



		Wednesday		Thursday		Friday			
		Sodium (mg): Na ⁺		Sodium (mg): Na ⁺		Sodium (mg): Na ⁺			
All Meals Include: Milk: 110 Calories 125mg Sodium 13g Carbs Margarine: 36 Calories 47mg Sodium				1 American Chop Suey 211 Roman Vegetables 26 Scali Bread 190 Pears 5		2 Roasted Turkey with Gravy 90 Cranberry Sauce 4 Mash Potato 62 >Oatmeal Bread 121 Fruited Jell-O 1		3 Macaroni & Cheese 403 Escalloped Tomatoes 143 >Fruit Muffin 160 Mandarin Oranges 6	
Total Sodium: 432 Calories: 406 Carbs: 59		Total Sodium: 432 Calories: 406 Carbs: 59		Total Sodium: 349 Calories: 449 Carbs: 61		Total Sodium: 712 Calories: 670 Carbs: 87			
6	Na*	7	Na*	8	Na*	9	Na*	10	Na*
Hot Dog*	550	Crustless Turkey	221	Pork Lo Mein with Noodles	254	Lentil Soup	233	Catch of the Day	302
Mustard	55	Pot Pie		Oriental Blend	26	Curry Chicken	112	Lemon Dill Sauce	111
Baked Beans	36	Mash Potato	62	Vegetables		Rice Pilaf	134	Brown Rice	137
Cabbage & Carrots	47	Biscuit	340	>Oatmeal Bread	121	>Whole Wheat Roll	160	Carrots	77
Hot Dog Roll	210	Apple Sauce	15	Peaches	5	Orange	0	Dinner Roll	132
Baseball Cookie	171							Mandarin Oranges	6
Total Sodium: 1069 Calories: 833 Carbs: 96		Total Sodium: 638 Calories: 557 Carbs: 74		Total Sodium: 405 Calories: 523 Carbs: 76		Total Sodium: 640 Calories: 532 Carbs: 67		Total Sodium: 766 Calories: 597 Carbs: 67	
13	Na*	14	Na*	15	Na*	16	Na*	17	Na*
Chicken L'Orange	128	Shepard's Pie	283	Roast Pork	71	Sweet & Sour	214	Stuffed Shells	390
Rice Florentine	112	Mixed Vegetables	41	Apple Gravy	111	Chicken Meatballs		Tomato Basil Sauce	55
Malibu Blend	59	>Whole Wheat Roll	160	Scalloped Potatoes	185	Fluffy Rice	36	Italian Blend	26
Vegetables		#Butterscotch	251	Brussel Sprouts	12	Winter Blend	15	Vegetables	
>Oatmeal Roll	121	Pudding		Honey Wheat Bread	135	Vegetables		Scali Bread	190
Mandarin Oranges	6			Cinnamon Apple Sauce	15	Snowflake Roll	180	Mixed Fruit	10
Total Sodium: 425 Calories: 435 Carbs: 52		Total Sodium: 734 Calories: 727 Carbs: 105		Total Sodium: 527 Calories: 519 Carbs: 59		Total Sodium: 449 Calories: 453 Carbs: 59		Total Sodium: 671 Calories: 422 Carbs: 72	
20	Na*	21	Na*	22	Na*	23	Na*	24	Na*
		Barber Chicken	550	Meatloaf	131	Turkey Divan with Broccoli	321	Potato Pollock	150
		Cordon Bleu*		Rosemary Gravy	124	Bow Tie Pasta	1	Tarter Sauce	261
		Roasted Potatoes	133	Sweet Potato	33	>Whole Wheat Roll	160	Au Gratin Potatoes	154
		Peas & Mushrooms	33	Malibu Blend	59	#Hermit	108	Green Beans	3
		>Multigrain Roll	190	Vegetables				>Multigrain Bread	190
		Pineapple	1	>Oatmeal Bread	121			Pineapple	1
				Orange	0				
Patriot's Day No Meals Served		Total Sodium: 907 Calories: 600 Carbs: 79		Total Sodium: 467 Calories: 541 Carbs: 75		Total Sodium: 589 Calories: 600 Carbs: 65		Total Sodium: 758 Calories: 621 Carbs: 82	
27	Na*	28	Na*	29	Na*	30	Na*	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.	
Chicken and Veggie	207	Potato Leak Soup	131	Buttermilk Chicken	139	Beef Chili	176		
Stir-Fry		Pot Roast	241	Red Bliss Potatoes	57	Fluffy Rice	36		
Noodles	35	Gravy	110	Glazed Carrots	4	Snow Flake Roll	180		
>Multigrain Roll	190	Spring/Summer	57	>WW Bread	83	Pears	4		
Pineapple	1	Vegetables		#Birthday Cake	160				
Total Sodium: 433 Calories: 478 Carbs: 67		Total Sodium: 662 Calories: 718 Carbs: 93		Total Sodium: 652 Calories: 578 Carbs: 88		Total Sodium: 396 Calories: 434 Carbs: 62			

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.