



<p>All Meals Include: Milk: 110 Calories 125mg Sodium 13g Carbs</p> <p>Margarine: 36 Calories 47mg Sodium</p>	<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>	Friday
		1 Sodium (mg): Na+
		No Meals Served

4 Na*	5 Na*	6 Na*	7 Na*	8 Na*
Macaroni & Cheese 403	Mexican Chicken 413	Sloppy Joe 221	Roast Turkey 360	Pork Lo Mein 254
Escaloped Tomatoes 143	Mexican Rice 22	Roast Potatoes 33	Cranberry Sauce 16	Oriental Blend 26
Fruit Loaf 160	Mixed Vegetables 41	Italian Blend 26	Gravy 70	Vegetables
Strawberry Cup 6	>Oatmeal Roll 121	Hamburger Roll 230	Mashed Potatoes 62	>WW Roll 160
	Pineapple 1	Orange 0	Winter Squash 13	Mixed Fruit 10
			Multigrain Roll 190	
			Strawberry Shortcake 176	

Total Sodium: 710 Calories: 746 Carbs: 108	Total Sodium: 597 Calories: 408 Carbs: 63	Total Sodium: 510 Calories: 493 Carbs: 72	Total Sodium: 887 Calories: 770 Carbs: 137	Total Sodium: 450 Calories: 545 Carbs: 80
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11 Na+	12 Na*	13 Na*	14 Na*	15 Na*
American Chop Suey 211	Fiesta Omelet 382	Chicken Marsala 439	Hotdog* 550	Salmon 67
Broccoli 12	Hash Browns 136	Mashed Potatoes 62	Mustard 55	Herb Sauce 76
Scali Bread 190	Spring Vegetables 57	Mixed Vegetables 41	Baked Beans 36	Confetti Rice 43
Pears 4	>Multigrain Bread 190	>Oatmeal Roll 121	Cabbage & Carrots 47	California Blend 27
	Mixed Fruit 10	#Banana Pudding 174	Hotdog Roll 210	>Multigrain Roll 190
		SF Banana Pudding	Peaches 5	Strawberry Cup 4

Total Sodium: 417 Calories: 405 Carbs: 58	Total Sodium: 775 Calories: 501 Carbs: 71	Total Sodium: 836 Calories: 609 Carbs: 89	Total Sodium: 903 Calories: 593 Carbs: 71	Total Sodium: 407 Calories: 500 Carbs: 76
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18 Na*	19 Na*	20 Na*	21 Na*	22 Na*
	Cheese Burger 387	Roast Pork 71	Greek Meatballs 328	Beef & Lentil 176
	Ketchup 82	Apple Gravy 111	Penne 1	Chili
	Hash Browns 136	Parsley Mashed 63	Peas & Mushrooms 133	Brown Rice 36
	Hot German Slaw 81	Potatoes	>Multigrain Bread 190	Snowflake Roll 180
	Hamburger Roll 230	Winter Squash 13	Mandarins 6	Pineapple 1
	Peaches 5	>Oatmeal Bread 121		
	#Brownie 4			

No Meals Served	Total Sodium: 921 Calories: 644 Carbs: 67	Total Sodium: 510 Calories: 739 Carbs: 94	Total Sodium: 658 Calories: 564 Carbs: 76	Total Sodium: 393 Calories: 460 Carbs: 69
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25 Na*	26 Na*	27 Na*	28 Na*	29 Na*
Broccoli & Cheese 410	Shepard's Pie 283	Chicken Picatta 424	Meatloaf 131	Fish Sandwich 150
Stuffed Chicken	Mixed Vegetables 41	Bowtie Pasta 1	Gravy 110	Tarter Sauce 261
Fluffy Rice 36	>WW Roll 160	Brussel Sprouts 12	Mashed Potatoes 62	O'Brien Potatoes 117
Malibu Blend 59	Pears 4	>WW Roll 160	Glazed Carrots 83	Beets 162
>Multigrain Roll 190		#Birthday Cake 209	>Oatmeal Bread 121	Hamburger Roll 230
Strawberry Cup 4		LS Cake	Banana 1	Mandarins 6

Total Sodium: 699 Calories: 585 Carbs: 86	Total Sodium: 487 Calories: 615 Carbs: 91	Total Sodium: 805 Calories: 560 Carbs: 85	Total Sodium: 507 Calories: 613 Carbs: 93	Total Sodium: 926 Calories: 590 Carbs: 81
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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.