

# Tri-Valley, Inc. - August 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<p style="text-align: center;"><b>Menu Subject to Change</b></p> <p>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.</p> <p>(*) Indicates entrees with more than 500 mg sodium                      A high sodium meal = &gt;1200 mg of sodium                      Nutrition information includes the 110 calories, 13gm Carbs &amp; 125mg of sodium for milk.                      Carbs are listed for "Diabetic Friendly Meal" purposes                      🌱 Indicates a meatless meal</p>		<p>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</p>	<p>1</p> <p><b>Chicken Fajitas*</b>                      Spanish Rice                      Black Beans &amp; Corn                      Sour Cream                      Pineapple                      Pita Bread</p>	<p>2</p> <p style="text-align: center;">🌱</p> <p><b>Macaroni &amp; Cheese</b>                      Stewed Tomatoes                      Mixed Vegetables                      Lorna Doone Cookies                      Whole Wheat Bread</p>
<p>5</p> <p><b>Lasagna and Meatballs</b>                      with Marinara Sauce                      Green Beans                      Rice Krispies Treat                      Italian Bread</p>	<p>6</p> <p><b>Fish with Crumb Topping</b>                      Rice Pilaf                      Roasted Broccoli &amp; Carrots                      Fresh Fruit                      Pumpernickel Bread</p>	<p>7</p> <p><b>High Sodium Meal</b>  <b>Hot Dog*</b>                      Baked Beans                      Coleslaw                      Baked Apples                      Mustard                      Hot Dog Bun</p>	<p>8</p> <p><b>Beef with Onions &amp; Peppers</b>                      Seasoned Potatoes                      Glazed Carrots                      Cookies                      Sandwich Roll</p>	<p>9</p> <p><b>Cranberry Chicken Salad</b>                      Pasta Salad                      Three Bean Salad                      Fruited Ambrosia                      Hot Dog Roll</p>
<p>12</p> <p><b>Beef Stew</b>                      Rice                      Corn Niblets                      Mandarin Oranges                      Whole Wheat Bread</p>	<p>13</p> <p><b>Burgundy Pork*</b>                      Mashed Potatoes                      Peas &amp; Carrots                      Baked Apples                      Marble Rye Bread</p>	<p>14</p> <p><b>Baked Potato with Chili &amp; Cheese</b>                      Broccoli                      Sour Cream                      Chocolate Mousse                      Pumpernickel Bread</p>	<p>15</p> <p><b>Greek Lemon Chicken</b>                      Cranberry Stuffing                      Roasted California Veg.                      Pears                      Whole Wheat Bread</p>	<p>16</p> <p><b>Shepherd's Pie</b>                      Carrots                      Green Beans                      Lemon Pudding                      Diet = SF Pudding                      Whole Wheat Bread</p>
<p>19</p> <p><b>Garlic Brown Sugar Chicken</b>                      Couscous                      Roasted Broccoli &amp; Carrots                      Butterscotch Pudding                      Diet= SF Pudding                      Marble Rye Bread</p>	<p>20</p> <p><b>Meatloaf with Gravy</b>                      Garlic Mashed Potatoes                      Carrots                      Fresh Fruit                      Whole Wheat Bread</p>	<p>21</p> <p><b>High Sodium Meal</b>  <b>Roast Turkey* with Gravy</b>                      Mashed Sweet Potatoes                      Roasted Brussels Sprouts                      Cinnamon Pears                      Italian Bread</p>	<p>22</p> <p><b>Roast Pork with Gravy</b>                      Mashed Sweet Potatoes                      Green Beans                      Birthday Cake                      Diet = Half Piece of Cake                      Marble Rye Bread</p>	<p>23</p> <p><b>Fish with Parmesan Sauce</b>                      Wild Rice                      Carrots                      Mandarin Oranges                      Pumpernickel Bread</p>
<p>26</p> <p><b>Pork Rib-i-que*</b>                      Macaroni &amp; Cheese                      Mixed Vegetables                      Baked Apples                      Sandwich Roll</p>	<p>27</p> <p><b>Swedish Meatballs</b>                      Mashed Potatoes                      Scandinavian Vegetables                      Diet = Cookies                      Italian Bread</p>	<p>28</p> <p><b>Sloppy Joe*</b>                      Seasoned Potatoes                      Green Beans                      Fresh Fruit                      Sandwich Roll</p>	<p>29</p> <p><b>Chicken Cacciatore</b>                      Gemelli Pasta                      Roasted Broccoli                      Rice Krispies Treat                      Italian Bread</p>	<p>30</p> <p><b>Potato Crunch Fish</b>                      Rice Pilaf                      Tuscan Style Vegetables                      Fruited Ambrosia                      Whole Wheat Bread</p>