
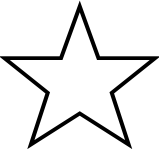


TRI-VALLEY, INC. - MAY 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
<u>MENUS SUBJECT TO CHANGE</u>				1	
<p>Meals are based on a No Added Salt (3,000-4,000 milligram diet) for healthy older adults. If you have a special concern regarding sodium, contact our Nutritionist for guidance on managing your dietary needs.</p> <p>mg = milligrams *Indicates higher sodium entrees >500mg Totals include 125mg of sodium for milk</p> <p>Carbs are listed for "Diabetic Friendly Meal" purposes. ~ Indicates a meatless meal</p>				Potato Crunch Fish Rice Pilaf Mixed Vegetables Fruited Ambrosia Sandwich Roll Tartar Sauce	
Calories: 905 Carbs: 116 Total Sodium: 893mg					
4	5	6	7	8	
Shepherd's Pie Carrots Peas Vanilla Yogurt Marble Rye Bread	Cinco de Mayo Chicken Fajitas* Spanish Rice Black Beans & Corn Pineapple Pita Bread Sour Cream	Braised Beef Gemelli Pasta Broccoli Baked Apples Pumpernickel Bread	Mother's Day Meal Chicken Royale* w/ Gravy Mashed Sweet Potatoes Green Beans Double Chocolate Cake Diet = Cheesecake Mousse Italian Bread	Vegetable Cheese Bake O'Brien Potatoes Tuscany Vegetables Fresh Fruit Whole Wheat Bread	
Calories: 792 Carbs: 102 Total Sodium: 595mg		Calories: 840 Carbs: 93 Total Sodium: 495mg		Calories: 939 Carbs: 98 Total Sodium: 1153mg	
11	12	13	14	15	
Honey Mustard Pork* Mashed Potatoes Mixed Vegetables Fresh Fruit Italian Bread	Burger w/ Chili & Cheese Herb Potatoes Green Beans Lorna Doone Cookies Sandwich Roll	Jambalaya* Rice Pilaf Peas & Carrots Pineapple Pumpernickel Bread	Garlic Herbed Chicken Cranberry Stuffing California Blend Vegetables Tapioca Pudding Diet = SF Tapioca Whole Wheat Bread	Beef Stir-Fry Steamed Rice Roasted Broccoli Baked Cinnamon Pears Marble Rye Bread	
Calories: 781 Carbs: 107 Total Sodium: 1176mg		Calories: 889 Carbs: 104 Total Sodium: 1063mg		Calories: 778 Carbs: 93 Total Sodium: 794mg	
18	19	20	21	22	
Ranch Chicken* Vegetable Couscous Spinach Fresh Fruit Pumpernickel Bread	Cranberry Chicken Salad Pasta Salad Tomato & Onion Salad Vanilla Mousse Hot Dog Bun	Burgundy Pork* Mashed Potatoes Brussels Sprouts Pear Crisp Diet = Applesauce Italian Bread	Holiday Meal High Sodium Meal Hot Dog* Baked Beans Coleslaw Baked Apples Hot Dog Bun Mustard	American Chop Suey Roasted Cauliflower Carrots Chocolate Brownie Diet = Half Piece Whole Wheat Bread	
Calories: 707 Carbs: 94 Total Sodium: 979mg		Calories: 802 Carbs: 88 Total Sodium: 913mg		Calories: 834 Carbs: 93 Total Sodium: 1446mg	
25	26	27	28	29	
MEMORIAL DAY 	High Sodium Meal Turkey Supreme* Supreme Sauce Cornbread Stuffing Country Blend Vegetables Pineapple Pumpernickel Bread	Meatloaf w/ Gravy Garlic Mashed Potatoes Honey Glazed Carrots Peaches Marble Rye Bread	Greek Chicken Steamed White Rice Brussels Sprouts Birthday Cake Diet = Small Piece Italian Bread	Baked Potato w/ Chili & Cheese Broccoli Fresh Fruit Whole Wheat Bread Sour Cream	
Calories: 707 Carbs: 102 Total Sodium: 1429mg		Calories: 746 Carbs: 81 Total Sodium: 697mg		Calories: 781 Carbs: 88 Total Sodium: 1054mg	
				Calories: 772 Carbs: 100 Total Sodium: 950mg	