



Monday		Tuesday		Wednesday		Thursday		Friday	
1 S	Na*	2	Na*	3	Na*	4	Na*	5 S	Na*
Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Glazed Carrots WW Roll> Applesauce	386 14 52 83 160 15	Fish Sandwich w/ Tartar Sauce Tater tots Mixed Veg. Blend Hamburger Bun Banana	337 261 27 41 230 1	Sliced Ham w/ Pineapple Cherry Sauce Oven Roasted Potato Green Beans Multigrain Roll> Sugar Cookie# Lorne Doones	931* 103 33 3 190 171	Chicken Fajita Bowl w/ Peppers & Onions Rice and Black Beans Multigrain Bread> Pineapple	275 3 35 121 1	Seafood Salad Pasta Salad Beet Salad Hot Dog Roll Peaches	497 56 173 210 5
Total Sodium: Calories: 671 Carbs: 77	843	Total Sodium: Calories: 826 Carbs: 103	896	Total Sodium: Calories: 703 Carbs: 89	1432	Total Sodium: Calories: 450 Carbs: 59	436	Total Sodium: Calories: 497 Carbs: 76	813
<b>8 S</b>	<b>Na*</b>	<b>9 R</b>	<b>Na*</b>	<b>10 S</b>	<b>Na*</b>	<b>11 S</b>	<b>Na*</b>	<b>12 S</b>	<b>Na*</b>
Sloppy Joe on a Hamburger Bun Potato Wedges Hot German Slaw Pineapple	221 230 147 36 1	Seasoned Chicken Fluffy Rice Broccoli WW Bread> Pound Cake	320 31 12 160 240	Pork Lo Mein with Noodles Oriental Blend Veg Oatmeal Roll> Fresh Clementine	254  26 121 6	Crustless Turkey Pot Pie Whipped Potato Buscuit Mixed Fruit	221  52 340 10	Cod w/ Chili Garlic Sauce Rice Pilaf Green Beans HoneyWheat Bread> Applesauce	220 73 134 3 135 15
Total Sodium: Calories: 537 Carbs: 74	560	Total Sodium: Calories: 522 Carbs: 72	764	Total Sodium: Calories: 524 Carbs: 73	407	Total Sodium: Calories: 567 Carbs: 75	623	Total Sodium: Calories: 412 Carbs: 63	580
<b>15</b>	<b>Na*</b>	<b>16 S</b>	<b>Na*</b>	<b>17</b>	<b>Na*</b>	<b>18 R</b>	<b>Na*</b>	<b>19 S</b>	<b>Na*</b>
	183 1 41 310 5	Beef Burgundy w/ Egg Noodles Peas WW Bread> Pears	241 35 82 160 4	MeatBall Subs Potato Wedges Glazed Carrots Sub roll Fresh Orange	265 27 83 162 0	Chicken with Jardinier Sauce Rice Pilaf Broccoli Multigrain Roll> Cheesecake# Graham Waffers	320 57 134 12 190 280	Pasta w/ Bolognese Sauce Brussel Sprouts Dinner Roll Mixed Fruit	164  12 210 10
<b>Patriot's Day No Meals Served</b>		Total Sodium: Calories: 638 Carbs: 72	523	Total Sodium: Calories: 556 Carbs: 75	537	Total Sodium: Calories: 659 Carbs: 70	994	Total Sodium: Calories: 525 Carbs: 70	395
<b>22 S</b>	<b>Na*</b>	<b>23 R</b>	<b>Na*</b>	<b>24 S</b>	<b>Na*</b>	<b>25</b>	<b>Na*</b>	<b>26 S</b>	<b>Na*</b>
Mac and Chese Escaloped Tomatoes Fruitloaf > Tropical Fruit	404 143 160 10	Chicken Jambalaya Confetti Rice Snowflake Roll Manadarin Oranges	310 43 260 7	Meatloaf w/ Rosemary Gravy Au Gratin Potato Trio Veg. Blend WW Bread> Fresh Necatarine	240 124 154 160 0	Roast Turkey w/ Gravy Mashed Potato Spring Squash Blend Oatmeal Roll> LS Lemon Pudding	384 70 52 57 121 100	"COTD" Pollock w/ Newburg Sauce Bow Tie Pasta Beans Bonanza Dinner Roll Pineapple	180 66 1 0 210 1
Total Sodium: Calories: 703 Carbs: 91	717	Total Sodium: Calories: 479 Carbs: 59	619	Total Sodium: Calories: 486 Carbs: 63	735	Total Sodium: Calories: 500 Carbs: 66	784	Total Sodium: Calories: 376 Carbs: 61	458
<b>29</b>	<b>Na*</b>	<b>30</b>	<b>Na*</b>	All Meals include:  <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs  <u>Margarine:</u> 36 Calories 47mg Sodium		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.			
Buttermilk Chicken Mashed Potato Italian Blend Veg. Scali Bread Mixed Fruit	459 52 26 310 10	Hot Dog Baked Beans Cabbage & carrots Hot Dog Rolls Sliced Apples	550* 36 77 210 10						
Total Sodium: Calories: 575 Carbs: 88	858	Total Sodium: Calories: 590 Carbs: 68	883						

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.**