

November 2021 Monthly Menu

 Monthly Special

* Indicated higher sodium items > 500 mg.



Food Safety Guidelines:

If you choose not to eat your lunch right away, please put it in the refrigerator immediately. When you are ready to consume:

1. Slit the plastic cover open or peel it back
2. Re-heat in the microwave for 2-3 minutes
3. Preheat oven to 350° then place container on cookie sheet and heat for 10 – 20 minutes. Do not heat over 30 minutes.

Caution: Oliver containers should never be put into a toaster oven.

Right now, we are experiencing a national supply chain issue. Therefore, our menu items might change according to the food supplies. Thank you for your understanding!

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Sodium	2	Sodium	3	Sodium	4	Sodium	5	Sodium
Soy Braised Pork Ribs	167mg	Baked Shrimp with Scallion-flavored Soy Sauce	656*mg	Stir-fried Noodle with Soy Bean Sauce and Minced Pork	687*mg	Baked Chicken Wings with Garlic	551*mg	Family Style Vegetarian Dish	235mg
Milk	125mg	Milk	125mg	Milk	125mg	Milk	125mg	Milk	125mg
White Rice	11mg	White Rice	11mg	White Rice	11mg	White Rice	11mg	White Rice	11mg
Total	303mg	Total	792mg	Total	824mg	Total	688mg	Total	372mg
Calories: 670 kcal		Calories: 476 kcal		Calories: 1048 kcal		Calories: 630 kcal		Calories: 527 kcal	
8	Sodium	9	Sodium	10	Sodium	11	Sodium	12	Sodium
Steamed Fish with Black Bean Sauce	349mg	Tofu and Minced Pork Stew	123mg	Baked Pork Patty	352mg	Veterans Day Closed for Today		Soy-braised Chicken Wings	235mg
Milk	125mg	Milk	125mg	Milk	125mg			Milk	125mg
White Rice	11mg	White Rice	11mg	White Rice	11mg			White Rice	11mg
Total	486mg	Total	259mg	Total	488mg			Total	372mg
Calories: 534 kcal		Calories: 571 kcal		Calories: 622 kcal		Calories: 620 kcal			
15	Sodium	16	Sodium	17	Sodium	18	Sodium	19	Sodium
Baked Pork Chop with Black Pepper Sauce	(N/A)	Curry Flavored Fish Balls	616*mg	Baked Chicken Wings with Salt and Pepper	493mg	Yu-Shiang Eggplant and Minced Pork	160mg	Stir-fried Vegetarian Dish	297mg
Milk	125mg	Milk	125mg	Milk	125mg	Milk	125mg	Milk	125mg
White Rice	11mg	White Rice	11mg	White Rice	11mg	White Rice	11mg	White Rice	11mg
Total	(N/A)	Total	753mg	Total	630mg	Total	296mg	Total	434mg
Recipe Under Testing		Calories: 541 kcal		Calories: 617 kcal		Calories: 530 kcal		Calories: 532 kcal	
22 HIGH SODIUM DAY	Sodium	23	Sodium	24	Sodium	25	Sodium	26	Sodium
Baked Shrimp with Garlic	784*mg	Baked Pork Ribs	560*mg	Baked Deli Turkey Slices	629*mg	 Thanksgiving Closed for two days			
Milk	125mg	Milk	125mg	Milk	125mg				
White Rice	11mg	White Rice	11mg	White Rice	11mg				
Total	921mg	Total	696mg	Total	765mg				
Calories: 545 kcal		Calories: 741 kcal		Calories: 780 kcal					
29 HIGH SODIUM DAY	Sodium	30	Sodium	 HAPPY THANKSGIVING					
Breaded Chicken Tender	791*mg	Steamed Fish with Goji and Wood Ear	142mg						
Milk	125mg	Milk	125mg						
White Rice	11mg	White Rice	11mg						
Total	927mg	Total	279mg						
Calories: 735 kcal		Calories: 491 kcal							

Meals are based on a No Added Salt (3-4 gm sodium diet) for healthy older adult. If you have a special concern regarding sodium, contact the Dietitian for guidance on managing your intake to meet your diet requirements. The nutrition information above does not include vegetables nor fruits. Vegetables - calorie 30 - 60 kcal, sodium 60 - 150 mg; Fruits - calorie 71 - 105 kcal, sodium 1 - 2 mg. Meals may contain allergens including milk, egg, fish, crustaceans, tree nuts, wheat, peanut, and soybeans; and, food ingredient that contain these proteins.

Note: Fruits and vegetables listed on the menu are subject to change due to seasonal availability. We reserve the right to modify an entrée for holidays or special occasions.

