

TRI-VALLEY, INC. - MARCH 2025

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>3</b>	<u>Sodium</u>	<b>4</b>	<u>Sodium</u>	<b>5</b>	<u>Sodium</u>	<b>6</b>	<u>Sodium</u>	<b>7</b>	<u>Sodium</u>
Lasagna	321	Chicken Fajitas*	527	Baked Potato w/ Cheese	7	Burgundy Pork*	768	Fish w/ Chimichurri Sauce	48
with Meatballs	139	Spanish Rice	66	Vegetarian Chili	180	Mashed Potatoes	108	Rice Pilaf	70
Marinara Sauce	381	Black Beans & Corn	292	Broccoli	207	Peas & Carrots	30	Chuckwagon Corn	1
Green Beans	0	Sour Cream	9	Sour Cream	16	Apple Crisp	63	Brownie	150
Fresh Fruit	0	Pita Bread	68	Chocolate Mousse	9	Diet=Applesauce	25	Diet = Cookie	147
Italian Bread	96	Pineapple	0	Pumpnickel Bread	230	Marble Rye Bread	125	Whole Wheat Bread	138
Calories= 693 Total Sodium = 1105 mg		Calories=862 Total Sodium = 1086 mg		Calories=749 Total Sodium = 908 mg		Calories=805 Total Sodium = 1198 mg		Calories=716 Total Sodium = 532 mg	
Carbs =96		Carbs =98		Carbs =102		Carbs = 78		Carbs = 94	
<b>10</b>	<u>Sodium</u>	<b>11</b>	<u>Sodium</u>	<b>12</b>	<u>Sodium</u>	<b>13</b>	<u>Sodium</u>	<b>14</b>	<u>Sodium</u>
Buttermilk Chicken	362	Beef Stew	166	High Sodium Meal		Meatloaf w/ Gravy	202	Macaroni & Cheese	250
Cranberry Stuffing	300	Rice	101	Hot Dog*	540	Baked Beans	83	Stewed Tomatoes	6
Roasted California Veg	32	Corn Niblets	1	Baked Beans	370	Coleslaw	108	Green Beans	0
Rice Krispy Treat	105	Mandarin Oranges	7	Baked Cinnamon Pears	5	Garlic Mashed Potatoes	108	Fruited Ambrosia	55
Whole Wheat Bread	138	Pumpnickel Bread	135	Hot Dog Bun	195	Peas & Onions	34	Italian Bread	96
Calories=733 Total Sodium = 1063 mg		Calories=840 Total Sodium = 535 mg		Calories= 850 Total Sodium = 1458 mg		Calories= 731 Total Sodium = 656 mg		Calories=681 Total Sodium = 532 mg	
Carbs = 95		Carbs = 103		Carbs = 93		Carbs = 93		Carbs =74	
<b>17</b>	<u>Sodium</u>	<b>18</b>	<u>Sodium</u>	<b>19</b>	<u>Sodium</u>	<b>20</b>	<u>Sodium</u>	<b>21</b>	<u>Sodium</u>
High Sodium Meal		Roast Turkey* with Gravy	592	Shepherd's Pie	255	Greek Lemon Chicken	328	Vegetarian Chili	311
Corned Beef*	1136	Mashed Sweet Potatoes	150	Carrots	58	Herbed Potatoes	7	Steamed Rice	101
Boiled Potatoes	6	Roasted Brussels Sprouts	9	Peas	53	Roasted Broccoli	15	Carrots	53
Cabbage & Carrots	42	Baked Apples	14	Brownie	150	Lorna Doone Cookies	147	Fresh Fruit	0
Pear Crisp	54	Whole Wheat Bread	138	Diet = Cookie	147	Italian Bread	96	Marble Rye Bread	105
Diet = Pears	10			Pumpnickel Bread	135				
Pumpnickel Bread	135								
Calories=645 Total Sodium = 1499 mg		Calories=688 Total Sodium = 1086 mg		Calories=822 Total Sodium = 776 mg		Calories= 697 Total Sodium = 718 mg		Calories=690 Total Sodium = 696 mg	
Carbs = 73		Carbs = 100		Carbs = 99		Carbs = 74		Carbs = 127	
<b>24</b>	<u>Sodium</u>	<b>25</b>	<u>Sodium</u>	<b>26</b>	<u>Sodium</u>	<b>27</b>	<u>Sodium</u>	<b>28</b>	<u>Sodium</u>
Pork Rib-i-que	410	Beef w/Peppers & Onions	423	Chicken Veg. Stir Fry*	815	Swedish Meatballs	323	Fish w/Crumb Topping	94
BBQ Sauce	131	Yukon Gold Potatoes	5	Steamed White Rice	101	Mashed Potatoes	108	Lemon Seasoned Rice	149
Mac N Cheese	167	Carrots	53	Green Beans	0	Scandinavian Vegetables	30	Tuscany Style Vegetables	31
Mixed Vegetables	30	Vanilla Pudding	170	Fruited Ambrosia	55	Birthday Cake	221	Pineapple	0
Fresh Fruit	0	Diet = SF Vanilla Pudding	125	Italian Bread	96	Diet = Half Piece	110	Whole Wheat Bread	138
Sandwich Roll	248	Sandwich Roll	248			Marble Rye Bread	105		
Calories= 723 Total Sodium = 1153 mg		Calories=770 Total Sodium = 1024 mg		Calories= 700 Total Sodium = 1192 mg		Calories=813 Total Sodium = 912 mg		Calories=681 Total Sodium = 622 mg	
Carbs = 85		Carbs = 93		Carbs = 93		Carbs = 83		Carbs = 94	
<b>31</b>	<u>Sodium</u>	Dudley 508-949-6640		Spencer 508-885-5767		<p align="center"><b>Menus are 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.                      (*) 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>			
Chicken Cacciatore*	845	Franklin 508-520-1422		Sutton 508-917-8995					
Gemmeli Pasta	8	Milford 508-478-8102		Upton 978-907-5709					
Broccoli	15	Northbridge 508-234-2002		Uxbridge 774-482-6174					
Peaches	5	Southbridge 774-289-9438		W. Brookfield 508-867-1411					
Italian Bread	96								
Calories= 724 Total Sodium = 1144 mg									
Carbs = 74									