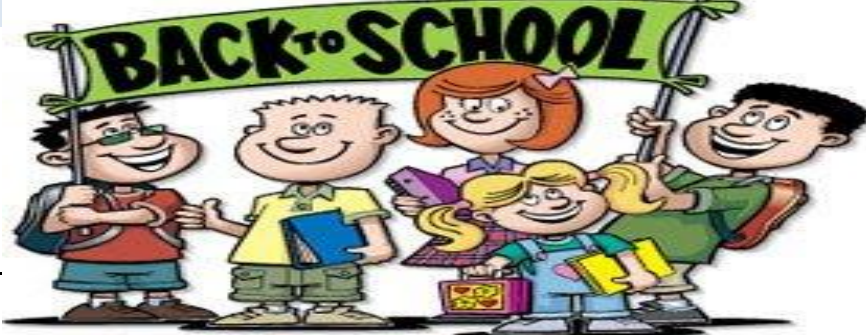


Monday		Tuesday		Wednesday		Thursday		Friday	
3 Sodium (mg): Na*		4 Sodium (mg): Na*		5 Sodium (mg): Na*		6 Sodium (mg): Na*		7 Sodium (mg): Na*	
WEEK A		Mini Ravioli	400	Seafood Newburg	569	Chicken Piccata	424	Catch of the Day	40
NO MEAL DELIVERY		Tomato Sauce	55	Fluffy Rice	66	Mashed Potato	62	Lemon Dill Sauce	111
HAPPY LABOR DAY		Roman Blend		Italian Blend		Garden Peas	82	Red Potato	4
		Vegetables	26	Vegetables	26	Scali Bread	190	Riviera Blend	
		Dinner Roll	160	>Oatmeal Bread	121	#Hermit Cookie	108	Vegetables	140
		Cinnamon Apples	4	Mandarin Oranges	6	Diet: Graham Wafer		Snowflake Roll	160
								Mixed Fruit	10
Total Sodium:		Total Sodium: 817		Total Sodium: 997		Total Sodium: 1038		Total Sodium: 638	
Calories: Carbs:		Calories: 590 Carbs: 68		Calories: 604 Carbs: 70		Calories: 703 Carbs: 93		Calories: 624 Carbs: 75	
10 Na*	11 Na*	12 Na*	13 Na*	14 Na*	15 Na*	16 Na*	17 Na*	18 Na*	19 Na*
WEEK B		Chicken Teriyaki	478	Three C Soup	340	Roast Turkey/Gravy	376	Chicken Sausage	520
Swedish Meatballs	627	Pineapple Rice	35	Cheese Omelet	387	Cranberry Sauce	16	Peppers & Onions	
Egg Noodles	35	Oriental Vegetable	26	Brocc/Cheese Sauce		Mashed Potato	62	Pasta Alfredo	116
California Veggies	27	>Whole Wheat Brd	160	Hashbrowns	136	Winter Squash	13	Sub Roll	162
>Multigrain Roll	190	Fortune Cookie	2	>Fruit Muffin	78	>Oatmeal Bread	121	Applesauce	15
#Choc Pudding	191			Banana	1	Pears	4		
Diet: Pudding									
Total Sodium: 1242		Total Sodium: 874		Total Sodium: 1114		Total Sodium: 764		Total Sodium: 985	
Calories: 778 Carbs: 90		Calories: 517 Carbs: 61		Calories: 729 Carbs: 98		Calories: 688 Carbs: 114		Calories: 637 Carbs: 82	
17 Na*	18 Na*	19 Na*	20 Na*	21 Na*	22 Na*	23 Na*	24 Na*	25 Na*	26 Na*
WEEK A		Cajun Chicken	677	American Chop Suey	211	Baked Salmon	178	Cheeseburger	387
BBQ Pork Rib	248	Dirty Rice	137	Broccoli	12	Supreme Sauce		#Ketchup	82
Baked Beans	36	Mexicali Corn	6	Scali bread	190	Sweet Potato	33	Potato Wedges	27
Glazed Carrots	83	>Whole Wheat Brd	160	#Choc Chip Cookie	171	Zucchini & Summer	3	Jardenierre Veggies	39
>Corn Bread	280	Fresh Orange	0	Diet:Graham Wafer		Squash		Hamburg Roll	230
Peaches	5					>Multigrain Bread	190	Mandarin Oranges	6
						Pineapple	1		
Total Sodium: 824		Total Sodium: 1152		Total Sodium: 761		Total Sodium: 578		Total Sodium: 943	
Calories: 791 Carbs: 99		Calories: 774 Carbs: 104		Calories: 851 Carbs: 112		Calories: 608 Carbs: 84		Calories: 829 Carbs: 81	
24 Na*	25 Na*	26 Na*	27 Na*	28 Na*	29 Na*	30 Na*	31 Na*	32 Na*	33 Na*
WEEK B		Kale Soup	352	Roast Pork	71	Meatloaf	131	LS Hot Dog	550
Turkey A La King	215	Chicken Marsala	646	Apple Gravy	111	Mushroom Gravy	148	*Mustard Packet	55
Confetti Rice	43	Garlic Mashed		Red Potato	4	Mashed Potato	62	Baked Beans	36
Fall Blend Veggies	15	Potato	62	Brussel Sprouts	12	Country Vegetables	32	Cabbage&Carrots	47
Dinner Roll	160	>Whole Wheat Brd	160	>Multigrain Bread	190	>Oatmeal Bread	121	Hot Dog Roll	210
Cinnamon Apples	4	Mixed Fruit	10	#Birthday Cake	209	Peaches	5	Pears	4
				Diet:Graham Wafer					
Total Sodium: 608		Total Sodium: 1403		Total Sodium: 1002		Total Sodium: 671		Total Sodium: 1074	
Calories: 590 Carbs: 65		Calories: 805 Carbs: 100		Calories: 955 Carbs: 131		Calories: 711 Carbs: 93		Calories: 733 Carbs: 82	
All Meals Include:								<p>FOR RESERVATIONS OR CANCELLATIONS CALL 781-784-4944 AT LEAST 24 HOURS IN ADVANCE.</p> <p>FOR WEATHER EMERGENCIES PLEASE WATCH WCVB CHANNEL 5</p> <p>A \$3.00 SUGGESTED VOLUNTARY DONATION IS REQUESTED PER MEAL.</p>	
Milk: 110 calories									
125 mg sodium									
13g carbs									
Margarine:									
36 calories									
47mg sodium									
Total Sodium:									
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.