



	Tuesday		Wednesday		Thursday		Friday			
	1	Sodium (mg): Na ⁺	2	Na	3	Na	4	Na		
All Meals Include: Milk: 110 Calories 125mg Sodium 13g Carbs Margarine: 36 Calories 47mg Sodium	Macaroni & Cheese	403	BBQ Chicken	497	Hot Dog*	550	Potato Pollock	150		
	Tomato Florentine	121	German Potato Salad	85	Mustard	55	Tarter Sauce	261		
	Fruit Loaf	160	Cabbage and carrots	47	Baked Beans	36	Roasted Potatoes	33		
	Mandarins	6	WW roll	160	Broccoli	12	Garlic Green Beans	3		
			Mixed Fruit	10	Hot Dog Roll	210	>Oatmeal bread	121		
		Banana	1			Pineapple	1			
	Total Sodium: 690		Total Sodium: 799		Total Sodium: 865		Total Sodium: 569			
	Calories: 660	Carbs: 85	Calories: 423	Carbs: 65	Calories: 639	Carbs: 81	Calories: 572	Carbs: 77		
 HAPPY LABOR DAY	7	Na	8	Na	9	Na	10	Na		
	Beef Peccadillo	251	Roast Pork	71	Swedish Meatballs	341	Tukey A La King	215		
	Fluffy Rice	36	Rosemary Gravy	124	Egg Noodles	35	Mashed Potatoes	62		
	California Blend	27	Red Bliss Potatoes	4	Malibu Blend	59	Brussel Sprouts	12		
	Vegetables		Winter Squash	13	>WW Roll	160	Honey Wheat Bread	135		
Scali Bread	190	>Oatmeal Roll	121	#Cherry Brownie	132	Apple Sauce	15			
Apple	2	Pineapple	1							
	Total Sodium: 506		Total Sodium: 334		Total Sodium: 727		Total Sodium: 439			
	Calories: 414	Carbs: 62	Calories: 570	Carbs: 77	Calories: 690	Carbs: 80	Calories: 516	Carbs: 74		
No Meals Served	14	Na	15	Na	16	Na	17	Na		
	Honey Mustard	451	Beef & Broccoli	108	Vegetation Chili	215	Chicken Parm	426		
	Chicken Drumstick		Asian Rice	92	Mashed Potatoes	62	Penne with	1		
	Mashed Potatoes	62	>Oatmeal Roll	121	Dinner Roll	160	Tomato Sauce	55		
	Italian Blend	26	Mixed Fruit	10	Pears	4	Carrots & Peas	80		
Vegetables						>Multigrain Bread	190			
>Multigrain Bread	190					Mandarins	7			
Peaches	5									
	Total Sodium: 734		Total Sodium: 331		Total Sodium: 441		Total Sodium: 758			
	Calories: 547	Carbs: 78	Calories: 535	Carbs: 55	Calories: 521	Carbs: 99	Calories: 493	Carbs: 75		
	Calories: 647	Carbs: 89								
21	Na	22	Na	23	Na	24	Na	25	Na	
	BBQ Riblet	410	Honey Ginger	393	Spanish Omelet	382	Roast Turkey	360	American Chop Suey	211
	Baked Beans	36	Chicken		Hash Browns	136	Gravy	70	Green & Wax Beans	3
	Cabbage & Carrots	47	Vegetable Lo Mein	28	Mixed Vegetable	41	Cranberry Sauce	16	Scali Bread	190
	Hamburger Roll	230	Oriental Vegetables	26	Multigrain Bread	190	Winter Squash	13	Mandarins	6
Cinnamon Applesauce	14	>WW Bread	160	Pineapple	1	>Oatmeal Bread	121			
		Banana	1			#Blueberry Crisp	22			
	Total Sodium: 737		Total Sodium: 608		Total Sodium: 750		Total Sodium: 601		Total Sodium: 411	
	Calories: 482	Carbs: 66	Calories: 620	Carbs: 101	Calories: 527	Carbs: 79	Calories: 485	Carbs: 80	Calories: 414	
	Calories: 647	Carbs: 89								
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.			
	Sausage, Peppers & Onions*	520	Chicken Stew	273	Meat Loaf				131	
	Pasta Alfredo	116	Mashed Potatoes	62	Onion Gravy				110	
	Sub Roll	162	>WW Roll	160	Roasted Potatoes				33	
	Peaches	5	Mixed Fruit	10	Scandinavian				42	
				Vegetables						
				>Oatmeal Bread	121					
				#Birthday Cake	209					
	Total Sodium: 804		Total Sodium: 506		Total Sodium: 645					
	Calories: 496	Carbs: 69	Calories: 541	Carbs: 75	Calories: 629	Carbs: 88				

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.