



Monday	Tuesday	Wednesday	Thursday	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>All Meals Include: Milk: 110 Calories 125mg Sodium 13g Carbs</p> <p>Margarine: 36 Calories 47mg Sodium</p>		<p>1 Sodium (mg): Na⁺</p> <p>Mac and Cheese 404 Green Beans 3 Oatmeal Roll 121 Pears 5</p> <p>Total Sodium: 582 Calories: 582 Carbs: 77</p>	<p>2 Sodium (mg): Na⁺</p> <p>Pollock w/ 180 Herb Sauce 76 Fluffy Rice 4 Riviera Veg. Blend 16 Snowflake Roll 260 Mixed Fruit 10</p> <p>Total Sodium: 547 Calories: 425 Carbs: 70</p>
<p>5</p>	<p>6 Sodium (mg): Na⁺</p> <p>Chicken Teriyaki 478 Pineapple Rice 35 Oriental Veg. Blend 26 Wheat Bread 115 Iced Brownie 160 LS Dessert </p> <p>Total Sodium: 815 Calories: 596 Carbs: 76</p>	<p>7 Sodium (mg): Na⁺</p> <p>Omelet w/ 388 Broccoli Cheese Sauce Hash Browns 136 Escaloped Tomatoes 143 Fruit Loaf 170 Pears 5</p> <p>Total Sodium: 842 Calories: 666 Carbs: 91</p>	<p>8 Sodium (mg): Na⁺</p> <p>Roast Turkey 384 w/ Gravy 70 Mashed Potato 52 Squash Blend 11 Oatmeal Bread 121 Banana 1</p> <p>Total Sodium: 640 Calories: 583 Carbs: 98</p>	<p>9 Sodium (mg): Na⁺</p> <p>Sausage w/* 520 Peppers & Onions Pasta Alfredo 1 Sub Roll 162 Applesauce 15</p> <p>Total Sodium: 698 Calories: 469 Carbs: 63</p>
<p>12 Sodium (mg): Na⁺</p> <p>BBQ Pork Ribs 280 Whipped Sweet Potato 33 Corn 1 Oatmeal Bread 121 Fresh Orange 0</p> <p>Total Sodium: 435 Calories: 456 Carbs: 79</p>	<p>13 Sodium (mg): Na⁺</p> <p>Chicken Fajitas 376 Dirty Rice 137 Peppers & Onions 3 Tortilla 236 Peaches </p> <p>Total Sodium: 756 Calories: 427 Carbs: 54</p>	<p>14 Sodium (mg): Na⁺</p> <p>American Chop Suey 211 Broccoli 9 WW Roll 160 Chocolate Chip Cookie 171 Diet: Graham Wafers</p> <p>Total Sodium: 550 Calories: 651 Carbs: 84</p>	<p>15 Sodium (mg): Na⁺</p> <p>Baked Salmon w/ 67 Lemon Dill Sauce 111 Confetti Rice 43 Zucchini/Summer Squash 3 Multigrain Bread 190 Pineapples 1</p> <p>Total Sodium: 416 Calories: 456 Carbs: 63</p>	<p>16 Sodium (mg): Na⁺</p> <p>Cheeseburger 200 Ketchup 82 Potato Wedges 27 Jardinière Veg. Blend 39 HB Roll 230 Mandarin Oranges 6</p> <p>Total Sodium: 583 Calories: 567 Carbs: 67</p>
<p>19 Sodium (mg): Na⁺</p> <p>Turley a La King 215 w/ Pasta Broccoli/Cauliflower 15 Dinner Roll 210 Cinnamon Apple </p> <p>Total Sodium: 444 Calories: 463 Carbs: 59</p>	<p>20 Sodium (mg): Na⁺</p> <p>Stuffed Chicken* 550 Garlic Mash. Potato 53 Mixed Vegetable 41 WW Bread 160 Mixed Fruit 10</p> <p>Total Sodium: 813 Calories: 612 Carbs: 84</p>	<p>21 Sodium (mg): Na⁺</p> <p>Roast Pork 71 Apple Gravy 111 Red Bliss Potatoes 4 Brussels Sprouts 12 Multigrain Bread 190 Pudding 191 Diet: Low-Sugar pudding</p> <p>Total Sodium: 578 Calories: 578 Carbs: 68</p>	<p>22 Sodium (mg): Na⁺</p> <p>Meatloaf 131 Mushroom Gravy 148 Egg Noodles 35 Country Vegetables 32 Oatmeal Bread 121 Mandarin Oranges 6</p> <p>Total Sodium: 473 Calories: 545 Carbs: 68</p>	<p>23 Sodium (mg): Na⁺</p> <p>Hot Dog* 550 Baked Beans 140 Cabbage & Carrots 47 HD Roll </p> <p>Total Sodium: 952 Calories: 574 Carbs: 67</p>
<p>26 Sodium (mg): Na⁺</p> <p>Cheese Lasagna 400 Roman Veg. Blend 26 WW Roll 160 Fresh Apple </p> <p>Total Sodium: 588 Calories: 464 Carbs: 68</p>	<p>27 Sodium (mg): Na⁺</p> <p>Seafood Newburg 246 Fluffy Rice 4 Italian Veg. Blend 26 Oatmeal Bread 121 Peaches 5</p> <p>Total Sodium: 402 Calories: 359 Carbs: 58</p>	<p>28 Sodium (mg): Na⁺</p> <p>Swedish Meatballs 375 Egg Noodles 35 California Vegetables 27 Multigrain Roll 190 Birthday Cake 209 Diet: Low-Sugar cake</p> <p>Total Sodium: 836 Calories: 655 Carbs: 87</p>	<p>29 Sodium (mg): Na⁺</p> <p>Chicken & White 121 Bean Chili White/Brown Rice 36 Snowflake Roll 260 Mandarin Oranges 6</p> <p>Total Sodium: 423 Calories: 373 Carbs: 60</p>	<p>30 Sodium (mg): Na⁺</p> <p>Salisbury Steak 386 w/ Mushroom Gravy 148 Garlic Whipped Potato 53 Glazed Carrots 83 WW Bread 160 Mixed Fruit 10</p> <p>Total Sodium: 839 Calories: 693 Carbs: 80</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