



Monday	Tuesday	Wednesday	Thursday	Friday
<b>2</b>	<b>3</b> Sodium (mg): Na <sup>+</sup>	<b>4</b> Sodium (mg): Na <sup>+</sup>	<b>5</b> Sodium (mg): Na <sup>+</sup>	<b>6</b> Sodium (mg): Na <sup>+</sup>
Cheeseburger on a Hamburger Bun 387 Potato Wedges 230 Zucchini and Tomato 27 Mandarin Oranges 39 7	BBQ Pork Patty 280 Italian Penne 1 Green & Wax Beans 4 Oatmeal Bread > 121 Pineapple 1 	Lasagna 359 Chopped Broccoli 12 WW roll > 160 Vanilla Pudding # 174 Diet: SF Pudding 173	Mexican Chicken Filet 413 Black Beans & Rice 28 Peppers & Onions 3 Tortilla 236 Mixed Fruit w/ Coconut 10	Salmon w/ Teriyaki Sauce 67 Orzo Pilaf 158 Peas 82 Multigrain Bread > Pears 190 4
Total Sodium: 689 Calories: 644 Carbs: 60	Total Sodium: 407 Calories: 464 Carbs: 66	Total Sodium: 705 Calories: 432 Carbs: 67	Total Sodium: 689 Calories: 500 Carbs: 64	Total Sodium: 674 Calories: 552 Carbs: 76
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>
Hot Dog on a Bun *550 Mustard Packet 210 Baked Beans 55 Mixed Veggies 36 Fresh Orange 41 0	Beef Chili 176 White Fluffy Rice 4 Multigrain Roll 190 Applesauce 15 	Mac n' Cheese 404 Tomato Florentine 121 Wheat Roll > 160 Peaches 5 	Roast Turkey w/Gravy 373 Cranberry Sauce 3 Whipped Potato 52 Butternut Squash 2 Oatmeal Bread > 121 Strawberry Shortcake# 176 Low Sugar Cake 173	Meatball Sub 372 Hash browns 136 Tuscany Blend Veg 56 Pineapple 1 
Total Sodium: 892 Calories: 638 Carbs: 79	Total Sodium: 385 Calories: 443 Carbs: 69	Total Sodium: 691 Calories: 569 Carbs: 75	Total Sodium: 727 Calories: 711 Carbs: 124	Total Sodium: 565 Calories: 483 Carbs: 66
<b>16</b>	<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>
Chicken Alla Vodka 490 Penne 28 Italian Blend Veg 26 Scali Bread 310 Mandarin Oranges 7 	Shepherd's Pie 271 Glazed Carrots 83 Multigrain Roll > 190 Chocolate Chip Cookie# 171 Diet: Graham Cookie 85	Honey Mustard Chicken 374 Rice Medley 43 Mixed Vegetable 41 Honey Wheat Bread> 135 Banana 1	Pork Tetrazzini 223 California Blend Veg 27 Wheat Roll> 160 Peaches 5 	Breaded Fish 337 Sandwich w/ Tartar Sauce 230 Chuckwagon Veg 261 Pears 2 4
Total Sodium: 861 Calories: 478 Carbs: 70	Total Sodium: 715 Calories: 872 Carbs: 120	Total Sodium: 593 Calories: 478 Carbs: 90	Total Sodium: 415 Calories: 558 Carbs: 68	Total Sodium: 833 Calories: 643 Carbs: 76
<b>23</b>	<b>24</b>	<b>25</b>	<b>26</b>	<b>27</b>
Broccoli & Cheese Omelet 388 Hash Brown Potato 136 Fruitloaf> 102 Orange Juice 0 	Chicken w/Lemon Dill 331 Confetti Rice 43 Beets 162 Honey Wheat Bread> 135 Fresh Apple 2	Meatloaf w/ Rosemary Gravy 131 Whipped Potato 124 Mixed Vegetables 52 Oatmeal Bread > 41 Cheesecake# 121 Low-Sugar Cake 330 173	Roast Pork w/ Mint Gravy 66 Delmonico Potato 8 Spring Blend Veg 142 Multigrain Bread > 57 Applesauce 190 15	Cheese Tortellini w/ Alfredo Sauce 187 Italian Blend 115 Snowflake Roll 26 Pears 260 5 
Total Sodium: 626 Calories: 496 Carbs: 55	Total Sodium: 673 Calories: 450 Carbs: 67	Total Sodium: 799 Calories: 834 Carbs: 92	Total Sodium: 478 Calories: 527 Carbs: 64	Total Sodium: 594 Calories: 535 Carbs: 87
	<b>31</b>	All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium		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.  We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack.  Congregate Meal participants may take home packaged bread, desserts and milk.

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.**