

## Tri-Valley, Inc. - September 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>  <b>Labor Day</b> <b>No Meals Served</b>  	<b>3</b>  <b>Spaghetti &amp; Meatballs</b> Marinara Sauce Green Beans Baked Cinnamon Pears Italian Bread	<b>4</b>  <b>Potato Crunch Fish</b> Herbed Potatoes Peas & Onions Lemon Pudding Diet = SF Pudding Pumpernickel Bread	<b>5</b>  <b>Baked Ham*</b> <b>with Maple Glaze</b> Mashed Potatoes Herbed Broccoli & Carrots Fresh Fruit Marble Rye Bread	<b>6</b>  <b>Garlic Herbed Chicken</b> Cornbread Stuffing Mixed Vegetables Fruited Ambrosia Whole Wheat Bread
<b>9</b>  <b>Chicken Tikka Masala</b> Lemon Seasoned Rice Roasted Brussels Sprouts Fresh Fruit White Bread	<b>10</b> <u>HIGH SODIUM MEAL</u>  <b>Hot Dog*</b> Baked Beans Coleslaw Baked Apples Hot Dog Bun Mustard	<b>11</b>  <b>Stuffed Pepper Casserole</b> Mashed Potatoes Honey Glazed Carrots Brownie Diet = Half Piece Marble Rye Bread	<b>12</b>  <b>Chicken Pot Pie</b> Mashed Potatoes Country Blend Vegetables Lorna Doone Cookies Biscuit	<b>13</b>  <b>Teriyaki Beef</b> Steamed Rice Broccoli Pineapple Fortune Cookie Whole Wheat Bread
<b>16</b>  <b>Chicken Pesto</b> Lemon Seasoned Potatoes Mixed Vegetables Fresh Fruit Pumpernickel Bread	<b>17</b>  <b>Burger</b> Chili & Cheese Herbed Potatoes Green Beans Rice Krispy Treat Sandwich Roll	<b>18</b>  <b>Roast Pork with Gravy</b> Cranberry Stuffing Spinach Chocolate Pudding Diet = SF Pudding Marble Rye Bread	<b>19</b>  <b>Meatloaf with Gravy</b> Garlic Mashed Potatoes Chuckwagon Corn Pear Crisp Diet = Pears Whole Wheat Bread	<b>20</b>  <b>Jambalaya*</b> Rice Pilaf Cauliflower Mandarin Oranges Corn Bread
<b>23</b>  <b>Shepherd's Pie</b> Green Peas Herbed Carrots Peaches Whole Wheat Bread	<b>24</b>  <b>Chicken Milano</b> Mashed Sweet Potatoes Green Beans Vanilla Mousse Pumpernickel Bread	<b>25</b> <u>HIGH SODIUM MEAL</u>  <b>Turkey*</b> <b>with Supreme Sauce</b> Herbed Stuffing Roman Blend Vegetables Fresh Fruit White Bread	<b>26</b>  <b>American Chop Suey</b> Roasted Broccoli Carrots Birthday Cake Diet = Half Piece Marble Rye Bread	<b>27</b>  <b>Lemon Pepper Haddock</b> Potato Au Gratin Scandinavian Vegetables Apple Crisp Diet = Applesauce Muffin
<b>30</b>  <b>Sloppy Joes*</b> Herbed Potatoes Green Beans Fresh Fruit Sandwich Roll	Dudley 508-949-6640, Franklin 508-520-1422, Milford 508-478-8102, Northbridge 508-234-2002, Southbridge 774-289-9438, Spencer 508-885-5767, Sutton 508-234-0703, Upton 978-907-5709, Uxbridge 774-482-6174, West Brookfield 508-867-1411  Tri-Valley receives federal financial support under the Older Americans Act provided by the Central Massachusetts Agency on Aging and Massachusetts Executive Office of Elder Affairs.		<b>Menu 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 A 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	