


TRI-VALLEY, INC. - April 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 508-651-6785 Upton 978-907-5709 Uxbridge 774-482-6174 W. Brookfield 508-867-1411		1 Spaghetti & Meatballs Marinara Sauce Green Beans Italian Bread Fresh Fruit	211 763 0 96 0	2 Jambalaya* Rice Pilaf Green Peas Pineapple Marble Rye Bread	539 70 7 0 105	3 Honey Mustard Pork* Red Bliss Potatoes Roasted Brussels Sprouts Baked Cinnamon Pears Marble Rye Bread	817 17 9 5 105	4 Vegetable Cheese Bake Seasoned Potatoes Jardiniere Vegetables Chocolate Mousse Italian Bread	416 7 18 230 96
Calories = 732 Total Sodium = 1196mg Carbs = 107		Calories = 707 Total Sodium = 846 mg Carbs = 104		Calories = 747 Total Sodium = 1078mg Carbs = 98		Calories = 876 Total Sodium = 892 mg Carbs = 83			
7 Burgundy Pork* Rice Pilaf Peas & Onions Pineapple Pumpnickel Bread	768 70 34 0 135	8 High Sodium Meal Hot Dog* Baked Beans Coleslaw Baked Apples Hot Dog Bun Mustard	540 370 162 14 195 50	9 Braised Beef Gemelli Pasta Roasted Broccoli Lemon Pudding Diet=NSA Vanilla Pudding Italian Bread	197 7 16 180 125 96	10 Ranch Chicken* Herbed Potatoes Spinach Fresh Fruit Pumpnickel Bread	554 7 87 0 135	11 Macaroni & Cheese Stewed Tomatoes Mixed Vegetables Lorna Doones Whole Wheat Bread	250 6 30 147 138
Calories = 705 Total Sodium = 1131 mg Carbs =87		Calories = 841 Total Sodium = 1457mg Carbs = 94		Calories = 902 Total Sodium = 622 mg Carbs = 85		Calories = 720 Total Sodium = 909 mg Carbs = 94		Calories = 686 Total Sodium = 696 mg Carbs = 85	
14 Butter Chicken* Seasoned Rice Winter Blend Vegetables Rice Krispie Treat Italian Bread	723 149 18 105 96	15 Salisbury Steak Garlic Mashed Potatoes Tuscany Vegetables Fresh Fruit Sandwich Roll	323 108 35 0 248	16 American Chop Suey Roasted California Veg. Baked Apples Lorna Doone Cookies Whole Wheat Bread	186 32 14 147 138	17 Maple Glazed Ham* Sr Crm/Chive Mashed Pot Carrots Chocolate Cake Diet = Half Piece Cake Marble Rye Bread	610 111 53 180 110 105	18 Lemon Pepper Haddock Rice Pilaf Carrots Fruited Ambrosia Pumpnickel Bread	223 70 70 55 135
Calories = 688 Total Sodium = 1155mg Carbs = 85		Calories = 780 Total Sodium = 839 mg Carbs = 98		Calories = 736 Total Sodium = 643 mg Carbs = 100		Calories = 829 Total Sodium = 656 mg Carbs = 102		Calories = 662 Total Sodium = 680 mg Carbs = 89	
21 Patriot's Day 		22 Greek Chicken Seasoned Potatoes Summer Blend Veg. Mandarin Oranges Pumpnickel Bread	409 101 24 0 135	23 Meatloaf with Gravy Garlic Mashed Potatoes Chuckwagon Corn Pear Crisp Diet = Applesauce Whole Wheat Bread	285 107 1 54 25 138	24 Shepherd's Pie Roasted Carrots Green Beans Birthday Cake Diet = Half Piece Cake Marble Rye Bread	255 53 0 221 110 105	25 High Sodium Meal Turkey Supreme* Herbed Stuffing Roasted Brussels Sprouts Fresh Fruit Italian Bread	905 305 9 0 96
		Calories = 689 Total Sodium = 793 mg Carbs = 95		Calories = 872 Total Sodium = 710 mg Carbs = 96		Calories = 812 Total Sodium = 759 mg Carbs = 87		Calories = 704 Total Sodium = 1440mg Carbs =87	
28 Egg Frittata* O'Brien Potatoes Mixed Vegetables Peaches Marble Rye Bread	657 101 30 5 105	29 Teriyaki Beef Steamed Rice Broccoli Chocolate Mousse Fortune Cookie Whole Wheat Bread	438 101 16 230 0 138	30 Chicken Picatta Lemon Seasoned Rice Roman Blend Vegetables Vanilla Pudding Diet = Vanilla Pudding Pumpnickel Bread	319 149 9 170 125 135	Meals are based on a No Added Salt (3,000-4,000 milligrams) 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 Menus are Subject to Change			
Calories = 666 Total Sodium = 1023mg Carbs = 71		Calories = 857 Total Sodium = 1047mg Carbs = 112		Calories = 702 Total Sodium = 916 mg Carbs = 85					