



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>FOR RESERVATIONS OR CANCELLATIONS CALL 781-784-4944 AT LEAST 24 HOURS IN ADVANCE. FOR WEATHER EMERGENCIES PLEASE CHECK WITH WCVB CHANNEL 5</b></p> <p><b>A \$3.00 SUGGESTED VOLUNTARY DONATION IS REQUESTED PER MEAL.</b></p>	<p>All Meals include:</p> <p><u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs</p> <p><u>Margarine:</u> 36 Calories 47mg Sodium</p>	<p><b>1</b> Na<sup>+</sup></p> <p>LS Hot Dog* 550</p> <p>Mustard 55</p> <p>Baked Beans 36</p> <p>Cabbage &amp; Carrots 47</p> <p>Hot Dog Roll 210</p> <p>Mixed Fruit 10</p> <p>Total Sodium: 908</p> <p>Calories: 599 Carbs: 71</p>	<p><b>2</b> Na<sup>+</sup></p> <p>Stuffed Shells 390</p> <p>Alfredo Sauce 115</p> <p>Brussel Sprouts 12</p> <p>Oatmeal Roll&gt; 121</p> <p>Sugar Cookie# 171</p> <p>SF graham wafers</p> <p>Total Sodium: 809</p> <p>Calories: 685 Carbs: 91</p>	<p><b>3</b> Na<sup>+</sup></p> <p>Potato Pollock 150</p> <p>Tarter Sauce 261</p> <p>Roasted Potatoes 33</p> <p>Spring/Summer 57</p> <p>Vegetables</p> <p>Dinner Roll 210</p> <p>Applesauce 15</p> <p>Total Sodium: 726</p> <p>Calories: 574 Carbs: 76</p>
		<p><b>6</b> Na<sup>+</sup></p> <p>Western Omelet 388</p> <p>w/ Cheese Sauce</p> <p>Hash Browns 136</p> <p>Escaloped Tomatoes 143</p> <p>Fruit Loaf&gt; 160</p> <p>Orange Juice 5</p> <p>Total Sodium: 831</p> <p>Calories: 594 Carbs: 73</p>	<p><b>7</b> Na<sup>+</sup></p> <p>Chicken Bruschetta 394</p> <p>Whipped Sweet 33</p> <p>Potatoes</p> <p>Tahitian Vegetables 38</p> <p>Oatmeal Bread&gt; 121</p> <p>Banana 1</p> <p>Total Sodium: 587</p> <p>Calories: 449 Carbs: 75</p>	<p><b>8</b> Na<sup>+</sup></p> <p>Meatloaf with 131</p> <p>Gravy 110</p> <p>Lyonnais Potatoes 112</p> <p>Mixed Vegetables 41</p> <p>Wheat Bread&gt; 115</p> <p>SF cookie 132</p> <p>Total Sodium: 640</p> <p>Calories: 625 Carbs: 74</p>
<p><b>13</b> Na<sup>+</sup></p> <p>Shepard's Pie 271</p> <p>Peas &amp; Mushrooms 133</p> <p>WW Roll&gt; 160</p> <p>Mixed Fruit 10</p> <p>Total Sodium: 574</p> <p>Calories: 641 Carbs: 93</p>	<p><b>14</b> Na<sup>+</sup></p> <p>Baked Mac &amp; Cheese 404</p> <p>Green Beans 3</p> <p>Multigrain Roll&gt; 190</p> <p>Fresh Peach 5</p> <p>Total Sodium: 603</p> <p>Calories: 602 Carbs: 81</p>	<p><b>15</b> Na<sup>+</sup></p> <p>Lemon Chicken 330</p> <p>Florentine Rice 112</p> <p>Glazed Carrots 83</p> <p>Oatmeal Roll&gt; 121</p> <p>Oatmeal Cookie# 124</p> <p>SF Graham Wafers</p> <p>Total Sodium: 769</p> <p>Calories: 581 Carbs: 64</p>	<p><b>16</b> Na<sup>+</sup></p> <p>Bolognese