

TRI-VALLEY, INC. - JUNE 2025

Monday		Tuesday		Wednesday		Thursday		Friday	
2	<u>Sodium</u> Pork Rib-i-que 280 BBQ Sauce 195 Mac 'n Cheese 167 Green Beans 0 Pineapple 0 Sandwich Roll 248	3	<u>Sodium</u> Swedish Meatballs 323 Garlic Mashed Potatoes 108 Italian Blend Vegetables 31 Fresh Fruit 0 Pumpernickel Bread 125	4	<u>Sodium</u> Sloppy Joe's* 648 Red Bliss Potatoes 17 Mixed Vegetables 30 Mixed Fruit 20 Sandwich Roll 248	5	<u>Sodium</u> Chicken Cacciatore 303 Gemelli Pasta 8 Roasted Broccoli 15 Lorna Doone Cookies 147 Whole Wheat Bread 138	6	<u>Sodium</u> Haddock w/ Crumb Topping 224 Rice Pilaf 70 Spinach 87 Lemon Pudding 180 Diet = SF Tapioca 135 Marble Rye Bread 105 Tartar Sauce 85
Calories= 770 Total Sodium = 1016mg Carbs = 90		Calories=698 Total Sodium = 722 mg Carbs =85		Calories=706 Total Sodium = 1088 mg Carbs =106		Calories=705 Total Sodium = 735 mg Carbs = 90		Calories=721 Total Sodium = 876 mg Carbs = 86	
9	<u>Sodium</u> Vegetable Cheese Bake 416 Seasoned Potatoes 7 Capri Blend Vegetables 18 Jello 35 Marble Rye Bread 105	10	<u>Sodium</u> Spaghetti & Meatballs 211 Marinara Sauce 381 Green Beans 0 Peach Crisp 35 Diet = Peaches 5 Italian Bread 96	11	<u>Sodium</u> Braised Beef 197 Gemelli Pasta 8 Herbed Carrots 53 Fruited Ambrosia 55 Whole Wheat Bread 138	12	<u>Sodium</u> Father's Day Meal Chicken w/ Broc. & Cheese 410 Gravy 81 Cornbread Stuffing 242 Roasted Brussels Sprouts 9 Carrot Cake 277 Diet = Cheesecake Mousse 130 Pumpernickel Bread 135	13	<u>Sodium</u> Vegetarian Chili 311 w/ Cheddar Cheese 180 Steamed Rice 101 Roasted California Blend 32 Fresh Fruit 0 Marble Rye Bread 105
Calories=770 Total Sodium = 706 mg Carbs = 68		Calories=706 Total Sodium = 848 mg Carbs = 75		Calories= 961 Total Sodium = 576 mg Carbs = 95		Calories= 955 Total Sodium = 1153 mg Carbs = 88		Calories=817 Total Sodium = 854 mg Carbs =116	
16	<u>Sodium</u> Beef Stir-Fry 443 Steamed Rice 101 Roasted Broccoli 15 Tropical Fruit 20 Whole Wheat Bread 138	17	<u>Sodium</u> HIGH SODIUM MEAL Hot Dog* 540 Baked Beans 370 Coleslaw 152 Baked Apples 14 Hot Dog Bun 195 Mustard 50	18	<u>Sodium</u> Garlic Herbed Chicken 257 Cranberry Stuffing 355 Cabbage & Carrots 42 Chocolate Pudding 135 Diet = SF Choc. Pudding 160 Pumpernickel Bread 135	19	<u>Sodium</u> Juneteenth No Meals Served 	20	<u>Sodium</u> HIGH SODIUM MEAL Summer Begins Ham Salad* 757 Pasta Salad 172 Tomato & Onion Salad 71 Fresh Fruit 0 Hot Dog Bun 195
Calories= 804 Total Sodium = 842 mg Carbs = 99		Calories= 834 Total Sodium = 1446 mg Carbs = 93		Calories=702 Total Sodium = 1049 mg Carbs = 81				Calories= 681 Total Sodium = 1320mg Carbs = 80	
23	<u>Sodium</u> Burger 150 w/ Chili & Cheese 474/180 Herbed Potatoes 7 Green Beans 0 Fresh Fruit 0 Sandwich Roll 248	24	<u>Sodium</u> Burgundy Pork* 768 Mashed Sweet Potatoes 91 Green Peas 7 Pears 10 Marble Rye Bread 105	25	<u>Sodium</u> Butter Chicken* 723 Red Bliss Potatoes 17 Country Blend Vegetables 22 Vanilla Mousse 155 Whole Wheat Bread 138	26	<u>Sodium</u> Jambalaya* 539 Rice Pilaf 70 California Blend Vegetables 36 Birthday Cake 221 Diet = Small Piece 110 Pumpernickel Bread 135	27	<u>Sodium</u> Bean & Cheese Enchilada* 748 Cheese 162 Spanish Rice 66 Summer Corn 5 Pineapple 0 Pita Bread 68 Sour Cream 9
Calories= 939 Total Sodium = 1184 mg Carbs = 107		Calories= 800 Total Sodium = 1105mg Carbs = 107		Calories= 696 Total Sodium = 1179 mg Carbs = 85		Calories=761 Total Sodium = 1126 mg Carbs = 95		Calories=801 Total Sodium = 1182 mg Carbs = 95	
30	<u>Sodium</u> American Chop Suey 186 Roasted Broccoli 15 Carrots 53 Lorna Doone Cookies 147 Italian Bread 96	Dudley 508-949-6640 Franklin 508-520-1422 Milford 508-478-8102 Northbridge 508-234-2002 Southbridge 774-289-9438		Spencer 508-885-5767 Douglas 508-651-6785 Upton 978-907-5709 Uxbridge 774-482-6174 W. Brookfield 508-867-1411		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			
Calories= 691 Total Sodium = 622 mg Carbs = 85									