



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>		All Meals include:						<p>1 soft Na</p>	
		<p><u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs</p> <p><u>Margarine:</u> 36 Calories 47mg Sodium</p>						<p>Total Sodium: 335 Calories: 451 Carbs: 62</p>	
<p>4 Na</p>		<p>5 Na</p>		<p>6 Na</p>		<p>7 Na</p>		<p>8 soft Na</p>	
<p>Chicken Tacos 376 Rice and Beans 35 Peppers and Onions 3 Flour Tortilla 236 Peaches 5</p>		<p>Swedish Meatballs 478 Egg Noodles 35 Glazed Carrots 77 >WW Roll 160 Apple 2</p>		<p>Roast Pork 71 Rosemary Gravy 124 Red Bliss Potatoes 4 Brussel Sprouts 12 >Oatmeal Roll 121 Pineapple 1</p>		<p>Sloppy Joe 156 Fluffy Rice 36 California Blend 27 Vegetables Hamburger Roll 230 #Brownie 132 Graham Crackers</p>		<p>Macaroni & Cheese 404 Tomato Florentine 121 >Multigrain Roll 190 Mandarin Oranges 6 </p>	
<p>Total Sodium: 655 Calories: 406 Carbs: 56</p>		<p>Total Sodium: 752 Calories: 641 Carbs: 82</p>		<p>Total Sodium: 333 Calories: 509 Carbs: 60</p>		<p>Total Sodium: 646 Calories: 577 Carbs: 70</p>		<p>Total Sodium: 722 Calories: 580 Carbs: 75</p>	
<p>11 Na</p>		<p>12 renal Na</p>		<p>13 Na</p>		<p>14 Na</p>		<p>15 soft Na</p>	
<p>Hot Dog* 550 Mustard 55 Baked Beans 36 Broccoli 12 Hot Dog Roll 210 Banana 1</p>		<p>Braised Beef 254 Yellow Rice 31 Peas and Mushroom: 133 >Oatmeal Roll 121 Mixed Fruit 10</p>		<p>Grilled Chicken 426 Parmesan 1 Penne Pasta 55 Tomato Sauce 3 Green Beans 190 >Multigrain Bread 0 Mandarin Oranges</p>		<p>Roast Turkey 303 Gravy 70 Mashed Potatoes 52 Winter Squash 11 Snowflake Roll 260 #Vanilla Custard 174 Lorne Doones</p>		<p>Catch of the Day 220 Herb Sauce 76 Whipped Sweet 33 Potato 57 Spring/Summer Blend 300 >Rye Bread 5 Peaches</p>	
<p>Total Sodium: 865 Calories: 639 Carbs: 81</p>		<p>Total Sodium: 549 Calories: 612 Carbs: 72</p>		<p>Total Sodium: 675 Calories: 498 Carbs: 76</p>		<p>Total Sodium: 871 Calories: 680 Carbs: 111</p>		<p>Total Sodium: 691 Calories: 440 Carbs: 76</p>	
<p>18 soft Na</p>		<p>19 Na</p>		<p>20 soft Na</p>		<p>21 Na</p>		<p>22 soft Na</p>	
<p>Vegetarian Chili 213 Mashed Potatoes 52 Dinner Roll 210 Mixed Fruit 10 </p>		<p>Honey Ginger 320 Chicken 73 LoMein 28 Oriental Blend 26 Vegetables >WW Bread 160 Pears 5</p>		<p>Meat Loaf 390 Onion Gravy 110 Roasted Potatoes 33 Scandinavian 42 Vegetables >Oatmeal Bread 121 Banana 1</p>		<p>Christmas Ham* 580 w/ Pineapple Cherry Glaze 103 Augrautin Potatoes 154 Glazed Carrots 83 >Multigrain Roll 190 Mandarin Oranges 0</p>		<p>Chicken Salad 241 Pasta Salad 56 3 Bean Salad 50 Sub Roll 162 Applesauce 15</p>	
<p>Total Sodium: 486 Calories: 532 Carbs: 101</p>		<p>Total Sodium: 612 Calories: 577 Carbs: 90</p>		<p>Total Sodium: 697 Calories: 520 Carbs: 73</p>		<p>Total Sodium: 1110 Calories: 621 Carbs: 91</p>		<p>Total Sodium: 523 Calories: 517 Carbs: 62</p>	
<p>25 Na</p>		<p>26 Na</p>		<p>27 Na</p>		<p>28 soft Na</p>		<p>29 soft</p>	
<p></p>		<p>Spaghetti and Meatballs 211 Tomato Basil Sauce 55 Genoa Blend 40 Vegetables >Multigrain Roll 190 Pineapple 1</p>		<p>BBQ Pulled Pork* 653 Baked Beans 31 Cabbage & Carrots 45 Hamburger Roll 230 #Birthday Pound 240</p>		<p>Tukey A La King 215 Mashed Potatoes 52 Mixed Vegetables 41 >Honey Wheat Bread 135 Applesauce 15</p>		<p>Florentine Omelet 210 Hash Browns 136 Escalloped Tomatoes 143 >Fruit Loaf 160 Orange Juice 5</p>	
<p>No Meals Served</p>		<p>Total Sodium: 397 Calories: 542 Carbs: 81</p>		<p>Total Sodium: 1198 Calories: 606 Carbs: 85</p>		<p>Total Sodium: 457 Calories: 548 Carbs: 79</p>		<p>Total Sodium: 837 Calories: 595 Carbs: 73</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.