Sauce 164</p> <p>w/ Spaghetti</p> <p>Genoa Blend 40</p> <p>Vegetables</p> <p>Dinner Roll 210</p> <p>Pineapple 1</p> <p>Total Sodium: 415</p> <p>Calories: 560 Carbs: 79</p>	<p><b>17</b> Na<sup>+</sup></p> <p>Chicken Cordon Royale 410</p> <p>Garlic Mashed Potatoes 53</p> <p>California Blend 27</p> <p>Dinner Roll 210</p> <p>Mandarin Oranges 6</p> <p>Total Sodium: 706</p> <p>Calories: 564 Carbs: 73</p>
<p><b>20</b></p> <p><b>JUNETEENTH</b> 19<sup>TH</sup> JUNE</p>	<p><b>21</b> Na<sup>+</sup></p> <p>Cheeseburger 387</p> <p>Ketchup 82</p> <p>Roasted Potatoes 33</p> <p>Chuck Wagon Blend 2</p> <p>Vegetables</p> <p>Hamburger Roll 230</p> <p>Pineapple 1</p> <p>Total Sodium: 735</p> <p>Calories: 692 Carbs: 82</p>	<p><b>22</b> Na<sup>+</sup></p> <p>Greek Chicken 328</p> <p>Meatballs</p> <p>Fluffy Rice 36</p> <p>Tuscan Vegetables 56</p> <p>Multigrain Bread&gt; 190</p> <p>Applesauce 14</p> <p>Total Sodium: 624</p> <p>Calories: 489 Carbs: 59</p>	<p><b>23</b> Na<sup>+</sup></p> <p>Roast Pork 191</p> <p>w/ Gravy</p> <p>Cheesy Mashed Potatoes 80</p> <p>Mixed Vegetables 41</p> <p>Oatmeal Roll&gt; 121</p> <p>Mixed Fruit 10</p> <p>Total Sodium: 442</p> <p>Calories: 606 Carbs: 76</p>	<p><b>24</b> Na<sup>+</sup></p> <p>Hungarian Turkey Skillet* 523</p> <p>Brown Rice 36</p> <p>Broccoli &amp; Cauliflower 15</p> <p>Dinner Roll 210</p> <p>Mandarin Oranges 6</p> <p>Total Sodium: 790</p> <p>Calories: 462 Carbs: 59</p>
<p><b>27</b> Na<sup>+</sup></p> <p>American Chop Suey 211</p> <p>Italian Blend 26</p> <p>Vegetables</p> <p>Oatmeal Bread&gt; 121</p> <p>Pineapple 1</p> <p>Total Sodium: 359</p> <p>Calories: 453 Carbs: 67</p>	<p><b>28</b> Na<sup>+</sup></p> <p>Broccoli Bake 387</p> <p>Potato Wedges 27</p> <p>Tomato Florentine 121</p> <p>Fruit Loaf&gt; 160</p> <p>Peaches </p> <p>Total Sodium: 700</p> <p>Calories: 790 Carbs: 76</p>	<p><b>29</b> Na<sup>+</sup></p> <p>Curry Chicken 375</p> <p>Couscous 39</p> <p>Beets 162</p> <p>Wheat Bread&gt; 115</p> <p>Birthday Cake# 230</p> <p>SF Cake</p> <p>Total Sodium: 922</p> <p>Calories: 563 Carbs: 65</p>	<p><b>30</b> Na<sup>+</sup></p> <p>Beef Pot Roast 254</p> <p>Whipped Sweet 33</p> <p>Potato</p> <p>Brussel Sprouts 12</p> <p>Oatmeal Bread&gt; 121</p> <p>Mixed Fruit 10</p> <p>Total Sodium: 429</p> <p>Calories: 545 Carbs: 66</p>	<p>We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack.</p> <p>Congregate Meal participants may take home packaged bread, desserts and milk.</p>

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.**

