


TRI-VALLEY, INC. - April 2026

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | |
|--|--|---|---|--|--|
| 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. High Sodium Meal = >1200mg (*) Indicates entrees with more than 500mg sodium Nutrition info. includes 110 calories, 13 gm carbs & 125mg of sodium for milk Carbs are listed for "Diabetic Friendly Meal" purposes. ∞ Indicates a Meatless Meal | | 1 Garlic Brown Sugar Chicken Lemon Seasoned Pot. 179 Roasted California Veg. 32 Fresh Fruit 0 Whole Wheat Bread 138 Calories: 699 Carbs:88 Total Sodium: 831mg | 2 High Sodium Meal Baked Ham w/Maple Glaze 805 Mashed Potatoes 108 Carrots 53 Dinner Roll 113 Cheesecake Mousse 130 Calories: 650 Carbs:104 Total Sodium: 1334mg | 3 ∞ Good Friday Vegetarian Chili w/Cheese 311/180 Roasted Potatoes 7 Country Blend Vegetables 22 Cookies 147 Marble Rye Bread 105 Calories: 808 Carbs:113 Total Sodium: 896mg | |
| 6 Lasagna & Meatballs Marinara Sauce 381 Green Beans 0 Chocolate Pudding 135 Diet = Rice Krispy Treat 105 Italian Bread 96 Sodium 321/139 | 7 Chicken Fajitas* Spanish Rice 66 Black Beans & Corn 292 Sour Cream 9 Pita Bread 68 Pineapple 0 Sodium 527 | 8 Roast Pork with Gravy 170 Cranberry Stuffing 300 Winter Blend 18 Baked Apples 14 Marble Rye Bread 105 Sodium 266 | 9 Beef with Onions & Peppers Potato Wedges 273 Honey Glazed Carrots 70 Fresh Fruit 0 Sandwich Roll 248 Sodium 420 | 10 Chicken Tiki Masala Couscous 84 Roman Blend Vegetables 9 Butterscotch Pudding 246 Diet= SF Vanilla Pudding 125 Pumpernickel Bread 135 Sodium 323 | |
| Calories: 717 Carbs: 80 Total Sodium:1197mg | | Calories: 665 Carbs:85 Total Sodium: 1086mg | | Calories: 800 Carbs:113 Total Sodium: 1140mg | |
| 13 Beef Stew Rice 101 Corn Niblets 1 Pineapple 0 Biscuit 310 Sodium 166 | 14 Buttermilk Chicken Herbed Stuffing 305 Mixed Vegetables 30 Tropical Fruit 10 Whole Wheat Bread 138 Sodium 362 | 15 Baked Potato w/ Chili & Cheese* Broccoli 15 Sour Cream 9 Chocolate Mousse 230 Pumpernickel Bread 135 Sodium 7 | 16 High Sodium Meal Hot Dog* 540 Baked Beans 370 Coleslaw 152 Baked Apples 14 Mustard 50 Hot Dog Bun 195 Sodium 540 | 17 Shepherd's Pie Carrots 53 Peas 7 Pear Streusel Cake 271 Diet = Small Piece 135 Italian Bread 96 Sodium 255 | |
| Calories: 898 Carbs:106 Total Sodium: 703mg | | Calories: 657 Carbs:90 Total Sodium: 970mg | | Calories: 850 Carbs:92 Total Sodium: 1175mg | |
| 20 Patriot's Day No Meals Served  | 21 Meatloaf with Gravy Garlic Mashed Potatoes 107 Carrots 53 Mixed Fruit 20 Whole Wheat Bread 138 Sodium 285 | 22 Roast Turkey & Gravy* Mashed Sweet Potatoes 91 Roasted Brussels Sprouts 9 Fruited Ambrosia 55 Marble Rye Bread 105 Sodium 742 | 23 ∞ Breaded Mac & Cheese Stewed Tomatoes 6 Green Beans 0 Birthday Cake 221 Diet = Small Piece 110 Italian Bread 96 Sodium 482 | 24 Teriyaki Beef Steamed Rice 101 Broccoli 16 Pineapple 0 Whole Wheat Bread 138 Fortune Cookie 0 Sodium 438 | |
| Calories: 771 Carbs:102 Total Sodium: 745mg | | Calories: 802 Carbs:100 Total Sodium: 1127mg | | Calories: 898 Carbs: 95 Total Sodium:929mg | |
| 27 Pork Rib-i-que w/BBQ Sauce Mac N Cheese 167 Green Beans 0 Pineapple 0 Sandwich Roll 248 Sodium 280 | 28 Swedish Meatballs Mashed Potatoes 108 Scandinavian Vegetables 30 Vanilla Pudding 170 Diet = SF Vanilla Pudding 125 Marble Rye Bread 105 Sodium 323 | 29 Sloppy Joe* Herbed Potatoes 7 Mixed Vegetables 30 Fresh Fruit 0 Sandwich Roll 248 Sodium 648 | 30 Chicken Cacciatore Gemmeli Pasta 8 Broccoli 15 Cookie 147 Whole Wheat Bread 138 Sodium 303 | MENU SUBJECT TO CHANGE | |
| Calories: 770 Carbs: 90 Total Sodium: 1016mg | | Calories: 791 Carbs:80 Total Sodium:862mg | | Calories: 831 Carbs:123 Total Sodium: 1059mg | |
| Dudley 508-949-6640 Franklin 508-520-1422 | | Milford 508-478-8102 Northbridge 508-333-9635 | | Upton 978-907-5709 Southbridge 774-289-9438 | |
| Spencer 508-885-5767 Uxbridge 774-482-6174 | | W. Brookfield 508-867-1411 | | | |