



| <p>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.</p> | | <p><u>All Meals Include:</u> <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium</p> | | | | Thursday | | Friday | |
|--|----------------|--|--|--|--|--|--|---|--|
| | | | | | | 1 Sodium (mg): Na* | | 2 Sodium (mg): Na* | |
| | | | | | | Total Sodium: 750 Calories: 582 Carbs: 65 | | Total Sodium: 908 Calories: 599 Carbs: 72 | |
| 5 | Na* | 6 | Na* | 7 | Na* | 8 | Na* | 9 | Na* |
| Beef and Broccoli 108 Asian Rice 92 >Whole Wheat Roll 160 Pears 4 | | Chicken Parmesan 410 Italian Pasta 1 Genoa Blend 40 Vegetables >Multigrain Bread 190 Pineapple 1 | | Beef Chili 179 Fluffy Rice 36 >Oatmeal Roll 121 Peaches 5 | | Roast Turkey 360 Gravy 70 Cranberry Sauce 16 Mashed Potatoes 62 Winter Squash 13 Snowflake Roll 180 #Brownie 132 | | Macaroni & Cheese 403 Tomato Florentine 121 Hash Browns 136 >Fruit Loaf 160 Mandarin Oranges 6 | |
| Total Sodium: 364 Calories: 53 Carbs: 55 | | Total Sodium: 643 Calories: 533 Carbs: 77 | | Total Sodium: 338 Calories: 422 Carbs: 60 | | Total Sodium: 833 Calories: 748 Carbs: 121 | | Total Sodium: 826 Calories: 778 Carbs: 104 | |
| 12 | Na* | 13 | Na* | 14 | Na* | 15 | Na* | 16 | Na* |
| | | Chicken Divan & Broccoli 281 Confetti Rice 43 >Multigrain Roll 190 Banana 1 | | *Turkey Stew & Vegetables 571 Whipped Potato 62 >Oatmeal Roll 121 # Chocolate Chip Cookie 171 Diet: Graham Wafer | | Sausage, Peppers and Onions 520 Pasta Alfredo 116 Sub Roll 162 Pears 4 | | Seafood Newburg* 635 Fluffy Rice 36 Spring Blend 57 Vegetables >Wheat Bread 115 Mixed Fruit 10 | |
| | No Meal | | Total Sodium: 514 Calories: 582 Carbs: 72 | | Total Sodium: 925 Calories: 710 Carbs: 98 | | Total Sodium: 803 Calories: 490 Carbs: 67 | | Total Sodium: 854 Calories: 458 Carbs: 58 |
| 19 | Na* | 20 | Na* | 21 | Na* | 22 | Na* | 23 | Na* |
| Chicken Cacciatore 446 Italian Pasta 1 Jardinière Blend 39 Vegetables >Multigrain Bread 190 Peaches 5 | | Swedish Meatballs 341 Mashed Potato 62 Scandinavian Blend 42 Vegetables >Oatmeal Bread 121 #Lemon Pudding 174 Diet Pudding | | Roast Pork 71 Gravy 121 Red Bliss Potatoes 4 Brussel Sprouts 12 >Wheat Roll 160 Fresh Orange 0 | | Lasagna Roll Up in Primavera Sauce 346 Roman Blend 26 Vegetables Scali Bread 190 Pineapple 1 | | Cheese Burger 387 Ketchup 82 Roasted Potatoes 33 Cabbage & Carrots 47 Hamburger Roll 230 Pears 4 | |
| Total Sodium: 681 Calories: 514 Carbs: 73 | | Total Sodium: 739 Calories: 671 Carbs: 90 | | Total Sodium: 367 Calories: 512 Carbs: 61 | | Total Sodium: 563 Calories: 332 Carbs: 59 | | Total Sodium: 782 Calories: 616 Carbs: 64 | |
| 26 | Na* | 27 | Na* | 28 | Na* | 29 | Na* | 30 | Na* |
| Fiesta Omelet 382 Hash Browns 136 Tomatoes & Zucchini 39 >Fruit Loaf 160 Fresh Orange 0 | | Broccoli & Cheese 410 Stuffed Chicken 43 Confetti Rice 43 Oriental Vegetables 26 >Oatmeal Bread 121 Cinnamon Applesauce 15 | | Pot Roast & Gravy 351 Cheesy Mashed Potatoes 90 Italian Blend Veg 26 >Multigrain Bread 190 #Birthday Cake 209 LS Cake | | Chicken Bruschetta 394 Au Gratin Potato 154 Peas and Carrots 80 >Wheat Bread 160 Pineapple 1 | | Shepherd's Pie 653 Carrot Coins 36 >Wheat Roll 81 Pears 230 | |
| Total Sodium: 717 Calories: 559 Carbs: 77 | | Total Sodium: 614 Calories: 480 Carbs: 60 | | Total Sodium: 866 Calories: 796 Carbs: 106 | | Total Sodium: 789 Calories: 487 Carbs: 70 | | Total Sodium: 1010 Calories: 505 Carbs: 73 | |

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.