

# TRI-VALLEY, INC. - MARCH 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>2</b>	<u>Sodium</u>	<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>Shepherd's Pie</b> Carrots Peas Chocolate Pudding Diet = Chocolate Pudding Marble Rye Bread		<b>Greek Chicken</b> Steamed White Rice Broccoli Peaches Pumpernickel Bread		<b>Meatloaf with Gravy</b> Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit Italian Bread		<b>High Sodium Meal</b> <b>Hot Dog*</b> Baked Beans Coleslaw Baked Apples Mustard Hot Dog Bun		$\infty$ <b>Frittata*</b> O'Brien Potatoes Stewed Tomatoes Cookies Whole Wheat Bread	
Calories: 852 Carbs: 96 Total Sodium: 680mg		Calories: 671 Carbs: 74 Total Sodium: 878mg		Calories: 735 Carbs: 97 Total Sodium: 614mg		Calories: 841 Carbs: 94 Total Sodium: 1457mg		Calories: 735 Carbs: 89 Total Sodium: 1174mg	
<b>9</b>	<u>Sodium</u>	<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>Teriyaki Beef</b> Steamed Rice Roasted Broccoli Pineapple Fortune Cookie Whole Wheat Bread		<b>White Bean Chicken Chili*</b> Brown Rice Green Beans Mandarin Oranges Marble Rye Bread		<b>Chicken Picatta</b> Pasta California Blend Veg. Lemon Pudding Diet = Tapioca Pudding Pumpernickel Bread		<b>Salisbury Steak</b> w/Gravy Garlic Mashed Potatoes Herbed Carrots Fresh Fruit Sandwich Roll		<b>Lemon Pepper Haddock</b> Red Bliss Potatoes Mixed Vegetables Lorna Doones Marble Rye Bread Tartar Sauce	
Calories: 859 Carbs: 110 Total Sodium: 817mg		Calories: 667 Carbs: 108 Total Sodium: 1190mg		Calories: 677 Carbs: 85 Total Sodium: 802mg		Calories: 792 Carbs: 100 Total Sodium: 857 mg		Calories: 642 Carbs: 82 Total Sodium: 776mg	
<b>16</b>	<u>Sodium</u>	<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>BBQ Chicken*</b> Seasoned Potatoes Country Blend Vegetables Peaches Marble Rye Bread		<b>High Sodium Meal</b> <b>Corned Beef*</b> Boiled Potatoes Cabbage & Carrots Cheesecake Mousse Italian Bread		<b>Marinated Pork Loin</b> Herbed Stuffing Rst Broccoli & Carrots Cookies Italian Bread		<b>Cranberry Chicken Salad</b> Pasta Salad Tomato & Onion Salad Fresh Fruit Hot Dog Bun		$\infty$ <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Green Beans Fruited Ambrosia Italian Bread	
Calories: 603 Carbs: 76 Total Sodium: 866mg		Calories: 515 Carbs: 65 Total Sodium: 1498mg		Calories: 763 Carbs: 83 Total Sodium: 1107mg		Calories: 752 Carbs: 89 Total Sodium: 759mg		Calories: 887 Carbs: 96 Total Sodium: 763mg	
<b>23</b>	<u>Sodium</u>	<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>Meatballs w/Onion Gravy</b> Bowtie Pasta Peas Pineapple Whole Wheat Bread		<b>Chicken Stir-Fry*</b> Rice Pilaf Roasted Broccoli Fresh Fruit Pumpernickel Bread		$\infty$ <b>Vegetable Cheese Bake</b> Red Bliss Potatoes Scandinavian Vegetables Mixed Fruit Whole Wheat Bread		<b>Beef Bourguignon</b> Garlic Mashed Potatoes Green Beans Birthday Cake Diet = Small Piece Italian Bread		$\infty$ <b>Lentil Stew</b> <b>w/ Cheddar Cheese</b> Steamed White Rice Jardiniere Vegetables Chocolate Mousse Marble Rye	
Calories: 722 Carbs: 89 Total Sodium: 497mg		Calories: 685 Carbs: 103 Total Sodium: 1162 mg		Calories: 759 Carbs: 80 Total Sodium: 747mg		Calories: 844 Carbs: 77 Total Sodium: 876mg		Calories: 789 Carbs: 107 Total Sodium: 1011mg	
<b>30</b>	<u>Sodium</u>	<b>31</b>	<u>Sodium</u>	<b>Menus are 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☒ 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☒					
<b>Roast Pork with Gravy</b> Cranberry Stuffing Roasted Brussels Sprouts Applesauce Whole Wheat Bread		<b>Ziti with Meat Sauce*</b> Mozzarella Cheese Broccoli & Red Peppers Baked Apples Italian Bread							
Calories: 731 Carbs: 85 Total Sodium: 1121mg		Calories: 681 Carbs: 84 Total Sodium: 924mg							

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