



# Tri-Valley, Inc. - January 2025

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 508-917-8995 Upton 978-907-5709 Uxbridge 774-482-6174 W. Brookfield 508-867-1411		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		<b>1</b> <b>Happy New Year</b> <b>No Meals Served</b> 		<b>2</b> <b>HIGH SODIUM</b> <b>Hot Dog*</b> Baked Beans 370 Coleslaw 162 Baked Apples 14 Mustard 50 Hot Dog Bun 195		<b>3</b> <b>Shepherd's Pie</b> Carrots 53 Peas 7 Butterscotch Pudding 246 Diet = SF Pudding 135 Pumpnickel Bread 135		<b>Sodium</b> 540 370 162 14 50 195		<b>Sodium</b> 255 53 7 246 135 135							
<b>6</b> <b>Meatloaf with Gravy</b> Garlic Mashed Potatoes 108 Country Blend Vegetables 22 Mixed Fruit 20 Whole Wheat Bread 138		<b>7</b> <b>Chicken Mornay</b> Couscous 84 Roman Blend Vegetables 9 Vanilla Pudding 170 Diet = SF Pudding 125 Marble Rye Bread 105		<b>8</b> <b>HIGH SODIUM</b> <b>Roast Turkey* with Gravy</b> Cranberry Stuffing 300 Roasted Brussels Sprouts 9 Baked Cinnamon Pears 5 Pumpnickel Bread 135		<b>9</b> 🌱 <b>Macaroni &amp; Cheese</b> Stewed Tomatoes 6 Green Beans 0 Blondie 272 Diet = Small Piece 136 Whole Wheat Bread 138		<b>10</b> <b>Baked Potato with Chili Cheese</b> Broccoli 16 Sour Cream 9 Fresh Fruit 0 Italian Bread 96		<b>Sodium</b> 202 83 108 22 20 138		<b>Sodium</b> 424 84 9 170 125 105		<b>Sodium</b> 681 150 300 9 5 135		<b>Sodium</b> 250 6 0 272 136 138		<b>Sodium</b> 7 474 180 16 9 0 96	
<b>Calories=746 Total Sodium = 697 mg Carbs = 98</b>		<b>Calories=728 Total Sodium = 917mg Carbs = 75</b>		<b>Calories=684 Total Sodium = 1404 mg Carbs = 92</b>		<b>Calories=775 Total Sodium = 792 mg Carbs = 78</b>		<b>Calories=718 Total Sodium = 907 mg Carbs = 87</b>											
<b>13</b> <b>Pork Rib-i-que with BBQ Sauce</b> Macaroni & Cheese 167 Green Beans 0 Mandarin Oranges 0 Sandwich Roll 248		<b>14</b> <b>Swedish Meatballs</b> Mashed Potatoes 108 Scandinavian Vegetables 30 Chocolate Mousse 230 Marble Rye Bread 105		<b>15</b> <b>Chicken Cacciatore*</b> Gemelli Pasta 8 Roasted Cauliflower 15 Brownie 150 Diet = Small Piece 75 Italian Bread 96		<b>16</b> 🌱 <b>Sloppy Joe*</b> Potato Wedges 7 Mixed Vegetables 30 Apple Crisp 63 Diet = Applesauce 25 Sandwich Roll 248		<b>17</b> <b>Braised Beef</b> Rice Pilaf 70 Broccoli 16 Fresh Fruit 0 Marble Rye Bread 105		<b>Sodium</b> 395 195 167 0 0 248		<b>Sodium</b> 323 108 30 230 105		<b>Sodium</b> 621 8 15 150 75 96		<b>Sodium</b> 648 7 30 63 25 248		<b>Sodium</b> 197 70 16 0 105	
<b>Calories=782 Total Sodium = 1130 mg Carbs = 99</b>		<b>Calories=756 Total Sodium = 921 mg Carbs = 85</b>		<b>Calories=757 Total Sodium = 1014 mg Carbs = 82</b>		<b>Calories=886 Total Sodium = 1120 mg Carbs = 109</b>		<b>Calories=842 Total Sodium = 513 mg Carbs = 91</b>											
<b>20</b> <b>Martin Luther King Day</b> <b>No Meals Served</b> 		<b>21</b> <b>Spaghetti &amp; Meatballs</b> Marinara Sauce 763 Green Beans 0 Fresh Fruit 0 Italian Bread 96		<b>22</b> <b>Garlic Herbed Chicken</b> Apple Cornbread Stuffing 338 Roasted California Blend 32 Pear Crisp 54 Diet = Pears 10 Marble Rye Bread 105		<b>23</b> 🌱 <b>Egg Frittata*</b> Red Bliss Potatoes 17 Green Peas 7 Birthday Cake 221 Diet = Small Piece 110 Whole Wheat Bread 138		<b>24</b> 🌱 <b>Lentil Stew with Cheddar Cheese</b> Steamed White Rice 101 Peas and Carrots 30 Fruited Ambrosia 55 Pumpnickel Bread 135		<b>Sodium</b> 211 763 0 0 96		<b>Sodium</b> 257 338 32 54 10 105		<b>Sodium</b> 657 17 7 221 110 138		<b>Sodium</b> 252 180 101 30 55 135			
<b>Calories=697 Total Sodium = 1195 mg Carbs = 98</b>		<b>Calories=755 Total Sodium = 912 mg Carbs = 81</b>		<b>Calories=768 Total Sodium = 1165 mg Carbs = 87</b>		<b>Calories=874 Total Sodium = 878 mg Carbs = 114</b>													
<b>27</b> <b>Chicken Pot Pie</b> Mashed Potatoes 108 Country Blend Vegetables 22 Cookies 147 Biscuit 310		<b>28</b> <b>Bean &amp; Cheese Enchilada* with Cheese</b> Spanish Rice 66 Chuckwagon Corn 1 Pineapple 0 Pita Bread 68 Sour Cream 9		<b>29</b> <b>Salisbury Steak with Gravy</b> Garlic Mashed Potatoes 108 Honey Glazed Carrots 70 Baked Apples 14 Italian Bread 96		<b>30</b> <b>Fish with Crumb Topping</b> Lemon Seasoned Potatoes 179 Roasted Broccoli 15 Vanilla Mousse 155 Whole Wheat Bread 138 Tartar Sauce 85		<b>31</b> <b>Cranberry Chicken Salad</b> Three Bean Salad 280 Coleslaw 173 Fresh Fruit 0 Hot Dog Bun 195		<b>Sodium</b> 311 108 22 147 310		<b>Sodium</b> 748 162 66 1 0 68 9		<b>Sodium</b> 240 83 108 70 14 96		<b>Sodium</b> 94 179 15 155 138 85		<b>Sodium</b> 197 280 173 0 195	
<b>Calories= 883 Total Sodium = 1022 mg Carbs = 90</b>		<b>Calories=728 Total Sodium = 1179 mg Carbs = 97</b>		<b>Calories=709 Total Sodium = 736 mg Carbs = 85</b>		<b>Calories= 761 Total Sodium = 790 mg Carbs = 82</b>		<b>Calories=821 Total Sodium = 969 mg Carbs = 84</b>											