





Monday		Tuesday		Wednesday		Thursday		Friday	
1		2		3		4		5	Sodium (mg): Na ⁺
Sausage w/ Peppers & Onions	520	Honey Ginger Chicken	393	Rst Turkey w/ Gravy	430	Beef Bolognese	163	Cheese Lasagna	359
Pasta Alfredo	116	Pineapple Rice	35	Cranberry Sauce	16	Spaghetti	1	Chickpea Blend	52
Sub Roll	162	Oriental Vegetables	26	Mashed Potatoes	62	Italian Vegetables	26	Vegetables	
Peaches	5	>Whole Wheat Bread	160	Winter Squash	13	>Multigrain Roll	190	Dinner Roll	160
		Apple	2	>Oatmeal Bread	121	Strawberry Cup	4	Mandarin Oranges	6
				#Cookie	108				
				Diet: Graham Wafer	95				
Total Sodium:	804	Total Sodium:	616	Total Sodium:	750	Total Sodium:	384	Total Sodium:	576
Calories:	520	Carbs:	68	Calories:	746	Carbs:	120	Calories:	324
		Carbs:	80					Carbs:	51
8	A	9	Na*	10	Na*	11	Na*	12	Na*
Chicken Pot Pie	273	BBQ Pulled Pork	484	Lentil Soup	233	Braised Beef	241	Catch of the Day	143
Parsley Mashed Potatoes	63	Sweet Potatoes	33	Curry Chicken	320	Red Bliss Potatoes	4	w/ Herb Sauce	
Biscuit	340	Broccoli	12	Mixed Vegetables	41	Italian Green Beans	3	Confetti Rice	43
Mixed Fruit	10	>Multigrain Bread	190	>WW Bread	160	>Oatmeal Bread	121	Roman Blend	26
		#Apple Crisp	22	Strawberry Cup	4	Pineapple	1	Vegetables	
								Scali Bread	190
								Applesauce	20
Total Sodium:	656	Total Sodium:	741	Total Sodium:	813	Total Sodium:	370	Total Sodium:	422
Calories:	982	Carbs:	112	Calories:	566	Carbs:	82	Calories:	394
		Carbs:	77					Carbs:	50
15	Na*	16	Na*	17	Na*	18	Na*	19	Na*
<u>Patriot's Day</u> <u>No Meals Served</u>		LS Hot Dog	550	Honey Mustard	481	Beef & Cabbage Casserole	300	Fiesta Omelet	382
		Mustard*	55	Chicken		Florentine Rice	112	w/ Cheese	
		Baked Beans	36	Roasted Potatoes	33	>Multigrain Roll	190	Hashbrowns	136
		Cabbage & Carrots	47	Glazed Carrots	83	Pears	4	Zucchini & Tomatoes	39
		Hot Dog Roll	210	>Oatmeal Bread	121			Fruit Loaf	115
		#Chocolate Pudding	191	Fresh Orange				Mixed Fruit	10
		Diet Pudding	100						
		Total Sodium:	1089	Total Sodium:	717	Total Sodium:	606	Total Sodium:	682
		Calories:	669	Calories:	461	Calories:	457	Calories:	529
		Carbs:	79	Carbs:	65	Carbs:	64	Carbs:	74
22	Na*	23	Na*	24	Na*	25	Na*	26	Na*
Cheeseburger	387	Minestrone Soup	239	Chicken Bruschetta	394	Macaroni and Cheese	403	Potato Pollock Filet	150
Ketchup*	82	Turkey & Cheese Sandwich	507	Fluffy Rice	36	Escalloped Tomato	143	Tartar Sauce*	261
Potato Wedges	27	Mustard*	55	Tahitian Blend	38	Fruit Loaf	115	Confetti Rice	43
Jardiniere Blend	39	Coleslaw	81	Vegetables		Pineapple	1	Brussel Sprouts	12
Hamburger Roll	230	>WW Bread	160	>Multigrain Bread	198			>Wheat Bread	115
Strawberry Cup	4	Cinnamon Apples	4	#Birthday Cake	209			Peaches	5
				LS Cake	210				
Total Sodium:	768	Total Sodium:	1046	Total Sodium:	875	Total Sodium:	662	Total Sodium:	585
Calories:	760	Calories:	369	Calories:	662	Calories:	679	Calories:	519
		Carbs:	89	Carbs:	90	Carbs:	95	Carbs:	65
29	Na*	30	Na*			All Meals Include: Milk: 110 Calories 125mg Sodium 13g Carbs Margarine: 36 Calories 47mg Sodium		FOR RESERVATIONS OR CANCELLATIONS CALL 781-784-4944 AT LEAST 24 HOURS IN ADVANCE. FOR WEATHER EMERGENCY CANCELLATIONS PLEASE CHECK WITH WCVB CHANNEL 5 A \$3.00 SUGGESTED VOLUNTARY DONATION IS REQUESTED PER MEAL.	
Carribbean Chicken	375	American Chop Suey	211						
Dirty Rice	137	Peas and Mushrooms	133						
Tuscan Blend	56	Dinner Roll	160						
Vegetables		Pears	4						
>WW Bread	160								
Mandarin Orange	6								
Total Sodium:	734	Total Sodium:	508						
Calories:	383	Calories:	473						
		Carbs:	67						

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.