November 2026 - Tri-Valley, Inc.

CELEBRATING 50 YEARS Tri-Valley HOME WITH YOU

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	**Sodium**	**3** *High Sodium Meal*	**Sodium**	**4**	**Sodium**	**5** ∞	**Sodium**	**6**	**Sodium**
American Chop Suey	186	**Hot Dog***	540	**Chicken Pot Pie**	241	**Baked Potato**	7	**Meatballs**	260
Green Beans	0	Baked Beans	370	Mashed Potatoes	108	**w/ Veg. Chili & Cheese**	387	**w/Onion Gravy**	85
Roasted California Blend	32	Coleslaw	162	Mixed Vegetables	30	Broccoli	16	Bowtie Pasta	8
Fresh Fruit	0	Baked Apples	14	Lorna Doone Cookies	147	Chocolate Mousse	230	Scandinavian Vegetables	30
Pumpernickel Bread	135	Hot Dog Bun	195	Biscuit	310	Whole Wheat Bread	138	Fruited Ambrosia	55
		Mustard	50			Sour Cream	9	Dinner Roll	113
Calories: 673 Carbs: 96		Calories: 841 Carbs: 94		Calories: 780 Carbs: 91		Calories: 749 Carbs: 102		Calories: 760 Carbs: 80	
Total Sodium: 480 mg		Total Sodium: 1457 mg		Total Sodium: 961 mg		Total Sodium: 908 mg		Total Sodium: 551 mg	
9	**Sodium**	**10**	**Sodium**	**11 Veteran's Day**		**12**	**Sodium**	**13**	**Sodium**
Garlic Herbed Chicken	497	**Shepherd's Pie**	255	**No meal served**		**Meatloaf**	202	**Cracker Crumb Fish**	303
Rice Pilaf	70	Carrots	53			**with Gravy**	83	Lemon Seasoned Rice	149
Jardiniere Vegetables	18	Green Beans	0			Garlic Mashed Potatoes	107	Mixed Vegetables	30
Pear Crisp	54	Fresh Fruit	0			Chuckwagon Corn	1	Mandarin Oranges	0
Diet = Applesauce	10	Marble Rye Bread	105			Blueberry Mousse	155	Pumpernickel Bread	135
Italian Bread	96					Whole Wheat Bread	138	Tartar Sauce	85
Calories: 677 Carbs: 77		Calories: 736 Carbs: 98				Calories: 808 Carbs: 101		Calories: 740 Carbs: 99	
Total Sodium: 621 mg		Total Sodium: 539 mg				Total Sodium: 811 mg		Total Sodium: 827 mg	
16 ∞	**Sodium**	**17**	**Sodium**	**18**	**Sodium**	**19**	**Sodium**	**20**	**Sodium**
Fritatta*	657	**Teriyaki Beef**	438	**Salisbury Steak w/Gravy**	323	**Ham Cheese Chicken Bake***	711	**Burgundy Pork***	768
O'Brien Potatoes	101	Steamed Rice	101	Garlic Mashed Potatoes	108	Red Bliss Potatoes	17	Herbed Potatoes	7
Stewed Tomatoes	6	Roasted Broccoli	15	Italian Blend Vegetables	36	Green Beans	0	Honey Glazed Carrots	70
Blueberries	0	Pineapple	0	Brownie	150	Birthday Cake	221	Applesauce	10
Marble Rye Bread	105	Fortune Cookie	0	Diet = Cookies	147	Diet = Half Piece Cake	110	Dinner Roll	113
		Whole Wheat Bread	138	Sandwich Roll	248	Italian Bread	96		
Calories: 698 Carbs: 77		Calories: 859 Carbs: 110		Calories: 868 Carbs: 102		Calories: 745 Carbs: 69		Calories: 709 Carbs: 84	
Total Sodium: 995 mg		Total Sodium: 817 mg		Total Sodium: 989mg		Total Sodium: 1170 mg		Total Sodium: 1107 mg	
23 ∞	**Sodium**	**24** *High Sodium Meal*	**Sodium**	**25**	**Sodium**	**26**		**27**	**Sodium**
Macaroni & Cheese	482	**Turkey***	592	**Marinated Pork Loin**	400			**White Bean Chicken Chili***	895
Stewed Tomatoes	6	**with Gravy**	150	Mashed Potatoes	108			Brown Rice	64
Mixed Vegetables	30	Cornbread Stuffing	300	Brussels Sprouts	9			Green Beans	0
Peaches	5	Winter Squash	75	Apple Crisp	63			Fresh Fruit	0
Italian Bread	96	Pumpkin Mousse	178	Diet = Applesauce	10			Whole Wheat Bread	138
		Dinner Roll	113	Biscuit	310				
Calories: 777 Carbs: 79		Calories: 748 Carbs: 105		Calories: 787 Carbs: 71		*No Meal Served*		Calories: 673 Carbs: 113	
Total Sodium: 713 mg		Total Sodium: 1475 mg		Total Sodium: 1021				Total Sodium: 1193 mg	
30	**Sodium**								
Chicken Stir Fry*	815								
Rice Pilaf	70								
Corn Niblets	1								
Fresh Fruit	0								
Pumpernickel Bread	135								
Calories: 668 Carbs: 116									
Total Sodium: 1148 mg									

MENU 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.
A high sodium meal = >1200 mg of sodium. * Indicates entrees with more than 500 mg sodium.
∞ Indicates a meatless meal.
Nutrition information includes 110 calories, 13gm Carbs & 125mg of sodium for milk.
Carbs are listed for "Diabetic Friendly Meal" purposes.

Dudley 508-949-6640 Milford 508-478-8102 Upton 978-907-5709 Spencer 508-885-5767 W. Brookfield 508-867-1411
Franklin 508-520-1422 Northbridge 508-333-9635 Southbridge 774-289-9438 Uxbridge 774-482-6174