Highland Valley Elder Services Community Dining Menu - August 2018

The suggested donation is $3.00 per meal. Thank you for investing in this resource!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Key for Symbols: Cal: Calories Carb: Carbohydrates (gm) Sodium (mg) ☺ Local Produce # Diabetic Substitute *Higher Sodium Item (>500mg)	Highland Valley ELDER SERVICES	**1** Salisbury Steak (Choice) Chicken and Gravy (329) Cal: 582 Steamed Green Beans (4) Sodium: 1050 Whipped Potatoes (276) Carb: 83 Whole Wheat Bread (127) #Tapioca Pudding (189) w/ Whipped Topping (0)	**2** Salisbury Steak (Choice) Baked Haddock (296) Cal: 540 Creamy Coleslaw (56) Sodium: 1008 Stewed Tomatoes (275) Carb: 62 Whole Wheat Bread (127) Warm Spiced Peaches (14) Tartar Sauce (123)	**3** Salisbury Steak (Choice) Egg Salad Cold Plate (232) Cal: 598 Lettuce, Tomato, Cukes (6) Sodium: 583 Beet Salad (27) Carb: 66 Pumpernickel Bread (190) Sun Maid Raisins (4)
6 Seafood Salad (Choice) Cranberry Glazed Chicken (351) Steamed Peas (84) Cal: 669 Sweet Yams (48) Sodium: 776 Whole Wheat Roll (160) Carb: 105 Chilled Mixed Fruit (9)	**7** Seafood Salad (Choice) Breaded Alaskan Pollock (190) Cal: 791 Steamed Carrots (43) Sodium: 696 Oven Browned Potatoes (38) Carb: 103 Blueberry Snack Loaf (160) Mandarin Oranges (17) Tartar Sauce (123)	**8** Seafood Salad (Choice) Yankee Pot Roast (42) Cal: 567 Brussel Sprouts (8) Sodium: 721 Whipped Potatoes (276) Carb: 75 Oatmeal Bread (230) #Fruited Jell-O (40) w/ Whipped Topping	**9** Seafood Salad (Choice) *Turkey Salad Cold Plate (631) Cal: 704 Lettuce, Tomato, Cukes (6) Sodium: 1015 Marinated Pasta Salad (125) Carb: 66 Whole Wheat Bread (127) Fresh Fruit (1)	**10** Seafood Salad (Choice) Lasagna w/ Meat Sauce (466) Cal: 701 Steamed Broccoli (11) Sodium: 1032 Apple Juice (5) Carb: 108 French Bread (256) #Banana Pudding (170) w/ Whipped Topping
13 Egg Salad w/ Lettuce (Choice) *Reduced Sodium Hot Dog (590) Baked Beans (140) Cal: 816 Oven Browned Potatoes (38) Sodium: 1113 Hot Dog Roll (210) Carb: 96 Chilled Pineapple (10)	**14** Egg Salad w/ Lettuce (Choice) Chicken Teriyaki (474) Cal: 598 Italian Blend (52) Sodium: 815 Brown Rice (23) Carb: 80 Whole Wheat Bread (127) Applesauce (14)	**15** Egg Salad w/ Lettuce (Choice) Tuna Salad Cold Plate (120) Cal: 751 Lettuce, Tomato, Cukes (7) Sodium: 546 Carrot Raisin Salad (89) Carb: 95 Whole Wheat Pita (170) #Fig Bar (35)	**16** Egg Salad w/ Lettuce (Choice) Cheeseburger (292) Cal: 768 Toss Salad (10) Sodium: 723 Red Bliss Potatoes (6) Carb: 93 Hamburger Roll (230) #Cherry Crisp (60)	**17** Egg Salad w/ Lettuce (Choice) Roast Pork (83) Cal: 625 Mixed Vegetables (45) Sodium: 656 Whipped Potatoes (276) Carb: 87 Whole Wheat Bread (127) Fresh Fruit (1)
20 Cottage Cheese w/ Peaches (Choice) Baked Potato Pollock (300) Cal: 923 Steamed Broccoli (11) Sodium: 815 Rice Pilaf (15) Carb: 123 Cherry Snack Loaf (240) Fresh Fruit (1) Tartar Sauce (123)	**21** Cottage Cheese w/ Peaches (Choice) Roast Turkey (450) Cal: 744 Sweet Yams (48) Sodium: 1104 Homemade Stuffing (294) Carb: 117 Whole Wheat Roll (160) Chilled Pineapple (10) Cranberry Sauce (17)	**22** Cottage Cheese w/ Peaches (Choice) *Chicken Cacciatore (562) Cal: 667 Steamed Peas (84) Sodium: 904 Penne Noodles (1) Carb: 98 Whole Wheat Bread (127) Chilled Pears (5)	**23** Cottage Cheese w/ Peaches (Choice) Broccoli Mushroom Quiche (333) Steamed Green Beans (4) Cal: 787 Oven Roasted Potatoes (38) Sodium: 738 Oatmeal Bread (230) Carb: 98 Chilled Peaches (8)	**24** Cottage Cheese w/ Peaches (Choice) Chef Salad (400) Cal: 759 w/ Ham, Egg, Cheese Sodium: 1038 Tomato, Cucumbers (6) Carb: 99 Corn Relish (72) Whole Wheat Bread (127) #Birthday Cake (308)
27 Hot Dog (Choice) Swedish Meatballs (223) Cal: 742 California Blend (24) Sodium: 634 Rigatoni Pasta (1) Carb: 113 French Bread (256) Warm Fruit Compote (5)	**28** Hot Dog (Choice) BBQ Pork Rib (280) Cal: 538 Zucchini & Summer Squash (8) Sodium: 777 Warm German Potato Salad (5) Carb: 81 Whole Wheat Bread (127) #Butterscotch Pudding (232) w/ Whipped Topping	**29** Hot Dog (Choice) Meatloaf w/ Gravy (179) Cal: 810 Steamed Carrots (67) Sodium: 854 Whipped Potatoes (276) Carb: 103 Whole Wheat Bread (127) #Fruit Crunch Bar (80)	**30** Hot Dog (Choice) Chicken Salad Cold Plate (467) Cal: 665 Lettuce, Tomato, Cukes (7) Sodium: 745 Cold Cucumber Soup (17) Carb: 63 Cranberry Orange Snack Loaf (120) Chilled Mixed Fruit (9)	**31** Hot Dog (Choice) Baked Pollock w/ Dill Sauce (274) Steamed Spinach (120) Au Gratin Potatoes (172) Cal: 535 Whole Wheat Bread (127) Sodium: 818 Fresh Fruit (1) Carb: 62

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Meals based on No Added Salt Diet (3-4gm sodium) for healthy older adults. Sodium content is listed next to each item in ( ), all meals include milk w/ 125 mg sodium.
If you have a special concern regarding the menu, contact the Nutritionist at 413-588-5752 for guidance on managing your intake to meet your dietary requirements.