

# Tri-Valley, Inc. - December 2024

Monday		Tuesday		Wednesday		Thursday		Friday	
2	Sodium	3	Sodium	4	Sodium	5	Sodium	6	Sodium
<b>Shepherd's Pie</b> Carrots Peas Cookies Marble Rye Bread	255 53 7 147 105	<b>Greek Chicken</b> Steamed White Rice Roasted Broccoli Peaches Pumpernickel Bread	409 101 15 5 135	<b>Meatloaf with Gravy</b> Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit Whole Wheat Bread	202 83 108 1 0 138	<b>Turkey Supreme*</b> Cornbread Stuffing Brussels Sprouts Baked Cinnamon Pears Italian Bread	707 242 15 5 96	<b>Lemon Pepper Haddock</b> Rice Pilaf Roasted Broccoli & Carrots Chocolate Mousse Pumpernickel Bread	274 70 33 230 135
Calories=838 Total Sodium = 692mg Carbs =102		Calories=713 Total Sodium = 790mg Carbs =73		Calories=794 Total Sodium = 658 mg Carbs =111		Calories=639 Total Sodium = 1190 mg Carbs = 93		Calories=737 Total Sodium = 867 mg Carbs = 82	
9	Sodium	10	Sodium	11	Sodium	12	Sodium	13	Sodium
<span style="color: green;">🌱</span> <b>Vegetable Cheese Bake</b> Seasoned Potatoes Green Beans Mandarin Oranges Italian Bread	416 7 0 0 96	<b>Teriyaki Beef</b> Steamed Rice Broccoli Vanilla Mousse Fortune Cookie Whole Wheat Bread	438 101 16 155 0 138	<b>Chicken Milano</b> Wild Rice Spinach Brownie Diet = Half Piece Italian Bread	434 280 87 150 75 96	<b>Salisbury Steak with Gravy</b> Garlic Mashed Potatoes Peas & Carrots Pear Crisp Diet = Pears Sandwich Roll	240 83 108 72 54 10 248	<span style="color: green;">🌱</span> <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Capri Blend Vegetables Fresh Fruit Marble Rye Bread	250 6 17 0 105
Calories=832 Total Sodium = 644 mg Carbs = 84		Calories=818 Total Sodium = 972 mg Carbs = 112		Calories= 781 Total Sodium = 1171 mg Carbs = 81		Calories=923 Total Sodium = 930 mg Carbs = 103		Calories=639 Total Sodium = 504 mg Carbs = 88	
16	Sodium	17	Sodium	18	Sodium	19	Sodium	20	Sodium
<b>Chicken Picatta</b> Rice Pilaf Roasted California Veg. Lorna Doones Pumpernickel Bread	319 70 32 147 135	<b>High Sodium Meal</b> <b>Hot Dog*</b> Baked Beans Coleslaw Baked Apples Hot Dog Bun	540 370 152 14 195	<b>Broccoli &amp; Cheese Chicken</b> Mashed Potatoes Glazed Carrots Cheesecake Mousse Dinner Roll	410 108 70 130 310	<b>Marinated Pork Loin</b> Herbed Potatoes Roasted Brussels Sprouts Fruited Ambrosia Whole Wheat Bread	400 7 9 55 138	<b>High Sodium Meal</b> <b>Ham Salad Sandwich*</b> Pasta Salad Three Bean Salad Fresh Fruit Pita Bread	757 172 370 0 0
Calories=726 Total Sodium = 828 mg Carbs = 89		Calories=834 Total Sodium = 1446mg Carbs = 93		Calories=761 Total Sodium = 1153 mg Carbs = 90		Calories=823 Total Sodium = 733 mg Carbs = 78		Calories=696 Total Sodium = 1492 mg Carbs =84	
23	Sodium	24	Sodium	25	Sodium	26	Sodium	27	Sodium
<b>Spaghetti &amp; Meatballs</b> Marinara Sauce Green Beans Fresh Fruit Italian Bread	211 763 0 0 96	<b>Chicken Fajitas</b> Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple	527 66 292 9 68 0	<b>Christmas</b> <b>No Meals Served</b> 	410 108 70 130 310	<b>Beef with Onions &amp; Peppers</b> Seasoned Potatoes Honey Glazed Carrots Birthday Cake Diet = Half Piece Sandwich Roll	423 7 70 221 110 248	<b>Meatballs with Onion Gravy</b> Mashed Potato Scandinavian Vegetables Peaches Whole Wheat Bread	260 85 108 30 5 138
Calories= 732 Total Sodium = 1196 mg Carbs = 107		Calories=862 Total Sodium = 1086 mg Carbs = 98				Calories=912 Total Sodium = 1093 mg Carbs = 110		Calories=755 Total Sodium = 751mg Carbs = 69	
30	Sodium	31	Sodium	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 508-917-8995 Upton 978-907-5709 Uxbridge 774-482-6174 W. Brookfield 508-867-1411  <div style="text-align: center;"> <b>Menu Subject to Change</b>                      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 = &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  <span style="color: green;">🌱</span> Indicates a meatless meal                 </div>					
<b>Beef Tagine</b> Rice Green Beans Mandarin Oranges Italian Bread	334 101 0 0 96	<b>Buttermilk Chicken</b> Herbed Stuffing Mixed Vegetables Fruited Ambrosia Whole Wheat Bread	362 306 30 55 138						
Calories= 775 Total Sodium = 656 mg Carbs = 102		Calories= 747 Total Sodium = 1016 mg Carbs = 91							