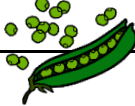
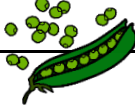


Highland Valley Elder Services Community Dining Menu - May 2018

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	1 HIGH SODIUM DAY Macaroni & Cheese (Choice) *Baked Ham w/Raisin Sauce (838) Brussels Sprouts (8) Cal: 757 Sweet Yams (48) Sodium: 1272 Cranberry Orange Muffin (102) Carb: 103 #Lemon Pudding (161) Chol: 99 w/Whipped Topping (0)	2 Macaroni & Cheese (Choice) Cal: 702 Baked Stuffed Shells (486) Sodium: 682 Tossed Salad (10) Carb: 113 French Bread (256) Chol: 65 #Warm Spiced Pears & Figs (10) 	3 Macaroni & Cheese (Choice) Cal: 558 Yankee Pot Roast (42) Sodium: 682 Butternut Squash (5) Carb: 79 Whipped Potatoes (276) Chol: 79 Oatmeal Bread (230) #Diced Pears (5)	4 Macaroni & Cheese (Choice) Cal: 657 Breaded Alaskan Pollock (190) Tartar Sauce (123) Sodium: 639 Steamed Carrots (67) Carb: 98 Red Bliss Potatoes (6) Chol: 70 Whole Wheat Bread (127) Pineapple Chunks (1) 
	7 Chicken Salad (Choice) Cal: 838 Steamed Corn (1) Sodium: 886 Whipped Potatoes (276) Carb: 100 Biscuit Topping (243) Chol: 79 #Chocolate Pudding (151) w/Whipped Topping (0)	9 Chicken Salad (Choice) Cal: 815 Roast Pork (60) Sodium: 754 Cali Blend Veggies (24) Carb: 104 Whipped Potatoes (276) Chol: 110 #Pumpernickel Bread (190) Fruit Crunch Bar (80)	10 Cal:583 Chicken Salad (Choice) Sodium: 679 Baked Haddock w/ Crumb Topping (296) Steamed Peas (84) Carb: 78 Oven Brown Potatoes (38) Chol: 90 Whole Wheat Bread (127) #Chilled Mixed Fruit (9) 	11 Chicken Salad (Choice) Cal: 777 Meatball Grinder (490) Sodium: 1106 Cream of Broccoli Soup (99) Carb: 92 Au gratin Potatoes (172) Chol: 74 Grinder Roll (218) Fresh Fruit (1)
14 Bar B Que (Choice) Cal: 750 Swiss Steak (646) Sodium: 932 Cali Blend Veggies (24) Carb: 97 Rotini Noodles (1) Chol: 85 Whole Wheat Bread (127) #Chilled Mixed Fruit (9) 	15  Bar B Que (Choice) Cal: 640 Baked Salmon (67) Sodium: 540 w/ Dill Sauce (20) Carb: 90 Steamed Carrots (67) Chol: 67 Rice Pilaf (15) #Oatmeal Bread (230) #Mandarin Oranges (17)	16 Bar B Que (Choice) Cal: 594 Chicken & Gravy (329) Sodium: 1029 Green Beans (4) Carb: 82 Whipped Potatoes (276) Chol: 75 Whole Wheat Bread (127) #Banana Pudding (170)  w/Whipped Topping (0)	17  Bar B Que (Choice) Veggie & Cheese Quiche (389) Cal: 972 Stewed Tomatoes (198) Sodium: 1194 Sausage Links (266) Carb: 109 Sweet Yams (54) Chol: 249 Blueberry Snack Muffin (160) Fresh Fruit (1)	18 Bar B Que (Choice) Cal: 868 Homemade Meatloaf (170) Sodium: 1007 Steamed Corn (1) Carb: 118 Whipped Potatoes (276) Chol: 116 Whole Wheat Bread (127) #Birthday Cake (308) 
21 Broccoli & Cheese Frittata (Choice) Potato Pollock Filet (240) Cal: 554 Cali Blend Veggies (24) Sodium: 754 Spanish Rice (234) Carb: 94 Whole Wheat Bread (127) Chol: 65 Sun Maid Raisins (4)	22 Broccoli & Cheese Frittata (Choice) Oven Baked Cheese Lasagna (4C) Cal: 805 Steamed Spinach (120) Sodium: 1121 French Bread (256) Carb: 113 Orange Juice (0) Chol: 64 #Sugar Cookies (218) 	23 Broccoli & Cheese Frittata (Choice) Egg Salad Cold Plate (186) Lettuce, Tomato, Cucumber (7) Carrot Raisin Salad (110) Cal: 639 Wheat Dinner Roll (127) Sodium: 555 Fresh Fruit (0) Carb: 67 Chol: 405	24  Broccoli & Cheese Frittata (Choice) Chicken Marsala (423) Cal: 609 Brussels Sprouts (8) Sodium: 703 Rice Pilaf (15) Carb: 85 Whole Wheat Bread (127) Chol: 75 #Chilled Peaches (5)	25 Broccoli & Cheese Frittata (Choice) Roast Turkey(494) w/ Cranberry Sauce(17) California Blend (24) Homemade Stuffing (294) Cal: 668 Cranberry Orange Muffin (120) Sodium: 1037 #Patriotic Jello (29) Carb: 92 w/Whipped Topping (0) Chol: 80
28 NO MEALS - HOLIDAY 	29 HIGH SODIUM DAY Baked Breaded Fish w/Tartar Sauce (Choice) *Hot Chicken Sandwich (620) Cal: 874 Vegetable Soup (293) Sodium: 1375 Sweet Yams (48) Carb: 119 Hamburg Roll (230) Chol: 80 #Apple Crisp (60) 	30 Baked Breaded Fish w/Tartar Sauce (Choice) Sweet & Sour Pork (165) Steamed Broccoli (11) Cal: 656 Steamed Brown Rice (5) Sodium: 467 Wheat Dinner Roll (160) Carb: 89 Fresh Fruit (2) Chol: 82	31 Baked Breaded Fish w/Tartar Sauce (Choice) Salisbury Steak (209) Green Beans (4) Cal: 643 Whipped Potatoes (276) Sodium: 937 Whole Wheat Bread (127) Carb: 80 #Vanilla Pudding (197) Chol: 85 w/Whipped Topping (0)	 Key for Symbols: Cal: Calories Chol: Cholesterol (mg) Carb: Carbohydrates (gm) Sodium (mg) ☺ Local Produce # Diabetic Substitute **Higher Sodium Item (>500mg)