


Tri-Valley, Inc. - July 2024

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	<u>Sodium</u>	2	<u>Sodium</u>	3	<u>Sodium</u>	4	<u>Sodium</u>	5	<u>Sodium</u>
Stuffed Pepper Casserole Mashed Potatoes Glazed Carrots Lorna Doone Cookies Marble Rye Bread		Braised Beef Gemelli Pasta Broccoli Pear Crisp Diet = Pears Italian Bread		High Sodium Meal Hot Dog* Baked Beans Coleslaw Baked Apples Mustard Hot Dog Bun		Independence Day No Meals Served 		Ranch Chicken* Wild Rice Spinach Peaches Pumpernickel Bread	
Calories=744 Total Sodium=672 Carbs = 94		Calories=949 Total Sodium=496 Carbs = 89		Calories=848 Total Sodium=1467 Carbs = 94				Calories=682 Total Sodium=1186 Carbs = 72	
8	<u>Sodium</u>	9	<u>Sodium</u>	10	<u>Sodium</u>	11	<u>Sodium</u>	12	<u>Sodium</u>
Chicken Pesto Mashed Potatoes Scandinavian Vegetables Fresh Fruit Pumpernickel Bread		High Sodium Meal Burger Chili & Cheese Seasoned Potatoes Green Beans Mixed Fruit Sandwich Roll		Marinated Roast Pork Apple Cornbread Stuffing Roasted Brussels Sprouts Cheesecake Mousse Marble Rye Bread		American Chop Suey Roasted Broccoli Carrots Brownie Diet = Rice Krispy Treat Italian Bread		Jambalaya* Rice Pilaf Green Peas Fruited Ambrosia Whole Wheat Bread	
Calories=708 Total Sodium=701 Carbs = 92		Calories=907 Total Sodium=1237 Carbs = 104		Calories=737 Total Sodium=1106 Carbs = 76		Calories=700 Total Sodium=625 Carbs = 82		Calories=786 Total Sodium=929 Carbs = 112	
15	<u>Sodium</u>	16	<u>Sodium</u>	17	<u>Sodium</u>	18	<u>Sodium</u>	19	<u>Sodium</u>
Shepherd's Pie Carrots Peas Chocolate Pudding Diet = SF Pudding Marble Rye Bread		Chicken Veg. Stir Fry* Steamed White Rice Green Beans Fruited Ambrosia Italian Bread		Meatloaf with Gravy Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit Pumpernickel Bread		Ham Salad Tomato Cucumber Salad Potato Salad Fresh Fruit Pita Bread		Lemon Pepper Haddock Rice Pilaf Roasted Broccoli & Carrots Brownie Diet = Lorna Doones Whole Wheat Bread	
Calories=852 Total Sodium=680 Carbs = 96		Calories=700 Total Sodium=1192 Carbs = 93		Calories=757 Total Sodium=663 Carbs = 102		Calories=745 Total Sodium=1189 Carbs = 67		Calories=756 Total Sodium=790 Carbs = 92	
22	<u>Sodium</u>	23	<u>Sodium</u>	24	<u>Sodium</u>	25	<u>Sodium</u>	26	<u>Sodium</u>
Teriyaki Beef Steamed Rice Broccoli Pineapple Fortune Cookie Whole Wheat Bread		 Vegetable Cheese Bake Seasoned Potatoes Green Beans Fresh Fruit Italian Bread		Cranberry Chicken Salad Pasta Salad Three Bean Salad Fruited Ambrosia Hot Dog Roll		Salisbury Steak with Gravy Mashed Potatoes Herbed Carrots Birthday Cake Diet = Small Piece Sandwich Roll		Potato Crunch Fish Potatoes Au Gratin Mixed Vegetables Vanilla Mousse Marble Rye Bread Tartar Sauce	
Calories=802 Total Sodium=818 Carbs = 110		Calories=832 Total Sodium=644 Carbs = 84		Calories=931 Total Sodium=1113 Carbs = 96		Calories=902 Total Sodium=1078 Carbs = 98		Calories=819 Total Sodium=1065 Carbs = 91	
29	<u>Sodium</u>	30	<u>Sodium</u>	31	<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 and 125mg of sodium for milk  Indicates meatless meal			
Chicken Picatta Rice Pilaf Roasted Brussels Sprouts Lemon Pudding Diet = SF Pudding Pumpernickel Bread		Roast Pork with Gravy Red Bliss Potatoes Glazed Carrots Chocolate Mousse Whole Wheat Bread		Meatballs with Onion Gravy Bowtie Pasta Scandinavian Vegetables Pineapple Whole Wheat Bread					
Calories=758 Total Sodium=945 Carbs = 86		Calories=626 Total Sodium=1015 Carbs = 79		Calories=676 Total Sodium=522 Carbs = 85					