

MAY 2025 - Nutrition Breakdown

Monday		Tuesday		Wednesday		Thursday		Friday	
Menus are 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						1 Salisbury Steak w/ Gravy Mashed Potatoes Peas & Mushrooms Fresh Fruit Sandwich Roll Sodium 240 83 108 45 0 248		2 Lemon Pepper Haddock Delmonico Potatoes Green Beans Fruited Ambrosia Tartar Sauce Italian Bread Sodium 267 213 0 55 85 96	
Calories=818 Total Sodium = 849 mg Carbs = 105						Calories=747 Total Sodium = 841 mg Carbs = 80			
5 Cinco de Mayo Chicken Fajitas* Spanish Rice Black Beans & Corn Sour Cream Pineapple Pita Bread Sodium 527 66 292 9 1 68		6 Meatballs w/ Onion Gravy Bowtie Pasta Roman Blend Vegetables Lorna Doone Cookies Whole Wheat Bread Sodium 260 85 8 9 147 138		7 Lentil Stew w/ Cheese Steamed White Rice Peas & Carrots Fresh Orange Marble Rye Bread Sodium 252 180 100 12 0 105		8 Mother's Day Meal Chicken Royale* w/ Gravy Mashed Sweet Potato & Carrot Capri Vegetables Spice Cake Diet = Cheesecake Mousse Italian Bread Sodium 550 81 78 18 40 130 96		9 Breaded Macaroni & Cheese* Stewed Tomatoes Green Beans Mixed Fruit Pumpernickel Bread Sodium 507 6 0 20 135	
Calories=869 Total Sodium = 1087 mg Carbs = 102		Calories=714 Total Sodium = 647 mg Carbs = 80		Calories=768 Total Sodium = 793 mg Carbs = 112		Calories=701 Total Sodium = 989mg Carbs = 78		Calories=819 Total Sodium = 767 mg Carbs =104	
12 Lasagna & Meatballs w/ Marinara Sauce Honey Glazed Carrots Baked Cinnamon Pears Italian Bread Sodium 321 119 381 70 5 96		13 Chicken BBQ Sauce Sr Crm & Chive Mash. Pot. Country Blend Vegetables Fresh Fruit Pumpernickel Bread Sodium 212 391 154 22 1 135		14 Roast Pork w/ Gravy Herb Stuffing Roasted Brussels Sprouts Apple Crisp Diet = Baked Apples Marble Rye Bread Sodium 266 212 306 9 63 14 105		15 Beef w/ Onions & Peppers Red Bliss Potatoes Green Beans Lorna Doone Cookies Sandwich Roll Sodium 420 4 17 0 147 248		16 Haddock w/ Chimichurri Rice Pilaf Roasted California Blend Chocolate Pudding Diet = SF Chocolate Pudding Whole Wheat Bread Sodium 185 70 32 135 160 138	
Calories=674 Total Sodium = 1136 mg Carbs = 90		Calories=695 Total Sodium = 1040 mg Carbs = 105		Calories=777 Total Sodium = 1085 mg Carbs = 80		Calories=719 Total Sodium = 960 mg Carbs = 93		Calories=746 Total Sodium = 686 mg Carbs =77	
19 Beef Stew Steamed White Rice Corn Niblets Pineapple Italian Bread Sodium 166 101 1 1 96		20 Buttermilk Chicken Roasted Potatoes Mixed Vegetables Butterscotch Pudding Diet = SF Vanilla Pudding Pumpernickel Bread Sodium 362 7 30 246 125 135		21 High Sodium Meal Roast Turkey* w/ Gravy Mashed Sweet Potatoes Jardiniere Vegetables Fresh Fruit Whole Wheat Bread Sodium 790 150 91 18 0 138		22 High Sodium Meal Holiday Meal Hot Dog* Baked Beans Coleslaw Baked Apples Hot Dog Bun Mustard Sodium 540 370 152 14 195 50		23 Shepherd's Pie Carrots Peas Chocolate Mousse Marble Rye Bread Sodium 255 58 53 230 105	
Calories= 844 Total Sodium = 490 mg Carbs = 105		Calories=709 Total Sodium = 905 mg Carbs = 87		Calories= 678 Total Sodium = 1312 mg Carbs = 102		Calories=834 Total Sodium = 1446 mg Carbs = 93		Calories=795 Total Sodium = 826 mg Carbs = 96	
26 		27 Meatloaf w/ Gravy Garlic Mashed Potatoes Country Blend Vegetables Fresh Fruit Italian Bread Sodium 202 83 108 22 0 96		28 Bake Potato w/ Chili & Cheese Carrots Sour Cream Tropical Fruit Pumpernickel Bread Sodium 7 474/180 53 9 20 135		29 Teriyaki Beef Steamed Rice Broccoli w/ Red Peppers Birthday Cake Diet = Small Piece Marble Rye Bread Sodium 438 101 15 221 110 105		30 Chicken Salad Pasta Salad Three Bean Salad Fruited Ambrosia Hot Dog Bun Sodium 197 172 280 55 195	
Calories=717 Total Sodium = 635 mg Carbs = 91		Calories= 758 Total Sodium = 1003 mg Carbs = 97		Calories=875 Total Sodium = 1005 mg Carbs = 103		Calories=912 Total Sodium = 1023 mg Carbs = 96			