


Tri-Valley, Inc. - May 2024

Monday		Tuesday		Wednesday		Thursday		Friday	
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				1 Marinated Pork Loin Cranberry Herb Stuffing Roasted California Blend Baked Apples Marble Rye Bread Sodium 400 355 32 14 105		2 American Chop Suey Broccoli & Red Peppers Honey Glazed Carrots Butterscotch Pudding Diet = SF Pudding French Bread Sodium 186 15 69 246 160 120		3 Chicken Fajitas* Spanish Rice Black Beans & Corn Sour Cream Pineapple Pita Bread Sodium 527 66 292 9 1 68	
Calories=730 Total Sodium = 601 Carbs = 78				Calories=724 Total Sodium = 1031 mg Carbs = 83		Calories=679 Total Sodium = 762 mg Carbs = 89		Calories=867 Total Sodium = 1087 mg Carbs = 102	
6 Shepherd's Pie Carrots Peas Peaches Marble Rye Bread Sodium 255 53 58 5 105		7 Greek Chicken Steamed White Rice Roasted Broccoli Vanilla Pudding Diet = SF Pudding Pumpernickel Bread Sodium 408 100 15 170 129 135		8 Meatloaf with Gravy Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit French Bread Sodium 202 82 106 1 0 120		9 Chicken Royale* with Gravy Mashed Sweet Pot. & Carrot Roasted Cauliflower Double Chocolate Cake Diet = Cheesecake Mousse Italian Bread Sodium 550 81 78 15 182 130 96		10 HIGH SODIUM MEAL Lasagna with Meatballs Marinara Sauce Green Beans Baked Cinnamon Pears Pumpernickel Bread Sodium 321 139 763 0 5 120	
Calories=822 Total Sodium = 664 mg Carbs = 84				Calories=813 Total Sodium = 954 mg Carbs = 86		Calories=752 Total Sodium = 637 mg Carbs = 100		Calories=914 Total Sodium = 1128 mg Carbs = 76	
13 🍴 Vegetable Cheese Bake Seasoned Potatoes Green Beans Mixed Fruit Italian Bread Sodium 416 7 0 20 96		14 Chicken Milano* Vegetable Couscous Spinach Lorna Doone Cookies Pumpernickel Bread Sodium 609 77 87 147 135		15 Teriyaki Beef Steamed Rice Broccoli Mandarin Oranges Fortune Cookie Whole Wheat Bread Sodium 438 100 16 0 35 138		16 Salisbury Steak with Gravy Mashed Potatoes Peas & Mushrooms Brownie Diet = Half Piece Sandwich Roll Sodium 240 82 107 45 149 75 248		17 Lemon Pepper Fish Potatoes Au Gratin Country Blend Vegetables Fresh Fruit Apple Cinnamon Muffin Sodium 193 285 22 1 190	
Calories=732 Total Sodium = 792 mg Carbs = 106				Calories=846 Total Sodium = 1179 mg Carbs = 95		Calories=822 Total Sodium = 817 mg Carbs = 114		Calories=893 Total Sodium = 997 mg Carbs = 101	
20 🍴 Lentil Stew with Cheese Steamed White Rice Green Beans Pineapple Pumpernickel Bread Sodium 252 180 100 0 0 135		21 Meatballs with Onion Gravy Bowtie Pasta Roasted Brussels Sprouts Pears French Bread Sodium 260 85 8 9 10 120		22 Fish with Crumb Topping Delmonico Potatoes Honey Glazed Carrots Fresh Fruit Whole Wheat Bread Tartar Sauce Sodium 94 212 69 1 138 85		23 HIGH SODIUM MEAL Chicken with BBQ Sauce Mashed Potatoes Country Blend Vegetables Birthday Cake Diet = Small Piece White Bread Sodium 212 391 107 22 221 110 142		24 🍴 Macaroni & Cheese Stewed Tomatoes Green Peas Chocolate Mousse Marble Rye Bread Sodium 250 6 7 230 105	
Calories=718 Total Sodium = 491 mg Carbs = 80				Calories=753 Total Sodium = 725 mg Carbs = 103		Calories=732 Total Sodium = 1219 mg Carbs = 92		Calories=722 Total Sodium = 723 mg Carbs = 89	
27 Memorial Day No Meal Served 		28 Roast Pork with Gravy Cranberry Stuffing Roman Blend Vegetables Apple Crisp Diet = Baked Apples Marble Rye Bread Sodium 266 211 318 9 63 14 105		29 Turkey* with Supreme Sauce Yukon Gold Potatoes Roasted Cali. Vegetables Fresh Fruit French Bread Sodium 790 115 5 32 1 120		30 Beef with Onions & Peppers Red Bliss Potatoes Honey Glazed Carrots Rice Krispie Treat Sandwich Roll Sodium 420 2 17 69 105 248		31 Chicken Cranberry Salad Pasta Salad Three Bean Salad Fruited Ambrosia Hot Dog Roll Sodium 197 172 280 55 195	
Calories=723 Total Sodium = 1097 mg Carbs = 85				Calories=666 Total Sodium = 1188 mg Carbs = 91		Calories=720 Total Sodium = 988 mg Carbs = 100		Calories=912 Total Sodium = 1023 mg Carbs = 96	