

Tri-Valley, Inc. - March 2024

Monday		Tuesday		Wednesday		Thursday		Friday		
<div>Menu Subject to Change</div> <div>Meals are based on a No Added Salt (3,000-4,000 milligram diet) for healthy older adults.</div> <div>Contact our Nutritionist for any questions on sodium, calories, carbohydrates, or other dietary needs.</div> <div>(*) Indicates entrees with more than 500 mg sodium</div> <div>A high sodium meal = >1200 mg of sodium</div> <div>Nutrition information includes the 110 calories, 13gm Carbs & 125mg of sodium for milk.</div>						Tri-Valley receives federal financial support under the Older Americans Act provided by the Central Massachusetts Agency on Aging and the Executive Office of Elder Affairs		<div>1</div> <div>Lemon Pepper Fish</div> <div>Rice Pilaf</div> <div>Roasted Brussels Sprouts</div> <div>Tropical Fruit</div> <div>Whole Wheat Bread</div> <div>Calories=739 Total Sodium = 624</div> <div>Carbs = 92</div>		
<div>4</div> <div>Teriyaki Beef</div> <div>Steamed Rice</div> <div>Broccoli</div> <div>Fresh Fruit</div> <div>Fortune Cookie</div> <div>Whole Wheat Bread</div> <div>Calories=809 Total Sodium = 818</div> <div>Carbs = 112</div>		<div>Sodium</div> <div>438</div> <div>100</div> <div>16</div> <div>0</div> <div>0</div> <div>138</div>	<div>5</div> <div>Marinated Pork Loin</div> <div>Herbed Stuffing</div> <div>Peas</div> <div>Cinnamon Pears</div> <div>Pumpernickel Bread</div> <div>Calories=713 Total Sodium = 994</div> <div>Carbs = 88</div>	<div>Sodium</div> <div>400</div> <div>323</div> <div>7</div> <div>5</div> <div>135</div>	<div>6</div> <div>Chicken Vegetable Stir Fry</div> <div>Brown Rice</div> <div>Green Beans</div> <div>Fruited Ambrosia</div> <div>Italian Bread</div> <div>Calories=655 Total Sodium = 1199</div> <div>Carbs = 86</div>	<div>Sodium</div> <div>861</div> <div>64</div> <div>0</div> <div>55</div> <div>96</div>	<div>7</div> <div>Salisbury Steak</div> <div>Gravy</div> <div>Garlic Mashed Potatoes</div> <div>Herb Carrots & Broccoli</div> <div>Brownie</div> <div>Diet = Cookies</div> <div>Sandwich Roll</div> <div>Calories=916 Total Sodium= 991</div> <div>Carbs = 102</div>	<div>Sodium</div> <div>240</div> <div>82</div> <div>107</div> <div>40</div> <div>149</div> <div>147</div> <div>248</div>	<div>8</div> <div>Vegetable Cheese Bake</div> <div>Seasoned Potatoes</div> <div>Green Beans</div> <div>Rice Krispy Treat</div> <div>Italian Bread</div> <div>Calories=832 Total Sodium = 749</div> <div>Carbs = 81</div>	<div>Sodium</div> <div>416</div> <div>7</div> <div>0</div> <div>105</div> <div>96</div>
<div>11</div> <div>Chicken Picatta</div> <div>Wild Rice</div> <div>Roasted Broccoli</div> <div>Cookies</div> <div>Pumpernickel Bread</div> <div>Calories=755 Total Sodium = 1127</div> <div>Carbs = 89</div>		<div>Sodium</div> <div>426</div> <div>279</div> <div>15</div> <div>147</div> <div>135</div>	<div>12</div> <div>Meatballs with Onion Gravy</div> <div>Bowtie Pasta</div> <div>Scandinavian Vegetables</div> <div>Fresh Fruit</div> <div>French Bread</div> <div>Calories= 783 Total Sodium = 629</div> <div>Carbs = 81</div>	<div>Sodium</div> <div>260</div> <div>85</div> <div>8</div> <div>30</div> <div>0</div> <div>120</div>	<div>13</div> <div>Roast Pork with Gravy</div> <div>Cranberry Stuffing</div> <div>California Vegetables</div> <div>Apple Crisp</div> <div>Diet = Applesauce</div> <div>Marble Rye Bread</div> <div>Calories=767 Total Sodium = 1079</div> <div>Carbs = 84</div>	<div>Sodium</div> <div>477</div> <div>318</div> <div>36</div> <div>63</div> <div>25</div> <div>105</div>	<div>14</div> <div>Higher Sodium Meal</div> <div>Corned Beef</div> <div>Boiled Potatoes</div> <div>Cabbage & Carrots</div> <div>Vanilla Mousse</div> <div>Whole Wheat Bread</div> <div>Calories=564 Total Sodium = 1405</div> <div>Carbs = 73</div>	<div>Sodium</div> <div>931</div> <div>6</div> <div>55</div> <div>150-</div> <div>138</div>	<div>15</div> <div>Macaroni & Cheese</div> <div>Stewed Tomatoes</div> <div>Green Beans</div> <div>Fruited Ambrosia</div> <div>Pumpernickel Bread</div> <div>Calories=703 Total Sodium = 571</div> <div>Carbs = 78</div>	<div>Sodium</div> <div>250</div> <div>6</div> <div>0</div> <div>55</div> <div>135</div>
