



# Tri-Valley, Inc. - June 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>Sloppy Joes*</b> Red Bliss Potatoes 17 Mixed Vegetables 30 Mixed Fruit 20 Sandwich Roll 248 Sodium 648 Calories=706 Total Sodium = 1088 mg Carbs =106	<b>4</b> <b>Haddock with Parmesan Cream Sauce</b> Lemon Seasoned Potatoes 149 Green Beans 0 Chocolate Pudding 135 Diet = SF Pudding 160 Marble Rye Bread 105 Sodium 43 162 149 0 135 160 105 Calories=823 Total Sodium = 719mg Carbs =80	<b>5</b> <b>Baked Potato with Chili &amp; Cheese</b> Broccoli 16 Sour Cream 9 Brownie 149 Diet = Half Piece 75 Pumpernickel Bread 135 Sodium 7 474/180 16 9 149 75 135 Calories=814 Total Sodium = 1095 mg Carbs =88	<b>6</b> <b>HIGH SODIUM DAY</b> <b>Hot Dog*</b> Baked Beans 370 Coleslaw 162 Baked Apples 14 Hot Dog Bun 195 Mustard 50 Sodium 540 370 162 14 195 50 Calories=841 Total Sodium = 1457 mg Carbs = 94	<b>7</b> <b>Buttermilk Chicken</b> Scalloped Potatoes 77 Country Blend Vegetables 22 Fresh Fruit 1 Apple Cinnamon Muffin 190 Sodium 362 77 22 1 190 Calories=682 Total Sodium = 777 mg Carbs = 93
<b>10</b> <b>Teriyaki Meatballs</b> Brown Rice 64 Roasted California Blend 32 Fresh Fruit 0 Pumpernickel Bread 135 Sodium 460 64 32 0 135 Calories=721 Total Sodium = 816 mg Carbs = 93	<b>11</b> <b>Meatloaf with Gravy</b> Mashed Potatoes 108 Succotash 9 Rice Krispie Treat 105 Whole Wheat Bread 138 Sodium 202 83 108 9 105 138 Calories=795 Total Sodium = 770 mg Carbs = 104	<b>12</b> <b>HIGH SODIUM DAY</b> <b>Roast Turkey* with Gravy</b> Mashed Sweet Potatoes 91 Green Peas 7 Baked Cinnamon Pears 5 Italian Bread 96 Sodium 790 150 91 7 5 96 Calories= 708 Total Sodium = 1263 mg Carbs = 106	<b>13</b> <b>Chicken w/ Broc. &amp; Cheese</b> Cornbread Stuffing 242 Roasted Brussels Sprouts 9 Carrot Cake 277 Diet = Plain Piece 223 French Bread 120 Sodium 410 242 9 277 223 120 Calories=887 Total Sodium = 1057mg Carbs = 90	<b>14</b> <b>Ham Salad*</b> Tomato & Cucumber Salad 71 Potato Salad 84 Melon 0 Pita Bread 68 Sodium 842 71 84 0 68 Calories=745 Total Sodium = 1189 mg Carbs = 67
<b>17</b> <b>Pork Rib-i-que with BBQ Sauce</b> Macaroni and Cheese 167 Green Beans 0 Fresh Orange 0 Sandwich Roll 290 Sodium 395 195 167 0 0 290 Calories=747 Total Sodium = 1172 mg Carbs = 93	<b>18</b> <b>Chicken Cacciatore*</b> Gemelli Pasta 8 Roasted Broccoli 15 Lemon Pudding 180 Diet = SF Pudding 135 Italian Bread 96 Sodium 511 8 15 180 135 96 Calories=774 Total Sodium = 935mg Carbs = 88	<b>19</b> <b>Juneteenth</b> <b>No Meals Served</b> 	<b>20</b> <b>Beef Stew</b> Steamed White Rice 101 Peas & Carrots 72 Fruited Ambrosia 55 Marble Rye Bread 105 Sodium 166 101 72 55 105 Calories=929 Total Sodium = 624 mg Carbs = 98	<b>21</b>  <b>Macaroni and Cheese</b> Stewed Tomatoes 6 Green Beans 0 Pear Crisp 54 Diet = Pears 17 Pumpernickel Bread 125 Sodium 250 6 0 54 17 125 Calories=720 Total Sodium = 570 mg Carbs =79
<b>24</b> <b>Baked Ham* with Maple Glaze</b> Herbed Potatoes 7 Roasted California Veg. 32 Peaches 5 Italian Bread 96 Sodium 790 30 7 32 5 96 Calories= 712 Total Sodium = 1084 mg Carbs = 83	<b>25</b> <b>Spaghetti and Meatballs</b> Marinara Sauce 763 Green Beans 0 Fresh Fruit 1 Italian Bread 96 Sodium 1 210 763 0 1 96 Calories=732 Total Sodium = 1196 mg Carbs = 107	<b>26</b> <b>Chicken Pot Pie</b> Mashed Potatoes 107 Country Blend Vegetables 22 Apple Crisp 63 Diet = Baked Apples 14 Biscuit 310 Sodium 241 107 22 63 14 310 Calories=805 Total Sodium = 867 mg Carbs = 87	<b>27</b> <b>Potato Crunch Fish</b> Sr. Crm./Chive Mashed Pot. 111 Peas & Onions 34 Tartar Sauce 85 Birthday Cake 221 Diet = Small Piece 110 Pumpernickel Bread 135 Sodium 280 111 34 85 221 110 135 Calories=836 Total Sodium = 991 mg Carbs = 90	<b>28</b> <b>Garlic Herbed Chicken</b> Bread Stuffing 306 Brussels Sprouts 9 Vanilla Mousse 155 Whole Wheat Bread 138 Sodium 248 306 9 155 138 Calories=688 Total Sodium = 980mg Carbs = 82

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 978-907-5709, Uxbridge 774-482-6174, West Brookfield 508-867-1411

Tri-Valley receives federal financial support under the Older Americans Act provided by the  
 Central Massachusetts Agency on Aging and the Massachusetts Executive Office of Elder Affairs.

### 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