

January 2024 – Low Sodium Menu

Mon	Tue	Wed	Thu	Fri
1 CLOSED for New Years 	2 Grilled Chicken Collard Greens Mac & Cheese Fruit Marinated Vegetable Salad Fruit	3 Beef Stroganoff Squash Medley Baked Apples Macaroni Salad Fruit Spinach Salad	4 Carved Turkey Roasted Sweet Potatoes Green Beans Wheat Roll Broccoli Salad Fruit	5 Beef Goulash Vegetable Medley Broccoli Cinnamon Peaches Fruit Gelatin Fruit
8 Chopped Steak Cabbage Baked Apples Wheat Roll Sweet & Sour Coleslaw Carrot Raisin Salad	9 Stuffed Peppers w/ Red Sauce Green Beans Carrots Italian Pasta Salad Fancy Apple Salad Fruit	10 Grilled Chicken Green Peas Cauliflower Fruit Spinach Salad Fruit	11 Baked Spaghetti Spinach Corn Beets Fruit Applesauce	12 Chicken Cordon Bleu Vegetable Medley Cabbage Spinach Salad Fruit Gelatin Fruit
15 CLOSED Martin Luther King, Jr. Day 	16 Shepherd's Pie Stewed Tomatoes Corn Broccoli Cauliflower Salad Fruit Gelatin Fruit	17 Roast Beef Carrots Collard Greens Carrot Raisin Salad Fruit Applesauce	18 Beef Stew Vegetable Medley Spinach Fruit Waldorf Salad Fruit	19 Stir-fried Chicken Broccoli Roasted Sweet Potatoes Wheat Roll Fruit Gelatin
22 Cuban Chicken Green Beans Corn Macaroni Salad Fruit Applesauce	23 Baked Fish Squash Broccoli Coleslaw Fruit Tossed Salad	24 Meatloaf Broccoli Carrots Wheat Roll Fruit Fancy Apple Salad	25 Chicken & Dumplings Cabbage Turnip Greens Carrot Raisin Salad Fruit Fruit Cocktail	26 Turkey Sausage Biscuit Scrambled Eggs Hot Cinnamon Apples Two Tomato Slices Pineapple Delight Fruit
29 Chopped Steak Corn Green Peas Wheat Roll Sweet & Sour Coleslaw Fruit	30 Baked Spaghetti Spinach Vegetable Medley Beets Fruit Applesauce	31 Pork Loin Cabbage Turnip Greens Potato Salad Fruit Spinach Salad	<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. 	