


Monday	Tuesday	Friday		
<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><b>All Meals Include:</b> <b>Milk:</b> 110 Calories 125mg Sodium 13g Carbs <b>Margarine:</b> 36 Calories 47mg Sodium</p>			
			<p><b>1</b> Sodium (mg): Na<sup>+</sup> Broccoli and Cheese 410 Stuffed Chicken White Rice 36 Glazed Carrots 83 Oatmeal Roll &gt; 121 Applesauce 49 Total Sodium: 664 Calories: 493 Carbs: 63</p>	
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<p>Happy July 4th</p>	<p>Beef &amp; Cabbage 300 Casserole Peas 82 WW Roll &gt; 160 Holiday Cookie# 171 Diet: Lorna Doone's</p>	<p>Chicken Breast w/ Supreme Sauce 320 Florentine Rice 12 Tahitian Blend Veg. 38 Multigrain Bread&gt; 190 Fresh Orange</p>	<p>Beef Stew w/ Vegetables 277 Garlic Mashed Potato 53 Dinner Roll 210 Mixed Fruit 10</p>	<p>Fish Nuggets 360 Tartar Sauce 261 Potato Wedges 27 Summer Blend Veg 24 Potato Bread 120 LS Pudding 100</p>
	<p>Total Sodium: 713 Calories: 668 Carbs: 91</p>	<p>Total Sodium: 771 Calories: 458 Carbs: 61</p>	<p>Total Sodium: 549 Calories: 609 Carbs: 76</p>	<p>Total Sodium: 891 Calories: 653 Carbs: 75</p>
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
<p>American Chop Suey 211 Italian Blend 36 Multigrain Roll&gt; 190 Mandarin Oranges 7</p>	<p>Chicken Breast w/ Soy Ginger Sauce 320 Asian Rice 104 Oriental Veg Blend 78 WW Bread&gt; 26 Chocolate Chip Cookie# 160 Graham Crackers 171</p>	<p>Meatloaf w/ Mushroom Gravy 131 Cheesy Mash. Potato 148 Scandinavian Blend Veg 80 Multigrain Bread&gt; 42 Fresh Necatarin 190</p>	<p>Roast Turkey w/ Gravy 384 Cranberry Sauce 70 Red Bliss Potatoes 3 Squash 4 Oatmeal Bread&gt; 11 Mixed Fruit 121</p>	<p>Chicken Keilbasa *520 Peppers &amp; Onions Italian Style Pasta 1 Sub Roll 162 Applesauce 14</p>
<p>Total Sodium: 443 Calories: 438 Carbs: 63</p>	<p>Total Sodium: 859 Calories: 658 Carbs: 85</p>	<p>Total Sodium: 590 Calories: 597 Carbs: 83</p>	<p>Total Sodium: 603 Calories: 555 Carbs: 96</p>	<p>Total Sodium: 698 Calories: 466 Carbs: 62</p>
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
<p>Shepherd's Pie 271 Jardiniere Blend 39 WW Roll&gt; 160 Mixed Fruit 10</p>	<p>Spanish Omelet 382 Hash Browns 136 Escalloped Tomatoes 143 Wheat Bread&gt; 115 Orange Juice 0</p>	<p>Chicken Marsala 439 Tricolor Rotini 1 California Blend 27 Oatmeal Bread&gt; 121 Chocolate Brownie# 132 SF Cookie</p>	<p>Hot Dog *550 Mustard 55 Baked Beans 36 Cabbage &amp; Carrots 47 Hot Dog Roll 210 Pears 4</p>	<p>"Catch of the Day" 180 Lemon Dill Sauce 111 Parsley Mash. Potato 53 Peas 82 Multigrain Bread&gt; 190 Banana 1</p>
<p>Total Sodium: 480 Calories: 616 Carbs: 90</p>	<p>Total Sodium: 776 Calories: 437 Carbs: 60</p>	<p>Total Sodium: 720 Calories: 565 Carbs: 69</p>	<p>Total Sodium: 902 Calories: 587 Carbs: 69</p>	<p>Total Sodium: 618 Calories: 547 Carbs: 95</p>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
<p>Italian Braised Beef 78 Sour Cream &amp; Chive Mashed Potatoes 92 Brussel Sprout 12 WW Roll&gt; 160 Fresh Apple 2</p>	<p>Pork Lentil Stew 356 White/Brown Rice 36 Roman Blend 26 WW Bread&gt; 160 Peaches 5</p>	<p>Chicken Divan 282 Oven Roasted Potatoes 33 Dinner Roll 210 Specialty Dessert# 320 Diet: Low Sugar Cake</p>	<p>Mac n' Cheese 404 Escalloped Tomatoes 143 Fruit Loaf 102 Fresh Orange 0</p>	<p>Honey Ginger Chicken 393 Mashed Potatoes 52 Tarragon Carrots 77 Multigrain Bread&gt; 190 Mixed Fruit 10</p>
<p>Total Sodium: 343 Calories: 575 Carbs: 71</p>	<p>Total Sodium: 583 Calories: 627 Carbs: 76</p>	<p>Total Sodium: 844 Calories: 781 Carbs: 73</p>	<p>Total Sodium: 649 Calories: 628 Carbs: 80</p>	<p>Total Sodium: 732 Calories: 532 Carbs: 83</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.**