



Monday	Tuesday	Wednesday	Thursday	Friday
3 Sodium (mg): Na ⁺	4 Sodium (mg): Na ⁺	5 Sodium (mg): Na ⁺	6 Sodium (mg): Na ⁺	7 Sodium (mg): Na ⁺
Whole Grain Popcorn Chix 456 BBQ Sauce 135 Potato Wedges 27 Hot German Slaw 81 WW Bread> 160 Pears 5	Lasagna Roll-Up 290 Tomato Sauce 55 Fall Veg. Blend 15 Oatmeal Roll> 121 Banana 1 	Honey Mustard Chicken 381 Parsley Mash. Potato 53 Scandinavian Veg. 42 Multigrain Bread> 190 Tapioca Pudding# 130 Diet: Lorna Doones	Sliced Ham *580 w/ Cherry Glaze 103 Oven Roasted Potatoes 33 California Veg. Blend 27 Multigrain Roll> 190 Pound Cake 240	Baked Salmon w/ 67 Pineapple Salsa 44 Yellow Rice 36 Broccoli Florets 22 Dinner Roll 210 Flavored Applesauce 14
Total Sodium: 864 Calories: 540 Carbs: 82	Total Sodium: 481 Calories: 356 Carbs: 60	Total Sodium: 895 Calories: 552 Carbs: 89	Total Sodium: 1173 Calories: 526 Carbs: 77	Total Sodium: 393 Calories: 398 Carbs: 51
10	11	12	13	14
German Beef Stew w/ Vegetables 277 Red Bliss Potatoes 4 Oatmeal Roll> 121 Mandarin Oranges 7	Chicken Coq au Vin 387 O'Brien Potatoes 117 Glazed Beets 162 Multigrain Bread> 190 Mixed Fruit 10	Hot Dog *550 Mustard 55 Baked Beans 36 Cabbage & Carrots 47 Hot Dog Roll 210 Fresh Apple 2	Meatloaf w/ 240 Mushroom Onion Gravy 148 Garlic Mash. Potato 53 Spring Vegetables 57 WW Bread> 160 Chocolate Pudding# 191 Diet: Low-Sugar Pudding	Macaroni & Cheese 403 Escalloped Tomatoes 143 Dinner Roll 210 Pineapple Chunks 1 
Total Sodium: 408 Calories: 507 Carbs: 57	Total Sodium: 866 Calories: 448 Carbs: 66	Total Sodium: 900 Calories: 625 Carbs: 79	Total Sodium: 848 Calories: 585 Carbs: 87	Total Sodium: 759 Calories: 608 Carbs: 84
17 Patriots' Day No Meals Served 	18 Chicken & Rice Paella 490 Chickpea Veg Blend 52 Oatmeal Roll> 121 Mixed Fruit 10 	19 Roast Pork w/ Rosemary Gravy 71 Whipped Sweet Potato 124 Riviera Veg. Blend 33 Multigrain Roll> 190 Fresh Orange 0	20 Vegetable Chili 213 White Rice 36 WW Roll> 160 Fruited Gelatin# 41 Diet: Diet Gelatin 0	21 "Catch of the Day" 90 Baked Flounder 111 Lemon Dill Sauce 33 Roasted Potato 38 Jardiniere Veg. Blend 115 Wheat Bread> 1 Pineapple Chunks 1
	Total Sodium: 673 Calories: 671 Carbs: 118	Total Sodium: 434 Calories: 568 Carbs: 72	Total Sodium: 451 Calories: 455 Carbs: 82	Total Sodium: 389 Calories: 412 Carbs: 63
24 Chicken Lo Mein 348 Oriental Vegetables 26 WW Bread> 160 Applesauce 14 	25 Beef and Gravy 364 Roasted Potatoes 33 Brussel Sprouts 12 Multigrain Bread> 190 Mandarin Oranges 7	26 Roast Turkey w/ Gravy 373 Mashed Potato 52 Winter Squash 11 Oatmeal Bread> 121 Iced Double Choc. Cake# 180 Diet: Low-Sugar Cake	27 Barber Chicken 550 White Rice 36 Green Beans 3 Scali Bread 310 Peaches 5 	28 Spinach Feta Egg Bake 360 Hash Browns 136 California Vegetables 27 Fruit Loaf> 160 Pears 5
Total Sodium: 548 Calories: 496 Carbs: 77	Total Sodium: 605 Calories: 597 Carbs: 65	Total Sodium: 738 Calories: 714 Carbs: 109	Total Sodium: 904 Calories: 584 Carbs: 74	Total Sodium: 688 Calories: 593 Carbs: 76
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.				All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium