


Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> Sodium (mg): Na <sup>+</sup>	<b>2</b> Sodium (mg): Na <sup>+</sup>	<b>3</b> Sodium (mg): Na <sup>+</sup>	<b>4</b> Sodium (mg): Na <sup>+</sup>	<b>5</b> Sodium (mg): Na <sup>+</sup>
<b>WEEK A</b>	Greek Meatballs 308	Chicken Bruschetta 394	Roast Turkey w/ 360	Broccoli Bake 387
Chicken Stew w/ 273	Rice Pilaf 134	Italian Pasta 100	Gravy 70	Hash Browns 136
Vegetables 15	Roman Vegetables 26	Genoa Vegetables 40	Cranberry Sauce 16	Peppers & Onions 3
Mashed Potato 62	Wheat Bread 160	>Oatmeal Bread 121	Chive Potato 94	>Fruit Muffin 190
Dinner Roll 160	#Lemon Pudding 191	Mandarin Oranges 6	Winter Squash 13	Peaches 5
Applesauce 15	Diet: D. Pudding 100		>Multigrain Bread 190	
			Fresh Apple 4	
Total Sodium: 657	Total Sodium: 951	Total Sodium: 694	Total Sodium: 879	Total Sodium: 853
Calories: 701 Carbs: 92	Calories: 690 Carbs: 79	Calories: 589 Carbs: 72	Calories: 758 Carbs: 111	Calories: 889 Carbs: 90
<b>NO MEAL DELIVERY</b>	<b>9</b> Na*	<b>10</b> Na*	<b>11</b> Na*	<b>12</b> Na*
<b>All Meals Include:</b>	"Catch of the Day" 40	American Chop Suey 211	Baked Meatloaf 131	Sausage w/ 520
<b>Milk:</b>	Lemon Dill Sauce 111	Peas 82	Garlic Mashed Potato 62	Peppers & Onions
<b>110 Calories</b>	Confetti Rice 43	Oatmeal Roll 121	Brussel Sprouts 12	Pasta Alfredo 150
<b>125mg Sodium</b>	Tuscany Blend 56	Fresh Orange	>Multigrain Bread 190	Sub Roll 162
<b>13g Carbs</b>	>Whole Wheat Brd 160		Pears 4	Cinnamon Apples 4
<b>Margarine:</b>	Pineapple 100			
<b>36 Calories</b>	Total Sodium: 543	Total Sodium: 546	Total Sodium: 530	Total Sodium: 969
	Calories: 625 Carbs: 72	Calories: 617 Carbs: 82	Calories: 649 Carbs: 86	Calories: 632 Carbs: 74
<b>15</b> Na*	<b>16</b> Na*	<b>17</b> Na*	<b>18</b> Na*	<b>19</b> Na*
<b>WEEK A</b>	Mac n' Cheese 403	Lentil Soup 223	Ham w/ Raisin Sauce 313	Potato Pollock Filet 150
Beef Stew w/ Veg. 277	Florentine Tomatoes 225	Curry Chicken 375	Sweet Potatoes 33	Tartar Sauce 261
Mashed Potato 62	>Fruit Muffin 190	California Veg. 27	Summer Vegetables 57	Potato Wedges 27
Dinner Roll 160	Mandarin Oranges 6	>Multigrain Roll 190	>Oatmeal Bread 121	Green Beans 3
Mixed Fruit 16		Banana 1	#Brownie 132	Potato Bread 120
			Diet: Graham Wafer	Applesauce 15
Total Sodium: 641	Total Sodium: 956	Total Sodium: 959	Total Sodium: 787	Total Sodium:
Calories: 760 Carbs: 89	Calories: 811 Carbs: 96	Calories: 638 Carbs: 83	Calories: 666 Carbs: 100	Calories: Carbs:
<b>22</b> Na*	<b>23</b> Na*	<b>24</b> Na*	<b>25</b> Na*	<b>26</b> Na*
<b>WEEK B</b>	Shepherd's Pie	Autumn Harvest Soup	Cheeseburger	Turkey Divan
Caribbean Chicken	Mixed Vegetables	Roast Pork w/	Ketchup	Fluffy Rice
Pineapple Rice	>Whole Wheat Roll	Rosemary gravy	Baked Beans	Snowflake Roll
Broccoli	Pears	Red Bliss Potatoes	Cabbage & Carrots	Pineapple
Wheat Bread		>Oatmeal Bread	Hamburger Roll	
Peaches		#Choc Chip Cookie	Mixed Fruit	
		Diet: Graham Wafer		
Total Sodium:	Total Sodium:	Total Sodium:	Total Sodium:	Total Sodium:
Calories: Carbs:	Calories: Carbs:	Calories: Carbs:	Calories: Carbs:	Calories: Carbs:
<b>29</b> Na*	<b>30</b> Na*	<b>31</b> Na*		<p>FOR RESERVATIONS OR CANCELLATIONS CALL 781-784-4944 AT LEAST 24 HOURS IN ADVANCE.</p> <p>FOR WEATHER EMERGENCIES PLEASE CHECK WITH WCVB CHANNEL 5</p> <p>A \$3.00 SUGGESTED VOLUNTARY DONATION IS REQUESTED PER MEAL.</p>
Beef Burgundy	Tuna Salad	Creepy Chili		
Egg Noodles	Pasta Salad	Frightful Rice		
Oriental Vegetables	Cole Slaw	Eerie Vegetables		
>Whole Wheat Brd	Hamburger Roll	>Oatmeal Bread		
Banana	Applesauce	#Spooky Cake		
		Diet: LS Cake		
Total Sodium:	Total Sodium:	Total Sodium:		
Calories: Carbs:	Calories: Carbs:	Calories: Carbs:		

Meals are based on a No-Added Salt (3-4 gm/day) Diet for Healthy Older Adults : \* Indicates a food with more than 500mg sodium  
# Indicates a food is high in sugar, > Indicates a food is high in fiber

**Your voluntary \$3 donation today, provides more meals tomorrow.**