

February 2024 – Low Sodium Menu

Mon	Tue	Wed	Thu	Fri
<p>- Each Meal will have less than 800 mg of Sodium (Our regular meals are 1300 mg of Sodium.)</p> <p>- Items with an asterisk (*) prepared with rice, pasta and potatoes are in smaller portions.</p>			<p>1</p> <p>Chicken Tenders Broccoli Carrots Tossed Salad Fruit Cocktail Fruit</p>	<p>2</p> <p>Beef Tips (No rice, extra beef) Green Beans Stewed Tomatoes Broccoli Cauliflower Salad Fruit Gelatin Wheat Roll</p>
<p>5</p> <p>Hamburger Patty Broccoli Sautéed Mushrooms Wheat Bun Tomato Slice/Lettuce Fruit Cocktail</p>	<p>6</p> <p>Chicken Parmesan Lima Beans * Turnip Greens Pea Salad Fruit Applesauce</p>	<p>7</p> <p>Sliced Turkey Corn Green Beans Spinach Salad (No dressing) Fruit Fruit</p>	<p>8</p> <p>Roast Beef Squash Medley Cinnamon Apples Fruit Coleslaw Fruit</p>	<p>9</p> <p>Roasted Chicken Carrots Cabbage Wheat Roll Three Bean Salad Fruit</p>
<p>12</p> <p>Chopped Steak (No gravy) Green Peas Sweet Potatoes Broccoli Salad Fruit Carrot Raisin Salad</p>	<p>13</p> <p>Grilled Chicken Collard Greens Cabbage Cornbread Marinated Vegetable Salad Fruit</p>	<p>14 SPECIAL DAY...ENJOY!</p> <p>Gourmet Chicken Green Beans  Diced Roasted Potatoes  Wheat Roll Fruit Gelatin Chocolate Chess Pie</p>	<p>15</p> <p>Carved Turkey (No Dressing, no gravy) Cauliflower (No cheese) Carrots Beets Fruit Fruit</p>	<p>16</p> <p>Beef Stroganoff (No noodles) Squash Medley Baked Apples Three Bean Salad Fruit Fancy Fruit</p>
<p>19</p> <p>Baked Spaghetti Spinach Corn Beets Fruit Applesauce</p>	<p>20</p> <p>Stuffed Peppers w/ Red Sauce Green Beans Carrots Italian Pasta Salad Fancy Apple Salad Fruit</p>	<p>21</p> <p>Grilled Chicken Green Peas Cauliflower Fruit Spinach Salad (No dressing) Fruit</p>	<p>22</p> <p>Chopped Steak Diced Roasted Potatoes * Baked Apples Sweet & Sour Coleslaw Carrot Raisin Salad Wheat Roll</p>	<p>23</p> <p>Beef Goulash Vegetable Medley Broccoli Cinnamon Peaches Fruit Gelatin Wheat Roll</p>
<p>26</p> <p>Sliced Turkey Squash Medley Cabbage Potato Salad Fruit Applesauce</p>	<p>27</p> <p>Shepherd's Pie Stewed Tomatoes Corn Broccoli Cauliflower Salad Fruit Gelatin Fruit</p>	<p>28</p> <p>Roast Beef Green Beans Collard Greens Carrot Raisin Salad Fruit Cornbread</p>	<p>29</p> <p>Beef Stew Vegetable Medley Spinach Fruit Waldorf Salad Fruit Gelatin</p>	