

# May 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>Egg Salad Tomato &amp; Cucumber Salad Macaroni Salad Saltine Crackers Seasonal Fruit Vanilla Pudding w/ Granola</p>	<p>2</p> <p>Baked Spaghetti * Lima Beans Green Peas Broccoli Cauliflower Salad Spinach Salad Seasonal Fruit</p>	<p>3</p> <p>Sweet &amp; Sour Chicken Spinach Carrots Hawaiian Pasta Salad Seasonal Fruit Chocolate Cake</p>
<p>6</p> <p>Chicken &amp; Broccoli Casserole Corn Zucchini Carrot Raisin Salad Macaroni Salad Seasonal Fruit</p>	<p>7</p> <p>Roast Beef Squash Medley Green Beans Coleslaw Applesauce Seasonal Fruit</p>	<p>8</p> <p>Chicken Pan Pie Cabbage Warm Cinnamon Apples Spinach Salad Seasonal Fruit Seasonal Fruit</p>	<p>9</p> <p>Turkey Breast Sautéed Mushrooms Carrots Broccoli Cauliflower Salad Seasonal Fruit Blueberry Fluff</p>	<p>10</p> <p>Beef Stroganoff Green Beans Cauliflower Fruit Gelatin Seasonal Fruit Tossed Salad</p>
<p>13</p> <p>Grilled Chicken Zucchini Green Beans Pea Salad Fruit Gelatin Seasonal Fruit</p>	<p>14</p> <p>Turkey &amp; Cheese Steamed Cauliflower Broccoli Three Bean Salad Watergate Salad Seasonal Fruit</p>	<p>15</p> <p>Lemon Pepper Chicken Corn Green Beans Spinach Salad Blueberry Pudding Seasonal Fruit</p>	<p>16</p> <p>Meatloaf Okra Collard Greens Tossed Salad Seasonal Fruit Seasonal Fruit</p>	<p>17</p> <p>Pork Loin Cabbage Black-Eyed Peas Vegetable Pasta Salad w/ Ranch Dressing Fancy Apple Salad Seasonal Fruit</p>
<p>20</p> <p>Chicken Stir-Fry w/ Red &amp; Green Peppers Broccoli Green Beans Fruit Gelatin Seasonal Fruit Vanilla Pudding</p>	<p>21</p> <p>Salmon Patty Peas &amp; Carrots Baked Okra Tartar Sauce Macaroni Salad Seasonal Fruit</p>	<p>22</p> <p>Chopped Steak Corn Green Beans Spinach Salad Fruit Gelatin Seasonal Fruit</p>	<p>23</p> <p>Veal Parmesan Sautéed Mushrooms Vegetable Medley Italian Pasta Salad Applesauce Seasonal Fruit</p>	<p>24</p> <p><b>SPECIAL DAY...ENJOY!</b> All Beef Hot Dog Baked Beans Warm Potato Salad Wheat Hot Dog Bun/Ketchup/Mustard Seedless Watermelon Brownie</p> 
<p>27</p> <p><b>CLOSED</b> No Meal Delivery</p> 	<p>28</p> <p>Chopped Steak Turnip Greens Mashed Potatoes * Carrot Raisin Salad Three Bean Salad Seasonal Fruit</p>	<p>29</p> <p>Cuban Chicken Corn Zucchini Tomato &amp; Cucumber Salad Seasonal Fruit Seasonal Fruit</p>	<p>30</p> <p>Baked Fish w/ Lemon Sauce Vegetable Medley Green Beans Coleslaw Tropical Fruit Whip Seasonal Fruit</p>	<p>31</p> <p>Roast Beef Cabbage Squash Medley Spinach Salad Applesauce Seasonal Fruit</p>