


Tri-Valley, Inc. - September 2024

Monday		Tuesday		Wednesday		Thursday		Friday			
2	Labor Day No Meals Served	3	Spaghetti & Meatballs	4	Potato Crunch Fish	5	Baked Ham* with Maple Glaze	6	Garlic Herbed Chicken		
		Sodium	211	Sodium	280	Sodium	790	Sodium	257		
		Marinara Sauce	763	Herbed Potatoes	7	Mashed Potatoes	30	Cornbread Stuffing	242		
		Green Beans	0	Peas & Onions	34	Herbed Broccoli & Carrots	108	Mixed Vegetables	30		
		Baked Cinnamon Pears	5	Lemon Pudding	180	Fresh Fruit	0	Fruited Ambrosia	55		
		Italian Bread	96	Diet = SF Pudding	135	Marble Rye Bread	105	Whole Wheat Bread	138		
		Pumpernickel Bread	135								
		Calories=685 Total Sodium = 1199mg Carbs =96			Calories=751 Total Sodium = 760 mg Carbs =90			Calories=726 Total Sodium = 1197 mg Carbs = 102	Calories=721 Total Sodium = 847 mg Carbs = 93		
9	Chicken Tikka Masala	10	HIGH SODIUM MEAL	11	Stuffed Pepper Casserole	12	Chicken Pot Pie	13	Teriyaki Beef		
Sodium		323	540	Sodium		118	241	Sodium			
		Lemon Seasoned Rice	370			Mashed Potatoes	108			Mashed Potatoes	108
		Roasted Brussels Sprouts	162			Honey Glazed Carrots	70			Country Blend Vegetables	22
		Fresh Fruit	14			Brownie	150			Lorna Doone Cookies	147
		White Bread	195			Diet = Half Piece	75			Biscuit	310
		Mustard	50			Marble Rye Bread	105				
		Calories=725 Total Sodium = 749 mg Carbs = 105			Calories=752 Total Sodium = 675 mg Carbs = 88			Calories=781 Total Sodium = 952 mg Carbs = 90	Calories=802 Total Sodium = 818 mg Carbs = 110		
16	Chicken Pesto	17	Burger	18	Roast Pork with Gravy	19	Meatloaf with Gravy	20	Jambalaya*		
Sodium		459	150	Sodium		266	202	Sodium			
		Lemon Seasoned Potatoes	297/90			Chili & Cheese	170			Rice Pilaf	70
		Mixed Vegetables	7			Cranberry Stuffing	300			Cauliflower	4
		Fresh Fruit	0			Spinach	87			Mandarin Oranges	0
		Pumpernickel Bread	105			Chocolate Pudding	135			Corn Bread	292
		Sandwich Roll	248			Diet = SF Pudding	125				
		Whole Wheat Bread	105			Marble Rye Bread	105				
		Calories=706 Total Sodium = 928 mg Carbs = 93			Calories=720 Total Sodium = 1187 mg Carbs = 81			Calories=876 Total Sodium = 711 mg Carbs = 101	Calories=724 Total Sodium = 1031 mg Carbs =109		
23	Shepherd's Pie	24	Chicken Milano	25	HIGH SODIUM MEAL	26	American Chop Suey	27	Lemon Pepper Haddock		
Sodium		255	434	Sodium		790	186	Sodium			
		Green Peas	91			Turkey*	115			Roasted Broccoli	15
		Herbed Carrots	0			with Supreme Sauce	305			Potato Au Gratin	285
		Peaches	155			Herbed Stuffing	9			Scandinavian Vegetables	30
		Whole Wheat Bread	135			Roman Blend Vegetables	1			Apple Crisp	63
						Fresh Fruit	110			Diet = Applesauce	25
						White Bread	105			Muffin	190
		Calories= 767 Total Sodium = 583 mg Carbs = 84			Calories=698 Total Sodium = 1488 mg Carbs = 99			Calories=751 Total Sodium = 705 mg Carbs = 84	Calories=789 Total Sodium = 1169mg Carbs = 81		
30	Sloppy Joes*	<p style="text-align: center;">Menu Subject to Change</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. (*) 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									
Sodium											648
		Herbed Potatoes	7								
		Green Beans	0								
		Fresh Fruit	0								
		Sandwich Roll	248								
		Calories= 779 Total Sodium = 1028 mg Carbs = 109									