



Monday		Tuesday		Wednesday		Thursday		Friday			
2	Sodium (mg): Na+	3	Na	4	Na	5	Na	6	Na		
Orange Tarragon Chicken	160	Turkey Stew w/ Vegetables	571	Pot Roast	241	Cheeseburger	384	Broccoli Bake	387		
Fluffy White Rice	36	Garlic Mashed Potato	62	Red Bliss Potatoes	4	Ketchup	82	Hash browns	50		
Spring Veg. Blend	57	>Multigrain Bread	190	Mixed Vegetables	41	Roasted Potatoes	33	Tomato Florentine	136		
>Oatmeal Roll	121	Pears	4	>WW Bread	160	Scandinavian Veg.	42	Fruit Loaf	160		
Mixed Fruit	10			Orange	0	HB Roll	230	Applesauce	15		
						#Chocolate Pudding	191				
						Diet: LS Pudding					
Total Sodium:	384	Total Sodium:	827	Total Sodium:	446	Total Sodium:	961	Total Sodium:	748		
Calories:	458	Carbs:	56	Calories:	492	Carbs:	77	Calories:	578		
9	Na	10	Na	11	Na	12	Na	13	Na		
American Chop Suey	211	Kale Soup	173	Beef & Broccoli	108	Turkey A La King	215	Seafood Newburg	635		
Italian Green Beans	3	Portuguese Chicken	90	Mashed Potatoes	62	Confetti Rice	43	Penne Pasta	1		
Scali Bread	190	Rice Pilaf	134	>Oatmeal Bread	121	Brussels Sprouts	12	Genoa Blend	40		
Mandarin Oranges	6	>Multigrain Roll	190	#Brownie	132	>WW Roll	160	Vegetables			
		Pineapple	1	Diet: Graham Wafers		Pears	4	Snowflake Roll	180		
								Banana	1		
Total Sodium:	410	Total Sodium:	589	Total Sodium:	423	Total Sodium:	433	Total Sodium:	857		
Calories:	407	Carbs:	58	Calories:	525	Carbs:	72	Calories:	509		
16	Na	17	Na	18	Na	19	Na	20	Na		
Mexican Chicken	150	Corned Beef Hash*	775	Meatloaf	131	Roast Turkey	90	Vegetable	370		
Spanish Rice	22	Cabbage & Carrots	47	Onion Gravy	110	w/ Gravy	70	Lasagna Roll-Up			
Country Blend	32	Ketchup	82	Au Gratin Potatoes	154	Cranberry Sauce	4	Tomato Basil Sauce	55		
Vegetables		Raisin Bread	110	Garden Peas	82	Parsley Mash Potato	63	Broccoli	12		
Dinner Roll	160	#Pistachio Cookie	170	>Multigrain Bread	190	Winter Squash	13	>Oatmeal Bread	121		
Peaches	5	Diet: Graham Wafers		Mandarin Oranges	6	>WW Roll	160	Pineapple	1		
						Mixed Fruit	10				
Total Sodium:	369	Total Sodium:	1183	Total Sodium:	673	Total Sodium:	410	Total Sodium:	559		
Calories:	414	Carbs:	60	Calories:	554	Carbs:	64	Calories:	390		
23	Na	24	Na	25	Na	26	Na	27	Na		
Chicken Cacciatore	183	Shepherd's Pie	283	Broccoli & Cheese	410	Roast Pork	71	Tuna Salad	408		
Italian Pasta	1	Peas & Mushrooms	133	Stuffed Chicken		Apple Gravy	111	Pasta Salad	58		
Jardiniere Blend	39	>Oatmeal Roll	121	Malibu Vegetables	59	Garlic Mash Potato	62	Coleslaw	81		
Vegetables		Pears	4	Lyonaise Potatoes	112	Italian Blend	26	>Wheat Bread	160		
Scali Bread	190			>Multigrain Bread	190	Vegetables		Peaches	5		
Apple	2			#Birthday Cake	209	>WW Roll	160				
				Diet: LS Cake		Applesauce	15				
Total Sodium:	415	Total Sodium:	540	Total Sodium:	979	Total Sodium:	445	Total Sodium:	712		
Calories:	533	Carbs:	76	Calories:	637	Carbs:	92	Calories:	447		
30	Na	31	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 EMERGENCIES PLEASE CHECK WITH WCVB CHANNEL 5 A \$3.00 SUGGESTED VOLUNTARY DONATION IS REQUESTED PER MEAL.	
BBQ Pork Patty	631	Butternut Squash	149								
Whipped Sweet Potato	33	Soup									
Green & Wax Beans	3	Apricot Chicken	96								
>Oatmeal Bread	121	Rice Florentine	112								
Pineapple	1	>Multigrain Roll	190								
		Mixed Fruit	10								
Total Sodium:	789	Total Sodium:	557								
Calories:	575	Carbs:	81								

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.