



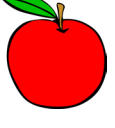



Monday	Tuesday	Wednesday	Thursday	Friday
<p>FOR RESERVATIONS OR CANCELLATIONS CALL 781-784-4944 AT LEAST 24 HOURS IN ADVANCE. FOR WEATHER EMERGENCIES PLEASE CHECK WITH WCVB CHANNEL 5 A \$3.00 SUGGESTED VOLUNTARY DONATION IS REQUESTED PER MEAL.</p>	<p>All Meals include:</p> <p><u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs</p> <p><u>Margarine:</u> 36 Calories 47mg Sodium</p>			<p><b>1</b> Sodium (mg): Na<sup>+</sup></p> <p>Fish Nuggets 270 Tartar Sauce 261 Potato Wedges 27 Peas 82 Oatmeal Bread&gt; 5 Peaches 121</p> <p>Total Sodium: 765 Calories: 627 Carbs: 80</p>
<p><b>4</b> Na</p>  <p>HAPPY LABOR DAY</p>	<p><b>5</b> Na</p> <p>BBQ Chicken 497 Hot German Potato 85 Salad Corn 1 Cornbread 280 Manadrin Oranges 7</p>	<p><b>6</b> Soft Na</p> <p>Greek Meatballs 328 Egg Noodles 35 Zucchini &amp; Summer Sq 3 Oatmeal Bread&gt; 121 Mixed Fruit 10</p>	<p><b>7</b> Renal Na</p> <p>Roast Pork 71 w/ Gravy 121 Rice 36 Green &amp; Wax Beans 3 Wheat Roll&gt; 160 Tapioca Pudding# 130 LS Pudding</p>	<p><b>8</b> Soft Na<sup>+</sup></p> <p>Macaroni &amp; Cheese 403 Broccoli 12 Dinner Roll 210 Fresh Apple  2</p>
<b>No Meals Served</b>	Total Sodium: 870 Calories: 546 Carbs: 88	Total Sodium: 498 Calories: 517 Carbs: 62	Total Sodium: 521 Calories: 555 Carbs: 56	Total Sodium: 629 Calories: 612 Carbs: 85
<p><b>11</b> Renal Na</p> <p>Mexican Chicken 413 Rice &amp; Beans 35 Peppers &amp; Onions 3 Honey Wheat Bread&gt; 125 Pears 5</p>	<p><b>12</b> Soft Na</p> <p>American Chop Suey 211 Green Beans 3 Snowflake Roll 260 Banana  1</p>	<p><b>13</b> Na</p> <p>Hot Dog* 550 Mustard 55 Baked Beans 36 Roasted Potatoes 33 HD Roll 210 Pineapple 1</p>	<p><b>14</b> Soft Na</p> <p>Tukey A La King 215 Penne Pasta 1 WW Roll&gt; 160 Pound Cake 240</p>	<p><b>15</b> Renal Na<sup>+</sup></p> <p>Potato Pollock 330 Confetti Rice 43 Glazed Carrots 83 Oatmeal Roll&gt; 121 Mandarin Oranges 7</p>
Total Sodium: 591 Calories: 433 Carbs: 57	Total Sodium: 476 Calories: 544 Carbs: 86	Total Sodium: 886 Calories: 672 Carbs: 84	Total Sodium: 615 Calories: 548 Carbs: 69	Total Sodium: 582 Calories: 459 Carbs: 66
<p><b>18</b> Na</p> <p>Honey Mustard 481 Chicken Breast Sweet Potatoes 33 Mixed Veg 41 Wheat Bread&gt; 120 Tropical Fruit 10</p>	<p><b>19</b> Na</p> <p>Pulled Pork Sandwich 307 Hashbrowns 136 Peas &amp; Mushrooms 133 Peaches 5 Hamburger Bun 230</p>	<p><b>20</b> Soft Na</p> <p>Beef Chili 176 Rice 4 Cornbread 280 Pears  5</p>	<p><b>21</b> Na</p> <p>Chicken Parm 410 Spaghetti Pasta 1 Brussel Sprouts 12 WW Roll&gt; 160 Oatmeal Cookie# 124 Graham Crackers</p>	<p><b>22</b> Soft Na<sup>+</sup></p> <p>Catch of the Day 120 w/ Lemon Dill Sauce 11 Parsley Mashed Potatoes 53 Scandinavian Blend Veg. 42 Honey Wheat Bread&gt; 135 Fresh Orange 0</p>
Total Sodium: 684 Calories: 473 Carbs: 82	Total Sodium: 811 Calories: 512 Carbs: 70	Total Sodium: 465 Calories: 516 Carbs: 81	Total Sodium: 707 Calories: 664 Carbs: 82	Total Sodium: 521 Calories: 465 Carbs: 78
<p><b>25</b> Na</p> <p>Sausage, Peppers &amp; Onions* 520 Pasta Alfredo 116 Sub Roll 162 Applesauce 14</p>	<p><b>26</b> Soft/Renal Na</p> <p>Chicken a la Orange 391 Asian Rice 78 Oriental Veg Blend 26 WW Roll&gt; 160 Pineapple 1</p>	<p><b>27</b> Soft Na</p> <p>Lentil Bolognese 121 Rontini 1 Italian Blend Veg 26 Scali Bread 310 Birthday Cake# 209 LS Cake</p>	<p><b>28</b> Na</p> <p>Roast Turkey 303 w/ Rosemary Gravy 124 Mashed Potatoes 52 Winter Sq Blend 43 Oatmeal Roll&gt; 121 Green Apple 2</p>	<p><b>29</b> Soft Na<sup>+</sup></p> <p>Spanish Omelet 382 Homefries 33 Escalloped Tomatoes 143 Fruitloaf&gt;  160 OJ Cup 5</p>
Total Sodium: 488 Calories: 813 Carbs: 66	Total Sodium: 656 Calories: 450 Carbs: 63	Total Sodium: 667 Calories: 524 Carbs: 104	Total Sodium: 645 Calories: 518 Carbs: 82	Total Sodium: 723 Calories: 531 Carbs: 70

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.**