sodium 597 84 71 0 195		
Calories=750 Total Sodium = 616mg Carbs = 98		Calories=786 Total Sodium = 854 mg Carbs = 93		Calories=807 Total Sodium = 1071mg Carbs = 86	