

Highland Valley Elder Services Community Dining Menu - September 2021
 The suggested donation is \$3.00 per meal. Thank you for investing in this resource!

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Cottage Cheese w/ Peaches Cold Plate (275) Creamy Cucumber & Tomato Salad (31) Vinaigrette Potato Salad (5) #Blueberry Muffin (160) #Banana Pudding w/ Whipped Topping (170) Cal: 772 Sodium: 766 Carb: 111 	2 Salisbury Steak w/ Gravy (200) California Blend (24) Roasted Sweet Potato (62) Pumpernickle Bread (135) Strawberry Yoqurt (75) Cal: 676 Sodium: 631 Carb: 87 	3 Sweet & Tangy Chicken Teriyaki (450) ☺Roasted Summer Squash & Zucchini (8) Lo Mein Noodles (28) Whole Wheat Bread (140) Chilled Mixed Fruit (7) Cal: 603 Sodium: 758 Carb: 84
6 NO MEALS 	7 HIGH SODIUM DAY Chicken Parmesan** (736) Steamed Broccoli (11) Spaghetti Noodles (1) French Bread (256) #Tapioca Pudding w/ Whipped Topping (189) Cal: 864 Sodium: 1318 Carb: 120 	8 Juicy Roast Pork w/ Gravy (60) Steamed Green Beans (4) Whipped Potatoes (276) Whole Wheat Bread (140) Applesauce (24) Cal: 620 Sodium: 628 Carb: 68	9 Egg Salad Sandwich (265) Lettuce, Tomato, Cucumber (7) Pasta Salad (117) Whole Wheat Roll (210) #Orange Gelatin w/ Whipped Topping (12) Cal: 759 Sodium: 736 Carb: 69	10 All-Beef Homemade Meatloaf w/ Gravy (191) Steamed Corn (1) Red Bliss Potatoes (6) Rye Bread (150) Fresh Fruit (2) Cal: 745 Sodium: 475 Carb: 109 
13 Potato Pollock Fillet w/ Tartar Sauce (423) Steamed Peas (124) Whipped Potatoes (276) Oatmeal Bread (142) Chilled Pears (5) Cal: 792 Sodium: 1095 Carb: 102	14 HIGH SODIUM DAY Chilled Ham & Pickle Salad** (975) Lettuce, Tomato and Cucumber (7) Rice Salad (40) Whole Wheat Bread (140) Chilled Peaches (5) Cal: 717 Sodium: 1292 Carb: 73	15 Mac and Cheese (334) Stewed Tomatoes (275) Whole Wheat Roll (210) #Chocolate Pudding w/ Whipped Topping (170) Cal: 821 Sodium: 1115 Carb: 104 	16 Savory Roasted Turkey w/ Gravy (494) & Cranberry Sauce (17) ☺Butternut Squash (5) Homemade Stuffing (279) Wheat Dinner Roll (210) Vanilla Yoqurt (50) Cal: 721 Sodium: 1180 Carb: 109	17 Salmon w/ Creamy Dill (91) Oriental Blend (27) Steamed Brown Rice (23) Rye Bread (150) Fresh Fruit (1) Cal: 668 Sodium: 418 Carb: 92
20 American Chop Suey (394) Steamed Spinach (120) Orange Juice (0) Whole Wheat Roll (210) #Warm Cherry Crisp (0) Cal: 670 Sodium: 850 Carb: 84	21 Baked Pollock Loin (125) w/ Panko Topping & Tartar Sauce (123) Mixed Vegetables (55) Au Gratin Potatoes (174) Pumpernickle Bread (135) Fresh Fruit (0) Cal: 734 Sodium: 738 Carb: 80 	22 Yankee Pot Roast w/ Gravy (42) Steamed Green Beans (4) Whipped Potatoes (276) Rye Bread (150) #Fruit Crunch Bar (80) Cal: 774 Sodium: 677 Carb: 96	23 Orange Chicken (344) Steamed Broccoli (11) Cavatappi Noodles (13) Whole Wheat Bread (140) Applesauce (24) Cal: 583 Sodium: 657 Carb: 77	24 Chilled Tuna Salad (188) Lettuce, Tomato, Cucumber (7) Vinaigrette Potato Salad (5) Whole Wheat Roll (210) Mandarin Oranges (17) Cal: 656 Sodium: 552 Carb: 74
27 Chicken A La King (423) Steamed Spinach (120) Whipped Potatoes (276) #Cherry Muffin (240) ☺Fresh Fruit (1) Cal: 709 Sodium: 1186 Carb: 88 	28 Baked Cod w/ Tartar Sauce (248) Steamed Brussel Sprouts (8) Gemelli Noodles (13) Whole Wheat Bread 140) Chilled Peaches (5) Cal: 573 Sodium: 540 Carb: 73	29 Sweet and Sour Pork (165) Oriental Blend (27) Steamed Brown Rice (23) Pumpernickle Bread (135) #Vanilla Pudding w/ Whipped Topping (197) Cal: 800 Sodium: 672 Carb: 101	30 Cooled Chef Salad w/ Turkey, Egg, Cheese (388) & Ranch Dressing (138) Lettuce, Tomato, Cucumber (7) Pasta Salad (117) Oatmeal Bread (142) Mixed Fruit (9) Cal: 805 Sodium: 964 Carb: 99	Key for Symbols: Cal: Calories Carb: Carbohydrates (gm) Sodium (mg) # Diabetic Substitute **Higher Sodium Item (>500ma) ☺ Local Produce 🍴 Vegetarian