



Monday		Tuesday		Wednesday		Thursday		Friday	
3	Na	4	Na	5	Na	6	Na	7	Na
Macaroni & Cheese	404	Portuguese Chicken	380	Greek Meatballs	328	Roasted Turkey	384	Fiesta Omelet	382
Florentine Tomatoes	121	Roasted Potatoes	33	Orzo	173	w/ Gravy	70	Potato Wedges	27
Snowflake Roll	260	Green Beans	3	Country Blend	32	Mashed Potatoes	52	Chick Pea Blend	52
Orange		Dinner Roll	210	Vegetables		Winter Squash	11	Vegetables	
		Applesauce	15	>WW Roll	160	>Multigrain Bread	190	>Fruit Loaf	170
				Mandarin Oranges	7	#Brownie	162	Pineapple	1
						Graham Cracker			
Total Sodium:	786	Total Sodium:	621	Total Sodium:	700	Total Sodium:	870	Total Sodium:	632
Calories: 644	Carbs: 88	Calories: 417	Carbs: 61	Calories: 607	Carbs: 77	Calories: 799	Carbs: 118	Calories: 600	Carbs: 80
10	Na	11	Na	12	Na	13	Na	14	Na
		*Hot Dog	550	Sweet and Sour	324	BBQ Pork Rib	280	Potato Pollock	220
		Mustard		Chicken		Mashed Sweet	33	Tarter sauce	261
		Baked Beans	140	Confetti Rice	43	Potatoes		Au Gratin Potatoes	154
		Cabbage & Carrots	47	Fall/Winter Blend	25	Hot German Slaw	81	Green Beans	3
		Hotdog Roll	210	Vegetables		Hamburger Roll	230	>Oatmeal Roll	121
		Pears	5	>WW Bread	260	#Chocolate Pudding	191	Mandarin Oranges	7
				Applesauce	15	Diet Pudding			
		Total Sodium:	952	Total Sodium:	556	Total Sodium:	814	Total Sodium:	765
		Calories: 579	Carbs: 68	Calories: 399	Carbs: 55	Calories: 507	Carbs: 77	Calories: 575	Carbs: 68
No Meals Served									
17	Na	18	Na	19	Na	20	Na	21	Na
Italian Braised Beef	78	Lasgna Roll Ups w/	290	Crustless Chicken	273	Meatloaf w/	131	Catch of the Day	180
Roasted Potatoes	33	Tomato Basil Sauce	55	Pot Pie with		Mushroom Gravy	148	w/Lemon Dill Sauce	111
Mixed Vegetables	41	Italian Blend Veg	26	Vegetables		Red Bliss Potatoes	4	Confetti Rice	43
>Multigrain Bread	190	Snowflake Roll	260	Mashed Potato	52	Tahitian Blend	38	California Blend	27
Pineapple	1	Banana	1	Buscuit	340	Vegetables		Vegetables	
				Mixed Fruit	10	>Oatmeal Bread	121	>WW Bread	160
						Applesauce	15	Peaches	5
Total Sodium:	342	Total Sodium:	632	Total Sodium:	676	Total Sodium:	456	Total Sodium:	526
Calories: 552	Carbs: 75	Calories: 507	Carbs: 91	Calories: 571	Carbs: 75	Calories: 467	Carbs: 60	Calories: 375	Carbs: 56
24	Na	25	Na	26	Na	27	Na	28	Na
Turkey Stew	587	Roast Pork	66	Chicken la Orange	423	American Chop Suey	211	Vegetable Chili	285
with Vegetables		Rosemary gravy	124	Scallop Potatoes	185	Broccoli	12	Brown Rice	5
Penne Pasta	1	Garlic Mashed	53	Brussel Sprouts	12	Dinner Roll	210	>Oatmeal Roll	121
>WW Roll	160	Potatoes		>Multigrain Bread	190	Peaches	5	Pineapple	1
Granny Smith Apple	2	Genoa Blend Veggie	40	#Birthday Cake	209				
		>WW Bread	160	LS Cake					
		Applesauce	15						
Total Sodium:	749	Total Sodium:	458	Total Sodium:	###	Total Sodium:	438	Total Sodium:	412
Calories: 473	Carbs: 75	Calories: 581	Carbs: 73	Calories: 581	Carbs: 86	Calories: 431	Carbs: 63	Calories: 432	Carbs: 80
31	Na	<p>FOR RESERVATIONS OR CANCELLATIONS CALL 781-784-4944 AT LEAST 24 HOURS IN ADVANCE.</p> <p>FOR WEATHER EMERGENCIES PLEASE CHECK WITH WCVB CHANNEL 5</p> <p>A \$3.00 SUGGESTED VOLUNTARY DONATION IS REQUESTED PER MEAL.</p>		<p>All Meals Include:</p> <p>Milk: 110 Calories 125mg Sodium 13g Carbs</p> <p>Margarine: 36 Calories 47mg Sodium</p>					
Cajun Chicken	377								
Dirty Rice	137								
Chickpea Blend	52								
Vegetables	25								
>Rye Bread	300								
Mandarin Oranges	7								
Total Sodium:	872								
Calories: 442	Carbs: 65								

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.

