







Tri-Valley, Inc. - October 2024

Monday		Tuesday		Wednesday		Thursday		Friday	
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 W. Brookfield 508-867-1411		1  Vegetable Cheese Bake Seasoned Potatoes Capri Blend Vegetables Mixed Fruit Italian Bread <hr/> Calories=826 Total Sodium = 680 mg Carbs =84	2 Greek Chicken Steamed White Rice California Blend Rice Krispies Treat Pumpnickel Bread <hr/> Calories=689 Total Sodium = 910 mg Carbs = 92	3 Salisbury Steak Beef Gravy Garlic Mashed Potatoes Peas & Carrots Fruited Ambrosia Sandwich Roll <hr/> Calories=905 Total Sodium = 931 mg Carbs = 103	4  Macaroni & Cheese Stewed Tomatoes Green Beans Blondie Diet = Half Piece Whole Wheat Bread <hr/> Calories=775 Total Sodium = 792 mg Carbs = 94				
7 Chicken with BBQ Sauce Potatoes Au Gratin Country Blend Vegetables Fresh Fruit Marble Rye Bread <hr/> Calories=698 Total Sodium = 1141 mg Carbs = 99	8 Meatballs with Onion Gravy Bowtie Pasta Scandinavian Vegetables Mandarin Oranges Pumpnickel Bread <hr/> Calories=800 Total Sodium = 643mg Carbs = 99	9 Marinated Pork Loin Herbed Potatoes Beets Lemon Pudding Diet = SF Pudding Whole Wheat Bread <hr/> Calories= 726 Total Sodium = 990 mg Carbs = 92	10 Chicken Picatta Wild Rice Roasted Broccoli Lorna Doone Cookies White Bread <hr/> Calories=742 Total Sodium = 1027 mg Carbs = 87	11 HIGH SODIUM MEAL Banh Mi Pork Riblet with Sauce Carrots Coleslaw Baked Apples Sandwich Roll Mayo <hr/> Calories=781 Total Sodium = 1432 mg Carbs = 90					
14 Columbus Day No Meals Served  <hr/> Calories=673 Total Sodium = 1063 mg Carbs = 92	15 Chicken Fajitas* Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple <hr/> Calories=862 Total Sodium = 1086 mg Carbs = 98	16 Roast Pork with Gravy Cranberry Stuffing Roast California Vegetables Baked Cinnamon Pears White Bread <hr/> Calories=706 Total Sodium = 1040 mg Carbs = 88	17 Haddock with Chimichurri Sauce Rice Pilaf Chuckwagon Corn Cookie Whole Wheat Bread <hr/> Calories=708 Total Sodium = 529 mg Carbs = 94	18 Beef with Onions & Peppers Herb Potatoes Honey Glazed Carrots Vanilla Pudding Diet = SF Pudding Sandwich Roll <hr/> Calories=890 Total Sodium = 1043 mg Carbs = 121					
21 Beef Stew Rice Corn Niblets Mandarin Oranges Italian Bread <hr/> Calories=924 Total Sodium = 493 mg Carbs =101	22 HIGH SODIUM MEAL Hot Dog* Baked Beans Coleslaw Baked Apples Mustard Hot Dog Bun <hr/> Calories=834 Total Sodium = 1446 mg Carbs = 93	23 Baked Potato with Chili & Cheese Broccoli Sour Cream Chocolate Mousse Pumpnickel Bread <hr/> Calories=793 Total Sodium = 1176 mg Carbs =92	24 Buttermilk Chicken Lemon Potatoes Mixed Vegetables Birthday Cake Diet = Small Piece Whole Wheat Bread <hr/> Calories=746 Total Sodium = 1055 mg Carbs = 102	25 Shepherd's Pie Carrots Peas Fresh Fruit Italian Bread <hr/> Calories=726 Total Sodium = 587 mg Carbs = 93					
28  Macaroni & Cheese Stewed Tomatoes Green Beans Mixed Fruit Muffin <hr/> Calories= 700 Total Sodium = 591 mg Carbs = 92	29 Chicken Mornay Couscous Roman Blend Vegetables Butterscotch Pudding Diet = SF Pudding Marble Rye Bread <hr/> Calories=696 Total Sodium = 994 mg Carbs = 87	30  Lentil Stew with Cheddar Cheese Steamed White Rice Carrots Fruited Ambrosia Pumpnickel Bread <hr/> Calories=845 Total Sodium = 901 mg Carbs = 109	31 HALLOWEEN Meatloaf with Gravy Garlic Mashed Potatoes Peas & Mushrooms Pumpkin Mousse Whole Wheat Bread <hr/> Calories=767 Total Sodium = 879 mg Carbs = 95	Meals are based on a No Added Salt (3,000-4,000 milligram diet) for healthy older adults. Contact our Nutritionist for 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, 13 gm Carbs & 125 mg of sodium for milk. Carbs listed for "Diabetic Friendly Meal" purposes  Indicates a meatless meal					