

TRI-VALLEY, INC. - FEBRUARY 2025

Monday		Tuesday		Wednesday		Thursday		Friday	
3	Burger Chili & Cheese Herbed Potatoes Green Beans Fresh Fruit Sandwich Roll	4	Chicken Pesto Delmonico Potatoes Peas & Carrots Cookie Pumpnickel Bread	5	Turkey Supreme* Mashed Potatoes Roman Blend Vegetables Pear Crisp Diet = Pears Marble Rye Bread	6	American Chop Suey Roasted Broccoli Corn Vanilla Pudding Diet = SF Vanilla Pudding Whole Wheat Bread	7	Jambalaya* Rice Pilaf Green Peas Fruited Ambrosia Italian Bread
Calories= 823 Total Sodium = 916 mg Carbs =102		Calories=781 Total Sodium = 1108 mg Carbs =90		Calories=723 Total Sodium = 1109 mg Carbs =81		Calories=836 Total Sodium = 640 mg Carbs = 88		Calories=766 Total Sodium = 887 mg Carbs = 108	
10	Meatloaf w/ Gravy Mashed Potatoes Mixed Vegetables Fresh Fruit Pumpnickel Bread	11	HIGH SODIUM Hot Dog* Baked Beans Coleslaw Baked Apples Hot Dog Bun Mustard	12	Shepherd's Pie Carrots Peas Chocolate Pudding Diet = SF Choc. Pudding Marble Rye Bread	13	Lemon Pepper Haddock O'Brien Potatoes Summer Corn Mandarin Oranges Apple Cinnamon Muffin	14	VALENTINE'S DAY Chicken Picatta Wild Rice Rst. Brussels Sprouts Cheesecake Mousse Whole Wheat Bread
Calories=735 Total Sodium = 683 mg Carbs = 96		Calories=834 Total Sodium = 1446 mg Carbs = 93		Calories= 852 Total Sodium = 680 mg Carbs = 96		Calories= 720 Total Sodium = 644mg Carbs = 94		Calories=685 Total Sodium = 1000 mg Carbs =84	
17	 No Meals Served	18	BBQ Chicken BBQ Sauce Potatoes Au Gratin Scandinavian Vegetables Fresh Fruit Marble Rye Bread	19	Macaroni & Cheese Stewed Tomatoes Green Beans Brownie Diet = Small Piece White Bread	20	Teriyaki Beef Steamed Rice Broccoli Pineapple Fortune Cookie Whole Wheat Bread	21	Marinated Pork Loin Herbed Potatoes Honey Glazed Carrots Peach Crisp Diet = Peaches Marble Rye Bread
		Calories=696 Total Sodium = 1150 mg Carbs = 98		Calories=680 Total Sodium = 673 mg Carbs = 110		Calories= 802 Total Sodium = 818 mg Carbs = 98		Calories=748 Total Sodium = 741 mg Carbs =67	
24	Greek Chicken Steamed White Rice Rstd. California Blend Lorna Doone Cookies Whole Wheat Bread	25	Meatballs w/ Onion Gravy Bowtie Pasta Country Blend Vegetables Pineapple Italian Bread	26	HIGH SODIUM Banh Mi Pork Riblet w/ Sauce Carrots Coleslaw Bake Cinnamon Pears Sandwich Roll Mayo	27	Vegetable Cheese Bake Red Bliss Potatoes Green Beans Birthday Cake Diet = Small Piece Pumpnickel Bread	28	Salisbury Steak w/ Gravy Garlic Mashed Potatoes Beets Fresh Fruit Sandwich Roll
Calories= 792 Total Sodium = 952 mg Carbs = 93		Calories=760 Total Sodium = 595 mg Carbs = 91		Calories= 784 Total Sodium = 1422 mg Carbs = 88		Calories=845 Total Sodium = 914 mg Carbs = 74		Calories=788 Total Sodium = 946 mg Carbs = 100	

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
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Menus are 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.
 (*) 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
 ∞ Indicates a meatless meal