




Monday		Tuesday		Wednesday		Thursday		Friday	
1	Sodium (mg): Na+	2	Na+	3	Na+	4	Na+	5	Na+
American Chop Suey	211	Cajun Chicken	377	LS Hot Dog*	550	Stuffed Shells	390	Potato Pollock	150
Italian Blend	26	Dirty Rice	137	Mustard	55	Tomato Sauce	55	Tarter Sauce	261
Vegetables		Chickpea Blend	52	Baked Beans	36	Brussel Sprouts	12	Roasted Potatoes	33
>Multigrain Bread	190	Vegetables		Cabbage & Carrots	47	>Oatmeal Roll	121	Spring/Summer	57
Pineapple	1	>WW Bread	160	Hot Dog Roll	210	#Sugar Cookie	290	Vegetables	
		Mandarin Oranges	6	Apple	2	MOD: SF Graham Wafer		Dinner Roll	160
								Mixed Fruit	10
Total Sodium:	428	Total Sodium:	732	Total Sodium:	900	Total Sodium:	867	Total Sodium:	671
Calories:	480	Carbs:	73	Calories:	625	Carbs:	80	Calories:	585
		Carbs:	54	Calories:	625	Carbs:	80	Calories:	585
		Carbs:	54	Calories:	625	Carbs:	80	Calories:	585
8	Na+	9	Na+	10	Na+	11	Na+	12	Na+
Broccoli & Cheese Omelet	312	Chicken Bruschetta	394	Meatloaf	131	Roast Pork	71	Shepard's Pie	283
Hash Browns	136	Whipped Sweet Potatoes	33	Gravy	110	Rosemary Gravy	124	Peas & Mushrooms	133
Peppers & Onions	15	Tahitian Vegetables	38	Lyonnais Potatoes	112	Cheesy Mashed Potatoes	90	>WW Roll	160
Fruit Loaf	160	>Oatmeal Bread	121	Mixed Vegetables	41	Potatoes		Mixed Fruit	10
Apple Sauce	15	Banana	1	>Wheat Bread	115	Mixed Vegetables	41		
				Pears	4	>Oatmeal Roll	121		
						#Red Velvet Cake	230		
Total Sodium:	637	Total Sodium:	587	Total Sodium:	512	Total Sodium:	676	Total Sodium:	586
Calories:	567	Carbs:	69	Calories:	489	Carbs:	64	Calories:	641
		Carbs:	75	Calories:	489	Carbs:	64	Calories:	641
		Carbs:	75	Calories:	489	Carbs:	64	Calories:	641
15	Na+	16	Na+	17	Na+	18	Na+	19	Na+
		Chicken Cordon Royale*	550	Seafood Casserole*	569	Lemon Chicken	330	Lasagna Roll Ups	370
		Garlic Mashed Potatoes	62	Penne Pasta	1	Florentine Rice	112	Tomato Basil Sauce	55
		Malibu Blend	59	Green Beans	3	Glazed Carrots	83	Genoa Blend	40
		Dinner Roll	160	>Multigrain Bread	190	>Oatmeal Roll	121	Vegetables	
		Pears	4	Peaches	5	Orange	0	Dinner Roll	160
								Strawberry Cup	4
No Meals Served		Total Sodium:	835	Total Sodium:	769	Total Sodium:	645	Total Sodium:	629
		Calories:	582	Calories:	476	Calories:	520	Calories:	476
		Carbs:	78	Carbs:	69	Carbs:	60	Carbs:	93
22	Na+	23	Na+	24	Na+	25	Na+	26	Na+
Mexicali Chicken	413	BBQ Rib	120	Roast Turkey	360	Greek Meatballs	328	Macaroni & Cheese	403
Spanish Rice	22	Roasted Potatoes	33	Gravy	70	Orzo Rice	427	Escalloped Tomatoes	143
Brussel Sprouts	12	Chuckwagon Blend	2	Cranberry Sauce	16	Tuscan Vegetables	56	Fruit Loaf	160
>WW Bread	160	Honey Wheat Roll	135	Mashed Potatoes	62	>Multigrain Roll	190	Strawberry Cup	4
Mixed Fruit	10	Pineapple	1	Winter Squash	13	Apple Sauce	15		
				>Multigrain Bread	190				
				#Birthday Cake	209				
Total Sodium:	617	Total Sodium:	451	Total Sodium:	920	Total Sodium:	1016	Total Sodium:	740
Calories:	378	Calories:	466	Calories:	747	Calories:	633	Calories:	455
		Carbs:	78	Carbs:	136	Carbs:	81	Carbs:	58

All Meals Include:

Milk:
110 Calories
125mg Sodium
13g Carbs

Margarine:
36 Calories
47mg Sodium



HAPPY
Valentine's Day

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.

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.