



Monday			Tuesday			Wednesday			Thursday			Friday		
<b>3</b>	<b>S</b>	<b>Na+</b>	<b>4</b>		<b>Na+</b>	<b>5</b>			<b>6</b>	<b>S</b>	<b>Na+</b>	<b>7</b>	<b>S</b>	<b>Na+</b>
Stuffed Shells w/ Florentine Sauce	390		Cajun Chicken		377	LS Hot Dog*		550	Lazy Man's Stuffed Pepper		237	Potato Pollock		337
Broccoli	12		Dirty Rice		137	Mustard		55	Fluffy Rice		36	Tarter Sauce		261
>Oatmeal Roll	121		Chickpea Blend		52	Mac and Cheese		116	Carrot Coins		77	Roasted Potato		33
Sliced Apples	10		Vegetables			Wax & Green Beans		3	>Oatmeal Roll		121	Peas & Mushroom		133
			>WW Bread		160	Hot Dog Roll		210	# Fudge Cookie		172	Dinner Roll		210
			Mandarin Oranges		7	Mixed Fruit		10	Fig Newtons			Pineapple		1
Total Sodium:	583		Total Sodium:		732	Total Sodium:		944	Total Sodium:		642	Total Sodium:		975
Calories: 392	Carbs: 62		Calories: 412		Carbs: 56	Calories: 585		Carbs: 57	Calories: 713		Carbs: 84	Calories: 728		Carbs: 88
<b>10</b>	<b>S</b>	<b>Na*</b>	<b>11</b>	<b>R</b>	<b>Na*</b>	<b>12</b>	<b>S</b>	<b>Na*</b>	<b>13</b>		<b>Na*</b>	<b>14</b>	<b>S/R</b>	<b>Na*</b>
Western Cheese	393		Baked Cod		220	Meatloaf with Gravy		240	Beef Teriyaki		254	Honey Mustard		394
Omelet	134		Lemon Dill Sauce		111	Sweet Potato		33	Lo Mein Noodles		33	Chicken		
Hash Browns	3		Rice Pilaf		134	Mixed Vegetables		41	Zucchini & Tomato		39	Whipped Potato		52
Peppers & Onions	2		Italian Blend Veg		26	>Wheat Bread		115	Dinner Roll		210	Glazed Carrots		83
Apple Bread Bites	190		Multigrain Bread		100	Peaches		5	#Banana Cake		209	>Multigrain Roll		100
OJ Cup	5		Tropical Fruit		10				Lorna Doones			Tropical Fruit		10
Total Sodium:	727		Total Sodium:		601	Total Sodium:		543	Total Sodium:		744	Total Sodium:		639
Calories: 585	Carbs: 67		Calories: 443		Carbs: 63	Calories: 438		Carbs: 70	Calories: 657		Carbs: 74	Calories: 443		Carbs: 63
<b>17</b>	<b>S</b>	<b>Na+</b>	<b>18</b>	<b>S</b>	<b>Na*</b>	<b>19</b>		<b>Na*</b>	<b>20</b>	<b>S</b>	<b>Na*</b>	<b>21</b>	<b>S</b>	<b>Na*</b>
Sweet and Sour	214		BBQ Pork Patty		307				Chicken Bruschetta		394	Cheese Lasagana		359
Meatballs			Hot Potato Salad		85				Rice Pilaf		134	w/ Tomato Sauce		55
Bow Ties	1		Brussel Sprouts		12				Tahitian Blend		38	Broccoli		12
Green Beans	3		Hamburger Roll		230				Vegetables			Dinner Roll		210
>Multigrain Roll	100		# Red Velvet Cake		230				>Oatmeal Bread		121	Pears		4
Applesauce	49		Pound Cake					Banana		1				
Total Sodium:	423		Total Sodium:		864				Total Sodium:		688	Total Sodium:		640
Calories: 504	Carbs: 72		Calories: 660		Carbs: 85				Calories: 389		Carbs: 53	Calories: 353		Carbs: 57
<b>24</b>	<b>R</b>	<b>Na*</b>	<b>25</b>		<b>Na*</b>	<b>26</b>	<b>S</b>	<b>Na*</b>	<b>27</b>			<b>28</b>	<b>R</b>	<b>Na*</b>
Mexicali	413		Cheeseburger		384	Seafood Casserole*		569	Roast Pork		71	Stir Fry Chicken &		201
Chicken			Ketchup		82	Penne Pasta		1	with Gravy		121	Broccoli		
Spanish Rice	22		Roasted Potato		33	Green Beans		3	Red Bliss Potato		4	Fried Rice		137
Corn	1		Peas & carrots		80	>Multigrain Roll		190	Mixed Vegetables		41	>WW Roll		160
>WW Bread	160		Hamburger Roll		230	Birthday Cake		209	>Oatmeal Roll		121	Mandarin Oranges		7
Mixed Fruit	10		Pineapple		1				Peaches		5			
Total Sodium:	606		Total Sodium:		810	Total Sodium:		972	Total Sodium:		362	Total Sodium:		505
Calories: 437	Carbs: 71		Calories: 663		Carbs: 75	Calories: 594		Carbs: 91	Calories: 522		Carbs: 62	Calories: 504		Carbs: 55
All Meals include:			<p>FOR RESERVATIONS OR CANCELLATIONS CALL 781-784-4944 AT LEAST 24 HOURS IN ADVANCE.</p> <p>FOR WEATHER EMERGENCIES PLEASE CHECK WITH WCVB CHANNEL 5</p> <p>A \$3.00 SUGGESTED VOLUNTARY DONATION IS REQUESTED PER MEAL.</p>											
<p><u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs</p> <p><u>Margarine:</u> 36 Calories 47mg Sodium</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.**