



Monday	Tuesday	Wednesday	Thursday	Friday
<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>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>1 Sodium (mg): Na⁺</p> <p>Braised Beef /Gravy 364</p> <p>Egg Noodles 35</p> <p>California Blend 27</p> <p>Vegetables</p> <p>Oatmeal Roll> 121</p> <p>Mixed Fruit 10</p> <p>Total Sodium: 557</p> <p>Calories: 619 Carbs: 65</p>	<p>2 Sodium (mg): Na⁺</p> <p>Baked Cod w/ 220</p> <p>Lemon Vinaigrette 10</p> <p>Hash Browns 136</p> <p>Summer Blend 57</p> <p>Vegetables</p> <p>Dinner Roll 210</p> <p>Applesauce 14</p> <p>Total Sodium: 657</p> <p>Calories: 497 Carbs: 62</p>
<p>5</p> <p>Hot Dog 550</p> <p>Mustard 55</p> <p>Cabbage/Carrots 47</p> <p>Baked Beans 36</p> <p>HD Roll 210</p> <p>Orange 1</p>	<p>6</p> <p>Chicken Teriyaki 478</p> <p>Asian Rice 78</p> <p>Oriental Blend 26</p> <p>Vegetables</p> <p>Multigrain Bread> 190</p> <p>Pineapple Chunks 1</p>	<p>7</p> <p>Lasagna with 330</p> <p>Meatsauce 90</p> <p>Roman Blend 26</p> <p>Vegetables</p> <p>Oatmeal Roll> 121</p> <p>Peaches</p>	<p>8</p> <p>Roast Turkey 303</p> <p>w/ Gravy 70</p> <p>Cheese Mash Potato 80</p> <p>Winter Squash 11</p> <p>WW Bread> 160</p> <p>Banana 1</p>	<p>9</p> <p>Mac n' Cheese 404</p> <p>Tomato Florentine 121</p> <p>Snowflake Roll 260</p> <p># Key Lime Pie 130</p> <p>LS Lorna Doones</p>
<p>Total Sodium: 900</p> <p>Calories: 562 Carbs: 64</p>	<p>Total Sodium: 773</p> <p>Calories: 439 Carbs: 65</p>	<p>Total Sodium: 657</p> <p>Calories: 362 Carbs: 52</p>	<p>Total Sodium: 626</p> <p>Calories: 583 Carbs: 100</p>	<p>Total Sodium: 916</p> <p>Calories: 784 Carbs: 95</p>
<p>12</p> <p>Chicken Cacciatori 446</p> <p>Italian Style Pasta 1</p> <p>Peas & Pearl Onions 82</p> <p>Oatmeal Bread> 121</p> <p>Mandarin Oranges 7</p>	<p>13</p> <p>Broccoli Quiche 387</p> <p>Home Fries 27</p> <p>Stewed Tomatoes 143</p> <p>WW Roll> 160</p> <p>Fresh Pear 0</p>	<p>14</p> <p>Cheeseburger 384</p> <p>Ketchup Packet 82</p> <p>Potato Wedges 27</p> <p>Italian Green Beans 3</p> <p>HB Roll 230</p> <p>Cantaloupe 7</p>	<p>15</p> <p>Roast Pork w/ 71</p> <p>Apple Gravy 26</p> <p>Sweet Potato 33</p> <p>Brussel Sprouts 12</p> <p>Multigrain Bread> 190</p> <p>Banana Cake# 269</p> <p>Diet: Pound Cake</p>	<p>16</p> <p>Salmon w/ 67</p> <p>Herb Sauce 76</p> <p>Rice Pilaf 134</p> <p>Country Blend 32</p> <p>Vegetables</p> <p>Dinner Roll 210</p> <p>Mixed Fruit 10</p>
<p>Total Sodium: 657</p> <p>Calories: 513 Carbs: 70</p>	<p>Total Sodium: 717</p> <p>Calories: 715 Carbs: 70</p>	<p>Total Sodium: 733</p> <p>Calories: 624 Carbs: 56</p>	<p>Total Sodium: 600</p> <p>Calories: 639 Carbs: 84</p>	<p>Total Sodium: 530</p> <p>Calories: 456 Carbs: 62</p>
<p>19</p> <p>JUNETEENTH Celebrate Freedom JUNE 19</p>	<p>20</p> <p>Meatloaf w/ 120</p> <p>Mushroom Gravy 148</p> <p>Mashed Potato 52</p> <p>Tahitian Blend 38</p> <p>Vegetables</p> <p>Multigrain Bread> 190</p> <p>Pears 4</p>	<p>21</p> <p>Chicken Fajitas 275</p> <p>Rice & Beans 35</p> <p>Peppers & Onions 236</p> <p>6" Tortilla 5</p> <p>Applesauce 14</p>	<p>22</p> <p>American Chop Suey 254</p> <p>California Blend 27</p> <p>Vegetables</p> <p>WW Roll> 160</p> <p>Banana 1</p>	<p>23</p> <p>Boneless Stuffed *550</p> <p>Chicken Breast</p> <p>Yellow Rice 36</p> <p>Summer blend Veg. 57</p> <p>Honey Wht Bread> 135</p> <p>Graham Cookie 130</p>
	<p>Total Sodium: 672</p> <p>Calories: 497 Carbs: 77</p>	<p>Total Sodium: 553</p> <p>Calories: 433 Carbs: 58</p>	<p>Total Sodium: 412</p> <p>Calories: 412 Carbs: 58</p>	<p>Total Sodium: 908</p> <p>Calories: 640 Carbs: 65</p>
<p>26</p> <p>Beef Chili 176</p> <p>Seasoned Rotini 1</p> <p>Corn Bread 280</p> <p>Mandarin Oranges 7</p>	<p>27</p> <p>Chicken w/ 320</p> <p>Supreme Sauce 111</p> <p>Red Bliss Potato 4</p> <p>Peas & Carrots 80</p> <p>Oatmeal Bread> 121</p> <p>Granny Smith Apple</p>	<p>28</p> <p>Swedish Meatballs 375</p> <p>Egg Noodles 35</p> <p>Broccoli 12</p> <p>Oatmeal Roll> 121</p> <p># Birthday Cake 309</p> <p>LS Cake</p>	<p>29</p> <p>Beef Bordelaise 247</p> <p>Mashed Potato 52</p> <p>Scandinavian Blend 42</p> <p>Vegetables</p> <p>WW Bread> 160</p> <p>Peaches 5</p>	<p>30</p> <p>Seafood Casserole *559</p> <p>Rice Florentine 112</p> <p>Green & Wax Beans 3</p> <p>Dinner Roll 210</p> <p>Mixed Fruit 10</p>
<p>Total Sodium: 463</p> <p>Calories: 529 Carbs: 81</p>	<p>Total Sodium: 636</p> <p>Calories: 408 Carbs: 54</p>	<p>Total Sodium: 752</p> <p>Calories: 628 Carbs: 81</p>	<p>Total Sodium: 506</p> <p>Calories: 617 Carbs: 77</p>	<p>Total Sodium: 904</p> <p>Calories: 443 Carbs: 58</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.