


# TRI-VALLEY, INC. - JUNE 2026

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>1</b>	<b>Salisbury Steak</b> w/Gravy Garlic Mashed Potatoes Peas & Mushrooms Lorna Doones Sandwich Roll	<b>2</b>	<b>Frittata*</b> O'Brien Potatoes Stewed Tomatoes Vanilla Pudding Dt. = SF Vanilla Pudding Italian Bread	<b>3</b>	<b>Chicken Picatta</b> Pasta Green Beans Fruited Ambrosia Pumpnickel Bread	<b>4</b>	<b>Teriyaki Beef</b> Steamed Rice Roasted Broccoli Pineapple Fortune Cookie Whole Wheat Bread	<b>5</b>	<b>Lemon Pepper Fish</b> Lemon Seasoned Potatoes Mixed Vegetables Fresh Fruit Marble Rye Bread Tartar Sauce
Calories: 887 Carbs: 107 Total Sodium: 996mg		Calories: 738 Carbs: 78 Total Sodium: 1155mg		Calories: 700 Carbs: 87 Total Sodium: 641mg		Calories: 859 Carbs: 110 Total Sodium: 817mg		Calories: 696 Carbs: 96 Total Sodium: 712mg	
<b>8</b>	<b>Macaroni &amp; Cheese</b> Stewed Tomatoes Jardiniere Vegetables Yogurt Marble Rye Bread	<b>9</b>	<b>Meatballs w/Onion Gravy</b> Bowtie Pasta Scandanavian Vegetables Pineapple Pumpnickel Bread	<b>10</b>	<b>Marinated Pork Loin</b> Cornbread Stuffing California Blend Baked Apples Whole Wheat Bread	<b>11</b>	<b>BBQ Chicken*</b> Mashed Potatoes Green Beans Chocolate Pudding Diet = SF Chocolate Italian Bread	<b>12</b>	<b>Ham Salad*</b> Pasta Salad Tomato & Onion Salad Fresh Fruit Pita Bread
Calories: 831 Carbs: 102 Total Sodium: 811mg		Calories: 670 Carbs: 82 Total Sodium: 518mg		Calories: 676 Carbs: 87 Total Sodium: 955mg		Calories: 656 Carbs: 80 Total Sodium: 1174 mg		Calories: 651 Carbs: 78 Total Sodium: 1193mg	
<b>15</b>	<b>Chicken Stir-Fry*</b> Steamed Rice Rst Broccoli Fresh Fruit Pumpnickel Bread	<b>16</b>	<b>Beef Bourguignon</b> Garlic Mashed Potatoes Country Blend Vegetables Mixed Fruit Italian Bread	<b>17</b>	<b>Lasagna &amp; Meatballs</b> Marinara Sauce Peas & Carrots Baked Cinnamon Pears Whole Wheat Bread	<b>18</b>	<b>Father's Day Meal</b> <b>Stuffed Chicken w/ Gravy</b> Cranberry Stuffing Brussels Sprouts Tiramisu Cupcakes Diet = Cheesecake Mousse Dinner Roll	<b>19</b>	<b>Juneteenth</b> 
Calories: 718 Carbs: 108 Total Sodium: 1193mg		Calories: 742 Carbs: 82 Total Sodium: 623mg		Calories: 688 Carbs: 92 Total Sodium: 1138mg		Calories: 928 Carbs: 95 Total Sodium: 1169mg			
<b>22</b>	<b>Garlic Brown Sugar Chicken</b> Mashed Potatoes Honey Glazed Carrots Vanilla Mousse Whole Wheat Bread	<b>23</b>	<b>Ziti with Meat Sauce*</b> Mozzarella Cheese California Vegetables Green Beans Fresh Fruit Italian Bread	<b>24</b>	<b>High Sodium Meal</b> <b>Hot Dog*</b> Baked Beans Coleslaw Baked Apples Mustard Hot Dog Bun	<b>25</b>	<b>Vegetarian Chili w/ Cheese</b> Roasted Potatoes Country Blend Vegetables Birthday Cake Diet = Small Piece Marble Rye Bread	<b>26</b>	<b>Beef Enchilada w/ Cheese*</b> Spanish Rice Chuckwagon Corn Pineapple Pita Bread Sour Cream
Calories: 703 Carbs: 88 Total Sodium: 952mg		Calories: 720 Carbs: 91 Total Sodium: 931 mg		Calories: 841 Carbs: 94 Total Sodium: 1457mg		Calories: 853 Carbs: 110 Total Sodium: 970mg		Calories: 728 Carbs: 97 Total Sodium: 1179mg	
<b>29</b>	<b>High Sodium Meal</b> <b>Bahn Mi Pork</b> w/ BBQ Sauce Carrots Coleslaw Baked Cinnamon Pears Sandwich Roll Mayo	<b>30</b>	<b>Lentil Stew</b> w/ Cheddar Cheese Steamed White Rice Jardiniere Vegetables Fruited Ambrosia Marble Rye Bread	<b><u>MENUS SUBJECT TO CHANGE</u></b>					
Calories: 784 Carbs: 89 Total Sodium: 1422mg		Calories: 834 Carbs: 106 Total Sodium: 837mg		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.					
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	

mg = milligrams \*Indicates higher sodium entrees >500mg Totals include 125mg of sodium for milk  
Carbs are listed for "Diabetic Friendly Meal" purposes. ∞ indicates a meatless meal