



Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b>  <b>No Meals Served</b>	<b>2</b> Sodium (mg): Na Chicken Marsala 439 Parsley Mashed 53 Potatoes Tahitian Blend 38 Vegetables >WW Bread 160 Mixed Fruit 10 Total Sodium: 700 Calories: 500 Carbs: 73	<b>3</b> Sodium (mg): Na Pork Hot Dog* 550 Mustard 55 Baked Beans 36 Cabbage & Carrots 47 Hotdog Roll 210 Applesauce 20 Total Sodium: 918 Calories: 589 Carbs: 69	<b>4 S</b> Sodium (mg): Na American Chop Suey 211 Italian Vegetables 26 Dinner Roll 210 Pears  Total Sodium: 451 Calories: 444 Carbs: 64	<b>5 S/R</b> Sodium (mg): Na Catch of the Day 180 with Spanish Sauce 44 Rice Florentine 112 Green Beans 3 >WW Bread 160 Banana 1 Total Sodium: 415 Calories: 501 Carbs: 68
<b>8 S</b> Na Sweet and Sour 214 Chicken Meatballs Bowtie Pasta 1 Oriental Vegetables 26 Dinner Roll 210 Peaches 5 Total Sodium: 456 Calories: 492 Carbs: 71	<b>9 R</b> Na Portuguese Chicken 420 Brown Rice 31 Jardinière Blend 39 Vegetables >Multigrain Roll 190 Apple Sauce 20 Total Sodium: 700 Calories: 504 Carbs: 71	<b>10 S</b> Na Salisbury Steak 386 with Gravy Yukon Gold Potatoes 33 Peas & Mushrooms 133 >Oatmeal Roll 121 Pears 4 Total Sodium: 676 Calories: 592 Carbs: 59	<b>11</b> Na Roast Turkey 384 with Gravy 70 Mashed Potatoes 52 Winter Squash 11 >WW Bread 160 #Chocolate Chip Cookie 55 Total Sodium: 722 Calories: 575 Carbs: 90	<b>12 S</b> Na Seafood Newburg* 569 Egg Noodles 35 Green Beans 3 White Bread 120 Pineapple  Total Sodium: 729 Calories: 480 Carbs: 65
<b>15</b> Na  <b>No Meals Served</b>	<b>16 S</b> Na Macaroni & Cheese 404 Tomato Florentine 121 Snowflake Roll 6 Mandarin Oranges  Total Sodium: 530 Calories: 620 Carbs: 82	<b>17</b> Na Chicken Parmesan 410 Italian Style 1 Pasta Broccoli 12 >Oatmeal Roll 121 Mixed Fruit 10 Total Sodium: 554 Calories: 470 Carbs: 62	<b>18 S</b> Na Meatloaf 240 Onion Gravy 110 Cheesy Mashed 80 Potatoes Brussel Sprouts 12 >WW Bread 160 #Chocolate Pudding 100 Total Sodium: 702 Calories: 504 Carbs: 71	<b>19</b> Na Crispy Fish Sandwich 337 Tarter Sauce 261 Potato Wedges 27 Hot German Slaw 81 Hamburger Roll 230 Peaches 5 Total Sodium: 940 Calories: 746 Carbs: 84
<b>22</b> Na Cheeseburger 384 Ketchup 82 Roast Potatoes 33 California Blend Veg 27 Hamburger Roll 230 Pineapple 1 Total Sodium: 757 Calories: 627 Carbs: 68	<b>23</b> Na Chicken Stir-Fry 201 Lo Mein 28 Snowflake Roll 260 Banana  Total Sodium: 490 Calories: 618 Carbs: 101	<b>24 S/R</b> Na Lazy Man Stuffed 268 Cabbage Mixed Vegetable 41 >Multigrain Roll 190 Orange 0 Total Sodium: 498 Calories: 485 Carbs: 61	<b>25</b> Na Roast Pork 66 Apple Gravy 111 Whipped Sweet 33 Potato Roman Vegetables 26 >Oatmeal Bread 121 Pound Cake 240 Total Sodium: 597 Calories: 591 Carbs: 72	<b>26 S</b> Na Turkey Tetrazzini 315 With Pasta Carrot Coins 77 >Multigrain Bread 190 Tropical Blend 10 Total Sodium: 592 Calories: 549 Carbs: 98
<b>29</b> Na Pork Sausage, Pepper: 184 and Onions Pasta Alfredo 1 Sub roll  Pears 4 Total Sodium: 802 Calories: 490 Carbs: 68	<b>30</b> Na Pot Roast 411 with Gravy 110 Red Bliss Potatoes 4 Fall/Winter Blend 15 Vegetables >Oatmeal Bread 121 Applesauce 15 Total Sodium: 675 Calories: 442 Carbs: 52	<b>31 S</b> Na Broccoli Bake 387 Hash Browns 136 Stewed Tomatoes 143 >WW Bread 160 #Birthday Cake 209 Total Sodium: 1035 Calories: 798 Carbs: 91	All Meals include:  <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs  <u>Margarine:</u> 36 Calories 47mg Sodium	

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.**

**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.**