

Tri-Valley, Inc. - August 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				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 W. Brookfield 508-867-1411		1 Chicken Fajitas* Spanish Rice 66 Black Beans & Corn 292 Sour Cream 9 Pineapple 1 Pita Bread 68 Sodium 527		2 🌱 Macaroni & Cheese Stewed Tomatoes 6 Mixed Vegetables 30 Lorna Doone Cookies 147 Whole Wheat Bread 138 Sodium 250	
5 Lasagna and Meatballs with Marinara Sauce 139 Green Beans 381 Rice Krispies Treat 105 Italian Bread 96 Sodium 321		6 Fish with Crumb Topping Rice Pilaf 70 Roasted Broccoli & Carrots 33 Fresh Fruit 0 Pumpnickel Bread 135 Sodium 94		7 High Sodium Meal Hot Dog* Baked Beans 370 Coleslaw 173 Baked Apples 14 Mustard 50 Hot Dog Bun 195 Sodium 540		8 Beef with Onions & Peppers Seasoned Potatoes 7 Glazed Carrots 70 Cookies 147 Sandwich Roll 248 Sodium 423		9 Cranberry Chicken Salad Pasta Salad 172 Three Bean Salad 280 Fruited Ambrosia 55 Hot Dog Roll 195 Sodium 197	
Calories=657 Total Sodium = 1167mg Carbs = 82		Calories=718 Total Sodium = 459 mg Carbs = 100		Calories= 848 Total Sodium = 1467mg Carbs = 94		Calories=867 Total Sodium = 1019 mg Carbs = 113		Calories=912 Total Sodium = 1023mg Carbs = 96	
12 Beef Stew Rice 101 Corn Niblets 1 Mandarin Oranges 7 Whole Wheat Bread 138 Sodium 166		13 Burgundy Pork* Mashed Potatoes 108 Peas & Carrots 30 Baked Apples 14 Marble Rye Bread 105 Sodium 768		14 Baked Potato with Chili & Cheese Broccoli 16 Sour Cream 9 Chocolate Mousse 230 Pumpnickel Bread 135 Sodium 7		15 Greek Lemon Chicken Cranberry Stuffing 355 Roasted California Veg. 32 Pears 5 Whole Wheat Bread 138 Sodium 328		16 Shepherd's Pie Carrots 53 Green Beans 0 Lemon Pudding 180 Diet = SF Pudding 125 Whole Wheat Bread 138 Sodium 255	
Calories=838 Total Sodium = 538mg Carbs = 102		Calories=701 Total Sodium = 1150mg Carbs = 82		Calories=793 Total Sodium = 1176 mg Carbs = 92		Calories=680 Total Sodium = 988 mg Carbs = 85		Calories=776 Total Sodium = 751mg Carbs = 85	
19 Garlic Brown Sugar Chicken Couscous 84 Roasted Broccoli & Carrots 33 Butterscotch Pudding 246 Diet= SF Pudding 135 Marble Rye Bread 105 Sodium 356		20 Meatloaf with Gravy Garlic Mashed Potatoes 108 Carrots 53 Fresh Fruit 0 Whole Wheat Bread 138 Sodium 202		21 High Sodium Meal Roast Turkey* with Gravy Mashed Sweet Potatoes 91 Roasted Brussels Sprouts 9 Cinnamon Pears 5 Italian Bread 96 Sodium 790		22 Roast Pork with Gravy Mashed Sweet Potatoes 91 Green Beans 0 Birthday Cake 221 Diet = Half Piece of Cake 110 Marble Rye Bread 105 Sodium 170		23 Fish with Parmesan Sauce Wild Rice 280 Carrots 53 Mandarin Oranges 7 Pumpnickel Bread 135 Sodium 458	
Calories=724 Total Sodium = 949 mg Carbs =79		Calories=731 Total Sodium = 709 mg Carbs = 93		Calories=706 Total Sodium = 1265 mg Carbs = 97		Calories=775 Total Sodium = 977 mg Carbs = 94		Calories=803 Total Sodium = 1051mg Carbs = 87	
26 Pork Rib-i-que* Macaroni & Cheese 167 Mixed Vegetables 30 Baked Apples 14 Sandwich Roll 248 Sodium 590		27 Swedish Meatballs Mashed Potatoes 108 Scandinavian Vegetables 30 Diet = Cookies 147 Italian Bread 96 Sodium 323		28 Sloppy Joe* Seasoned Potatoes 7 Green Beans 0 Fresh Fruit 0 Sandwich Roll 248 Sodium 648		29 Chicken Cacciatore Gemelli Pasta 8 Roasted Broccoli 15 Rice Krispies Treat 105 Italian Bread 96 Sodium 511		30 Potato Crunch Fish Rice Pilaf 70 Tuscan Style Vegetables 31 Fruited Ambrosia 55 Whole Wheat Bread 138 Sodium 280	
Calories=667 Total Sodium = 906 mg Carbs = 83		Calories=753 Total Sodium = 829 mg Carbs = 84		Calories=763 Total Sodium = 1070 mg Carbs = 105		Calories=638 Total Sodium = 652 mg Carbs = 83		Calories=761 Total Sodium = 699 mg Carbs = 93	