<div>18</div> <div>Lasagna & Meatballs with Marinara Sauce</div> <div>Mixed Vegetables</div> <div>Yogurt</div> <div>French Bread</div> <div>Calories=692 Total Sodium = 1191</div> <div>Carbs = 93</div>		<div>Sodium</div> <div>321</div> <div>139</div> <div>381</div> <div>30</div> <div>75</div> <div>120</div>	<div>19</div> <div>Beef w/Onions & Peppers</div> <div>Potato Wedges</div> <div>Honey Glazed Carrots</div> <div>Fresh Fruit</div> <div>Sandwich Roll</div> <div>Calories=789 Total Sodium = 1141</div> <div>Carbs = 112</div>	<div>Sodium</div> <div>423</div> <div>273</div> <div>69</div> <div>0</div> <div>248</div>	<div>20</div> <div>Chicken Fajitas</div> <div>Spanish Rice</div> <div>Black Beans & Corn</div> <div>Sour Cream</div> <div>Pita Bread</div> <div>Pineapple</div> <div>Calories=768 Total Sodium = 817</div> <div>Carbs = 96</div>	<div>Sodium</div> <div>258</div> <div>66</div> <div>292</div> <div>9</div> <div>68</div> <div>0</div>	<div>21</div> <div>Higher Sodium Meal</div> <div>Hot Dog</div> <div>Baked Beans</div> <div>Coleslaw</div> <div>Baked Apples</div> <div>Hot Dog Roll</div> <div>Mustard</div> <div>Calories=835 Total Sodium = 1498</div> <div>Carbs = 93</div>	<div>Sodium</div> <div>540</div> <div>370</div> <div>204</div> <div>14</div> <div>195</div> <div>50</div>	<div>22</div> <div>Salmon Primavera</div> <div>Wild Rice</div> <div>Peas & Pearl Onions</div> <div>Lemon Pudding</div> <div>Diet = SF Pudding</div> <div>Whole Wheat Bread</div> <div>Calories=758 Total Sodium = 992</div> <div>Carbs = 87</div>	<div>Sodium</div> <div>236</div> <div>279</div> <div>34</div> <div>180</div> <div>135</div> <div>138</div>
<div>25</div> <div>Beef Stew</div> <div>Rice</div> <div>Corn Niblets</div> <div>Pineapple</div> <div>French Bread</div> <div>Calories=835 Total Sodium = 519</div> <div>Carbs = 108</div>		<div>Sodium</div> <div>166</div> <div>100</div> <div>1</div> <div>0</div> <div>125</div>	<div>26</div> <div>Chicken with Buttermilk Sauce</div> <div>Cranberry Stuffing</div> <div>Roasted Brussels Sprouts</div> <div>Peaches</div> <div>Whole Wheat Bread</div> <div>Calories=732 Total Sodium = 1064</div> <div>Carbs = 95</div>	<div>Sodium</div> <div>320</div> <div>150</div> <div>318</div> <div>9</div> <div>5</div> <div>138</div>	<div>27</div> <div>Baked Potato with Chili & Cheese</div> <div>Broccoli</div> <div>Sour Cream</div> <div>Chocolate Mousse</div> <div>Pumpernickel Bread</div> <div>Calories=789 Total Sodium = 1170</div> <div>Carbs = 92</div>	<div>Sodium</div> <div>7/474</div> <div>180</div> <div>16</div> <div>9</div> <div>224</div> <div>135</div>	<div>28</div> <div>Maple Glazed Ham</div> <div>Mash Potatoes</div> <div>Glazed Carrots</div> <div>Cake</div> <div>Diet = Half Piece</div> <div>Italian Bread</div> <div>Calories=769 Total Sodium = 1099</div> <div>Carbs = 103</div>	<div>Sodium</div> <div>481</div> <div>142</div> <div>69</div> <div>221</div> <div>110</div> <div>96</div>	<div>29</div> <div>Potato Crunch Fish</div> <div>Potatoes Au Gratin</div> <div>Mixed Vegetables</div> <div>Fresh Fruit</div> <div>Marble Rye Bread</div> <div>Calories=803 Total Sodium = 911</div> <div>Carbs = 91</div>	<div>Sodium</div> <div>280</div> <div>285</div> <div>30</div> <div>0</div> <div>105</div>