



Monday			Tuesday			Wednesday			Thursday			Friday		
3	S	Na+	4		Na+	5			6	S	Na+	7	S	Na+
Stuffed Shells w/ Tomato Florentine Sauce Broccoli >Oatmeal Roll Sliced Apples	390 50 12 121 10		Cajun Chicken Dirty Rice Chickpea Blend Veg. >WW Bread Mandarin Oranges	377 137 52 160 7		LS Hot Dog* Mustard Mac and Cheese Wax & Green Beans Hot Dog Roll Mixed Fruit	550 55 116 3 210 10		Lazy Man Stuffed Pepper Rice Carrot Coins >Oatmeal Roll #Fudgeround Fig Newtons	237 36 77 121 172 10		Potato Pollock Tarter Sauce Roasted Potatoes Peas & Mushroom Dinner Roll Pineapple	337 261 33 133 210 1	
Total Sodium: Calories: 392 Carbs: 62	583 392 62		Total Sodium: Calories: 412 Carbs: 56	732 412 56		Total Sodium: Calories: 585 Carbs: 57	944 585 57		Total Sodium: Calories: 713 Carbs: 84	642 713 84		Total Sodium: Calories: 728 Carbs: 88	975 728 88	
10	S	Na*	11	R	Na*	12	S	Na*	13		Na*	14	S/R	Na*
Western Cheese Omelet Hash Browns Peppers & Onions Apple Bread Bites OJ Cup	393 136 3 190 190 5		Chicken Bruschetta Rice pilaf Tahitian Veg. Blend >Oatmeal Bread Banana	394 134 38 121 1		Meatloaf with Gravy Sweet Potatoes Mixed Veg. >Wheat Bread Peaches	240 110 33 41 115 5		Beef Steaks w/ Teriyaki Glaze Yukon Gold Potatoes Zucchini & Tomatoes Dinner Roll #Banana Cake Loorna Doons	254 33 39 210 209		Cod w/ Lemon Dill Sauce Fluffy Rice Italian Blend Veg. >Multigrain Roll Tropical Fruit	220 111 134 26 100 10	
Total Sodium: Calories: 585 Carbs: 67	727 585 67		Total Sodium: Calories: 389 Carbs: 52	688 389 52		Total Sodium: Calories: 438 Carbs: 70	543 438 70		Total Sodium: Calories: 657 Carbs: 74	744 657 74		Total Sodium: Calories: 443 Carbs: 63	692 443 63	
17	S	Na+	18	S	Na*	19		Na*	20	S	Na*	21	S	Na*
Sweet and Sour Meatballs Bow Ties Green Beans >Multigrain Roll Applesauce	214 1 3 100 49		BBQ Pulled Pork Hot Potato Salad Brussel Sprouts Hamburger Roll #Red velvet cake Pound Cake	307 85 12 230 230					Salisbury Steak w/ Mushroom Gravy Mashed Potatoes Glazed Carrots >Oatmeal Roll Fresh Peach	386 148 52 83 121 0		Cheese Lasagana w/ Tomato Sauce Broccoli Dinner Roll Pears	359 55 12 210 4	
Total Sodium: Calories: 504 Carbs: 72	423 504 72		Total Sodium: Calories: 660 Carbs: 85	864 660 85					Total Sodium: Calories: 653 Carbs: 71	789 653 71		Total Sodium: Calories: 353 Carbs: 57	640 353 57	
24	R	Na*	25		Na*	26	S	Na*	27			28	R	Na*
Mexicali Chicken Spanish Rice Corn >WW Bread Mixed Fruit	413 22 1 160 10		Cheeseburger Ketchup Roasted Potatoes Peas & carrots Hamburger Roll Pineapple	384 82 33 80 230 1		Seafood Casserole* Penne Pasta Green Beans >Multigrain Roll Birthday Cake	569 1 3 190 209		Roast Pork with Gravy Red Bliss Potatoes Mixed Veg. >Oatmeal Roll Peaches	71 121 4 41 121 5		Chicken & Broccoli Fried Rice >WW Roll Mandarin Oranges	201 137 160 7	
Total Sodium: Calories: 437 Carbs: 71	606 437 71		Total Sodium: Calories: 663 Carbs: 75	810 663 75		Total Sodium: Calories: 594 Carbs: 91	972 594 91		Total Sodium: Calories: 522 Carbs: 62	362 522 62		Total Sodium: Calories: 504 Carbs: 55	410 504 55	
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.													

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.