

April 2024 – Low Sodium Menu

Mon	Tue	Wed	Thu	Fri
1 Grilled Chicken Tenders Zucchini Green Beans Pea Salad Fruit Gelatin Seasonal Fruit	2 Turkey & Cheese Steamed Cauliflower Broccoli Three Bean Salad Watergate Salad Seasonal Fruit	3 Lemon Pepper Chicken Corn Green Beans Spinach Salad Blueberry Pudding Seasonal Fruit	4 Meatloaf Baked Okra Vegetable Medley Wheat Roll Tossed Salad Seasonal Fruit	5 Pork Loin Cabbage Black-Eyed Peas Vegetable Pasta Salad w/ Ranch Dressing Fancy Apple Salad Seasonal Fruit
8 Chicken Stir-Fry w/ Red & Green Peppers Broccoli Green Beans Fruit Gelatin Seasonal Fruit Seasonal Fruit	9 Salmon Patty Peas & Carrots Baked Okra Tartar Sauce Sliced Tomatoes & Cucumbers Seasonal Fruit	10 Veal Parmesan Sautéed Mushrooms Vegetable Medley Italian Pasta Salad Applesauce Seasonal Fruit	11 Chopped Steak Corn Green Beans Spinach Salad Fruit Gelatin Seasonal Fruit	12 Grilled Chicken Sandwich Collard Greens Green Peas Wheat Bun / Mayo & Pickles Lettuce / Tomato Slice Seasonal Fruit
15 Turkey Breast Stewed Tomatoes Broccoli Wheat Roll Applesauce Seasonal Fruit	16 Baked Fish Vegetable Medley Green Beans Coleslaw Tropical Fruit Whip Seasonal Fruit	17 Cuban Chicken Corn Zucchini Tomato & Cucumber Salad Seasonal Fruit Seasonal Fruit	18 Chopped Steak Turnip Greens Mashed Potatoes * Carrot Raisin Salad Three Bean Salad Seasonal Fruit	19 Roast Beef Cabbage Squash Medley Spinach Salad Applesauce Seasonal Fruit
22 Pinto Beans Collard Greens Carrots Seasonal Fruit Cinnamon Pears Seasonal Fruit	23 Chicken Salad Tomato Cucumber Salad Three Bean Salad Saltine Crackers Vanilla Pudding w/ Granola Seasonal Fruit	24 Stuffed Peppers w/ Red Sauce Green Beans Carrots Italian Pasta Salad Fancy Apple Salad Seasonal Fruit	25 Pulled Pork BBQ Vegetable Medley Broccoli Wheat Bun Coleslaw Seasonal Fruit	26 Beef Tips Corn Collard Greens Tossed Salad Applesauce Fruit Gelatin
29 Grilled Chicken Tenders Green Beans Steamed Cauliflower Marinated Tomatoes Seasonal Fruit Seasonal Fruit	30 Hamburger Patty Corn Broccoli Wheat Bun / Mustard & Ketchup Lettuce / Tomato Slice Seasonal Fruit		<ul style="list-style-type: none"> - Each Meal will have less than 800 mg of Sodium (Our regular meals are 1300 mg of Sodium.) - Items with an asterisk (*) prepared with rice, pasta and potatoes are in smaller portions. 	