

Tri-Valley, Inc. - April 2024

Monday		Tuesday		Wednesday		Thursday		Friday	
1 Chicken Mornay Couscous Roman Blend Vegetables Butterscotch Pudding Diet = SF Pudding Marble Rye Bread	<u>Sodium</u>	2 Meatloaf with Gravy Garlic Mashed Potatoes Carrots Mixed Fruit Whole Wheat Bread	<u>Sodium</u>	3 <u>High Sodium Meal</u> Roast Turkey with Gravy Mashed Sweet Potatoes Roasted Brussels Sprouts Pear Crisp Diet = Pears	<u>Sodium</u>	4 Macaroni & Cheese Stewed Tomatoes Green Beans Lorna Doone Cookies Pumpnickel Bread	<u>Sodium</u>	5 Fish Parmesan Cream Sauce Wild Rice Roasted Broccoli & Carrots Fresh Fruit French Bread	<u>Sodium</u>
	532		202		790		250		100
Calories=720 Total Sodium = 1101 mg Carbs =63		Calories=738 Total Sodium = 727 mg Carbs =96		Calories=835 Total Sodium = 1314 mg Carbs = 96		Calories=688 Total Sodium = 693 mg Carbs = 86		Calories=809 Total Sodium = 819 mg Carbs = 81	
8 Pork Rib-i-que BBQ Sauce Macaroni & Cheese Green Beans Fresh Fruit Sandwich Roll	<u>Sodium</u>	9 <u>High Sodium Meal</u> Hot Dog * Baked Beans Coleslaw Baked Apples Hot Dog Bun Mustard	<u>Sodium</u>	10 Swedish Meatballs Mashed Potatoes Scandinavian Vegetables Vanilla Pudding Diet = SF Pudding Marble Rye Bread	<u>Sodium</u>	11 Chicken Cacciatore Gemelli Pasta Roasted Broccoli Rice Krispy Treat Italian Bread	<u>Sodium</u>	12 Fish with Crumb Topping Rice Pilaf Tuscany Style Vegetables Fruited Ambrosia Whole Wheat Bread	<u>Sodium</u>
	280		540		322		411		226
Calories=729 Total Sodium = 1059 Carbs = 97		Calories=835 Total Sodium = 1498mg Carbs = 93		Calories= 791 Total Sodium = 860 mg Carbs = 80		Calories=661 Total Sodium = 759 mg Carbs = 84		Calories=721 Total Sodium = 645 mg Carbs = 89	
15 Patriots' Day No Meals Served 		16 Chicken Pot Pie Mashed Potatoes Corn Niblets Mixed Fruit Biscuit	<u>Sodium</u>	17 Salmon Primavera Rice Pilaf Peas & Onions Lorna Doone Cookies Pumpnickel Bread	<u>Sodium</u>	18 Spaghetti & Meatballs Marinara Sauce Green Beans Peaches Italian Bread	<u>Sodium</u>	19 Garlic Herbed Chicken Cornbread Stuffing Roasted Brussels Sprouts Lemon Pudding Diet = SF Pudding Whole Wheat Bread	<u>Sodium</u>
			241		236		211		431
		Calories=736 Total Sodium = 819 mg Carbs = 79		Calories=747 Total Sodium = 746 mg Carbs = 93		Calories=645 Total Sodium = 818 mg Carbs = 75		Calories=765 Total Sodium = 1124 mg Carbs = 89	
22 Potato Crunch Fish Lemon Herb Rice Peas Mandarin Oranges Whole Wheat Bread Tartar Sauce	<u>Sodium</u>	23 Sloppy Joe* Red Bliss Potatoes Mixed Vegetables Fresh Fruit Sandwich Roll	<u>Sodium</u>	24 Stuffed Pepper Casserole Mashed Potatoes Carrots Chocolate Mousse Marble Rye Bread	<u>Sodium</u>	25 Ranch Chicken* Red Bliss Potatoes Roasted California Vegetables Birthday Cake Diet = Half Piece Pumpnickel Bread	<u>Sodium</u>	26 Braised Beef Gemelli Pasta Broccoli Pear Crisp Diet = Applesauce Italian Bread	<u>Sodium</u>
	280		660		118		644		197
Calories=808 Total Sodium = 784 mg Carbs =114		Calories=744 Total Sodium = 1069 mg Carbs = 116		Calories=692 Total Sodium = 733 mg Carbs = 85		Calories=882 Total Sodium = 1161 mg Carbs = 79		Calories=949 Total Sodium = 496 mg Carbs = 85	
29 Chicken Pesto Wild Rice Roasted Carrots & Broccoli Vanilla Mousse Marble Rye Bread	<u>Sodium</u>	30 Burger Chili & Cheese Herbed Potatoes Green Beans Fresh Fruit Sandwich Roll	<u>Sodium</u>	Menu 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 Meal" purposes Indicates a meatless meal					
	301		150	150					
Calories= 777 Total Sodium = 993 mg Carbs = 86		Calories=939 Total Sodium = 1184 mg Carbs = 107							