



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>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.</b></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> Na* Burbon Chicken 389 Yukon Potatoes 5 Chuckwagon Corn Veg. 2 Corn Muffin 291 Mandarin Oranges 7</p>	<p><b>2</b> Na* Roast Pork 141 w/ Apple Gravy 111 Parsley Mashed 121 Potatoes Squash Blend Veg. 11 &gt;Oatmeal Bread 121 Pears 4</p>	<p><b>3</b> S Na+ Tuna Noodle Casserole 358 Mixed Veg. 88 WW Roll 160 Fresh Plum 0</p> 
	<p>Total Sodium: 683 Calories: 560 Carbs: 84</p>		<p>Total Sodium: 541 Calories: 604 Carbs: 82</p>	
<p><b>6</b> S Na* Macaroni &amp; Cheese 403 Escaloped Tomatoes 143 &gt;Fruit Loaf 160 Tropical Fruit 10</p> 	<p><b>7</b> R Na* Mexican Chicken 413 Mexican Rice 22 Mixed Veg. 41 &gt;Oatmeal Roll 121 Pineapple 1</p>	<p><b>8</b> S Na* Beef Strogonoff 290 Egg Noodles 35 Green Beans 3 Dinner Roll 210 Banana 1</p>	<p><b>9</b> Na* Cordon Blue *550 Stuffed Chicken Roasted Potatoes 33 California Blend Veg. 27 Snowflake Roll 260 #Strawberry Shortcake 176 Diet: Lorne Doones</p>	<p><b>10</b> Na* Pork Lo Mein 254 Oriental Blend 26 Vegetables 160 &gt;WW Roll 10 Mixed Fruit</p> 
<p>Total Sodium: 717 Calories: 703 Carbs: 91</p>		<p>Total Sodium: 540 Calories: 602 Carbs: 60</p>		<p>Total Sodium: 450 Calories: 545 Carbs: 79</p>
<p><b>13</b> S Na+ American Chop Suey 254 Broccoli 32 Scali Bread 160 Pears 4</p> 	<p><b>14</b> S Na* Cheese Florentine 393 Omelet Hash Browns 136 Florentine Tomatoes 121 &gt;WW Bread 160 Orange Juice Cup 5</p>	<p><b>15</b> S Na* Chicken Marsala 439 w/ Penne 1 Mixed Veg. 41 &gt;Oatmeal Roll 121 #Banana Pudding 100 SF Banana Pudding</p>	<p><b>16</b> Na* Hotdog *550 Mustard 55 Baked Beans 36 Cabbage &amp; Carrots 47 Hotdog Roll 210 Peaches 5</p>	<p><b>17</b> S/R Na* "COTD" Salmon w/ 67 Teryaki Sauce 158 Asian Rice 78 Peas 82 &gt;Multigrain Roll 190 Pineapple 1</p>
<p>Total Sodium: 415 Calories: 387 Carbs: 59</p>		<p>Total Sodium: 701 Calories: 477 Carbs: 62</p>		<p>Total Sodium: 576 Calories: 482 Carbs: 52</p>
<p><b>20</b> Na* Greek Meatballs 328 Penne 1 Peas &amp; Mushrooms 133 &gt;Multigrain Bread 190 Mandarins 6</p>	<p><b>21</b> S Na* Shepard's Pie 271 Mixed Veg. 41 &gt;WW Roll 160 Pears 4</p> 	<p><b>22</b> Na* White Chicken &amp; Bean Chili 121 Brown Rice 36 Corn Muffin 180 Pineapple 1</p>	<p><b>23</b> Roast Turkey w/ Gravy 373 Parsley Mashed 53 Potatoes Squash Blend Veg. 11 &gt;Oatmeal Roll 121 Oreos 85 Diet: Graham Crackers</p>	<p><b>24</b> Na* BBQ Pork Rib Sand 403 Tator Tots 33 Green Beans &amp; Red Pepper 16 Hamburger Roll 230 Cinamon Apple Slices 4</p>
<p>Total Sodium: 658 Calories: 564 Carbs: 76</p>		<p>Total Sodium: 438 Calories: 422 Carbs: 70</p>		<p>Total Sodium: 686 Calories: 446 Carbs: 59</p>
 <b>MEMORIAL DAY</b>	<p><b>28</b> Na* Cheese Burger 384 Ketchup 82 Lyonnaise Potatoes 112 Corn 1 Hamburger Roll 230 Peaches 5</p>	<p><b>29</b> Na* Chicken Picatta 424 Bowtie Pasta 1 Jardinière Blend Veg. 39 &gt;WW Roll 160 Birthday Pound Cake 240</p>	<p><b>30</b> S Na* Meatloaf 240 w/ Gravy 110 Mashed Potatoes 52 Glazed Carrots 83 &gt;Oatmeal Bread 121 Pink Lady apple 2</p>	<p><b>31</b> S Na* Penne Primavera 345 Broccoli 12 Dinner Roll 210 Mandarins 6</p> 
	<p>Total Sodium: 814 Calories: 659 Carbs: 77</p>		<p>Total Sodium: 863 Calories: 569 Carbs: 78</p>	
<p><b>No Meals Served</b></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.**