

Highland Valley Elder Services Community Dining Menu - June 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) 			1 Baked Breaded Fish w/Tartar Sauce (Choice) Pier 17 Baked Fish(302) Cal: 747 Steamed Carrots(77) Sodium: 653 Oven Brown Potatoes(38) Carb: 85 Orange Cranberry Loaf(102) #Chilled Mixed Fruit(9) 
4 Seafood Salad (Choice) Orange Glazed Grilled Chicken(351) Cranberry Sauce(17) Steamed Peas(84) Cal: 631 Whipped Potatoes(276) Sodium: 1052 Pumpernickel Bread(190) Carb: 97 #Diced Peaches(8)	5 Seafood Salad (Choice) Cal: 606 Baked Stuffed Shells(486) Sodium: 997 w/ Meat Sauce Carb: 85 Steamed Spinach(120) French Bread(256) #Chilled Pineapple(10) 	6 Seafood Salad (Choice) Cal: 1058 Fish Sandwich(270) Sodium: 982 Creamy Coleslaw(136) Carb: 114 Oven Brown Potatoes(38) Hamburg Roll(230) #Apple Crisp(60) Tartar Sauce (123)	7 Seafood Salad (Choice) Cal: 591 Meatloaf w/Gravy(249) Sodium: 776 Steamed Corn(1) Carb: 94 Whipped Potatoes(276) Whole Wheat Bread (127) Fresh Fruit(0) 	8 Seafood Salad (Choice) Roast Pork(60) Cal: 768 California Blend(24) Sodium: 895 Homemade Stuffing(294) Carb: 103 Whole Wheat Roll(160) #Butterscotch Pudding(232) w/Whipped Topping(0)
11 Meatloaf (Choice) Cal: 710 **Meatball Stroganoff(589) Sodium: 963 Brussels Sprouts(8) Carb: 102 Penne Noodles(1) #Oatmeal Bread(230) #Chilled Mixed Fruit(9) 	12 Meatloaf (Choice) Cal: 576 Teriyaki Chicken(474) Sodium: 748 Steamed Broccoli(11) Carb: 78 Brown Rice Pilaf(6) Whole Wheat Bread(127) #Chilled Pears(5)	13 Meatloaf (Choice) Chef Salad w/ Ham & Cheese(400) w/Lettuce, Tomatoes, Cukes Cal: 593 Carrot Raisin Salad(110) Sodium: 796 Whole Wheat Roll(160) Carb: 73 Fresh Fruit (1) 	14 Meatloaf (Choice) Cal: 682 Roast Turkey(472) Sodium: 1155 Steamed Peas(84) Carb: 94 Whipped Potatoes(276) Blueberry Muffin(160) #Fruited Jello(40) w/Whipped Topping(0)	15 Meatloaf (Choice) Cal: 546 Baked Breaded Haddock(296) Sodium: 694 Steamed Green Beans(1) Carb: 73 Red Bliss Potatoes(6) Whole Wheat Bread(127) # Mandarin Oranges(17) Tartar Sauce (123) 
18 Cheeseburger (Choice) Breaded Alaskan Pollock(190) Tartar Sauce(123) Stewed Tomatoes(198) Cal: 728 Macaroni & Cheese(165) Sodium: 943 Whole Wheat Bread(127) Carb: 86 Chilled Applesauce(14)	19 HIGH SODIUM DAY Cheeseburger (Choice) **Reduced Sodium Hot Dog(590) Cali Blend Veggies(24) Cal: 775 Oven Baked Beans(174) Sodium: 1273 Hot Dog Roll(210) Carb: 93 #Oatmeal Cookies(150) 	20 Cheeseburger (Choice) Grilled Chicken & Gravy(329) Cal: 769 Cranberry Sauce(17) Sodium: 816 Steamed Corn(1) Carb: 123 Sweet Yams(48) Whole Wheat Bread(127) #Chocolate Pudding(170) w/Whipped Topping(0)	21 Cheeseburger (Choice) Cal: 602 Vegetable Lasagna(464) Sodium: 860 Tossed Salad(10) Carb: 107 French Bread(256) Warm Apple Compote(5) 	22 Cheeseburger (Choice) Cal: 582 Yankee Pot Roast(42) Sodium: 573 Butternut Squash(2) Carb: 88 Whipped Potatoes(276) Whole Wheat Bread(127) Fresh Fruit(1)
25 HIGH SODIUM DAY Vegetable Crustless Quiche (Choice) **Creamed Chipped Beef(646) Steamed Peas(84) Whipped Potatoes(276) Cal: 658 Whole Wheat Roll(160) Sodium: 1292 Fresh Fruit(2) Carb: 100 	26 Vegetable Crustless Quiche (Choice) BBQ Pork Rib(280) Cal: 795 Steamed Carrots(77) Sodium: 1089 Au gratin Potatoes(172) Carb: 97 Whole Wheat Bread(127) #Birthday Cake(308)	27 Vegetable Crustless Quiche (Choice) Salisbury Steak w/Onions, Peppers & & Mushroom Gravy(283) Steamed Broccoli(11) Cal: 749 Steamed Brown Rice(5) Sodium: 961 Cherry Snack Loaf(78) Carb: 97 #Chilled Peaches(8) 	28 Vegetable Crustless Quiche (Choice) Chicken Pot Pie(104) Cal: 785 Steamed Peas(84) Sodium: 570 Red Bliss Potatoes(6) Carb: 90 Biscuit Topping(243) #Tapioca Pudding(189) w/Whipped Topping(0)	29 Vegetable Crustless Quiche (Choice) **Turkey Salad Cold Plate(631) Cal: 744 Lettuce, Tomatoes, Cukes(7) Sodium: 970 Marinated Vegetable/Pasta(125) Carb: 78 Whole Wheat Pita Bread(127) #Chilled Pineapple(10) 