

BLAND LOW SODIUM

COMPLETE DINNER MENU (soup, entrée & dessert) for \$6.50

SOUPS

		Sodium	Carb.	Protein	Fat
451	Beef & Barley	134.3 mg	11.9 g	3.6 g	1.7 g
452	Homemade Vegetable	118.7 mg	9.6 g	2.1 g	0.2 g
453	Chicken Noodle	126.0 mg	15.7 g	5.7 g	1.8 g
454	Cream of Mushroom	132.0 mg	14.0 g	6.9 g	8.4 g
455	Minestrone	189.6 mg	9.8 g	2.1 g	0.3 g
457	Cream of Potato	225.0 mg	14.5 g	3.0 g	6.0 g

ENTREES

		Sodium	Carb.	Protein	Fat
551	Poached Fish with parsley potatoes, peas & carrots	234.7 mg	32.1 g	26.8 g	2.4 g
552	Fish Creole with brown rice and green beans	210.4 mg	58.5 g	31.9 g	3.1 g
553	Grilled Salmon with parsley potatoes & peas	247.7 mg	35.2 g	29.2 g	1.7 g
554	Chicken a la King with rice, squash & green beans	273.5 mg	53.3 g	18.9 g	4.4 g
555	Chicken Cacciatore with noodles & Italian mix	444.7 mg	44.1 g	51.1 g	13.2 g
556	Roast Turkey with mashed potatoes & carrots	275.6 mg	30.8 g	35.0 g	14.8 g
557	Roast Beef with mashed potatoes & peas	257.5 mg	34.2 g	42.1 g	10.6 g
558	Meat Loaf with mashed potatoes & parsnips	224.9 mg	29.2 g	26.4 g	18.3 g
559	Beef Vegetable Stew with mashed potatoes & peas	398.5 mg	62.7 g	26.0 g	6.9 g
560	Roast Pork with mashed potatoes & carrots	243.7 mg	29.1 g	37.3 g	7.2 g
561	Braised Liver with mashed potatoes, peas & carrots	436.6 mg	31.1 g	35.0 g	7.9 g
562	Chicken Supreme with noodles & squash	225.2 mg	39.1 g	51.1 g	17.6 g

DESSERTS

		Sodium	Carb.	Protein	Fat
602	Apple Sauce	11 mg	16.5 g	0 g	0 g
603	Stewed Rhubarb	11.7 mg	4.2 g	1.2 g	0.2 g
604	Peach Slices	5.7 mg	13.7 g	0 g	0 g
605	Pear Slices	5.7 mg	16.0 g	0 g	0 g
606	Banana Bread	212.6 mg	20.6 g	3.7 g	1.1 g
607	Carrot Cake	168.3 mg	23.9 g	3.9 g	0.5 g
608	Rice Pudding	319.7 mg	22.3 g	5.5 g	0.4 g
609	Tapioca Pudding	235.3 mg	31.4 g	10.2 g	0.5 g

