








Monday	Tuesday	Wednesday	Thursday	Friday
<b>1 S</b> *Turkey Stew with 510 Mixed Vegetables Mash Potato 50 Biscuit 310 Mandarin Oranges 7	<b>2 s</b> American Chop Suey 211 Italian Blend 26 Vegetables Multigrain Roll> 190 Applesauce  14	<b>3 R</b> Cajun Chicken 377 Brown Rice 132 Chickpea Blend 309 Vegetables WW Bread> 160 Orange 0	<b>4</b> <b>No Meals Served*</b> 	<b>5</b> *LS Beef Hot Dog 540 Baked Beans 37 Glazed Carrots 83 Hot Dog Roll 210 Tropical Fruit 10
Total Sodium: 877 Calories: 463 Carbs: 72	Total Sodium: 441 Calories: 452 Carbs: 65	Total Sodium: 978 Calories: 535 Carbs: 73		Total Sodium: 880 Calories: 635 Carbs: 76
<b>8</b> Potato Pollock 150 Tartar Sauce 261 Confetti Rice 38 Spring Vegetables 57 Hamburger Bun 230 Sliced Apples 10	<b>9 S</b> Broccoli and Cheese 377 Omelette Hashbrowns 132 Stewed Tomatoes 143 Fruit Loaf > 160 Orange Juice 5	<b>10</b> Chicken Brushetta 366 Whipped Sweet 33 Potato Tahitian Vegetables 38 WW Roll > 160 Mixed Fruit 0	<b>11 S</b> Meat Loaf 230 Onion Gravy 105 Parsley Mash Potato 50 Green Beans 3 Oatmeal Bread > 121 Brownie# 132	<b>12</b> BBQ Meatballs 390 Asian Rice 73 Broccoli 12 Oatmeal Roll > 121 Mandarin Oranges 7
Total Sodium: 746 Calories: 588 Carbs: 77	Total Sodium: 827 Calories: 749 Carbs: 75	Total Sodium: 597 Calories: 351 Carbs: 51	Total Sodium: 641 Calories: 582 Carbs: 84	Total Sodium: 746 Calories: 629 Carbs: 79
<b>15</b> Sausage * 520 Peppers and Onions Pasta Alfredo 121 Sub Roll 162 Peaches 5	<b>16</b> Beef Lo Mein 437 Asian Vegetables 38 Snowflake Roll 260 Pineapple  1	<b>17 S</b> Mac and Cheese * 588 Tomato Florentine 121 WW Roll> 160 Fresh Fruit Salad 4	<b>18 R</b> Lemon Chicken 330 Florentine Rice 107 Carrots 77 Multigrain Bread > 190 Chocolate Chip Cookie* 155	<b>19 S</b> Seafood Stew 307 Linguine Pasta 1 Green Beans 3 Oatmeal Roll > 121 Fresh Orange 0
Total Sodium: 808 Calories: 495 Carbs: 69	Total Sodium: 736 Calories: 606 Carbs: 96	Total Sodium: 873 Calories: 585 Carbs: 96	Total Sodium: 859 Calories: 706 Carbs: 83	Total Sodium: 432 Calories: 505 Carbs: 75
<b>22</b> BBQ Pork Patty 280 Garlic Mash Potato 49 Country Vegetables 32 Wheat Bread> 115 Apple Slices 10	<b>23 S</b> Veggie Chili 214 Black Bean Rice 31 Corn muffin 280 Mixed Fruit 10	<b>24</b> Cheeseburger * 581 Ketchup 82 Potato Wedges 27 Cabbage & Carrots 47 Hamburger Roll 230 Pineapple Chunks 1	<b>25</b> Roast Turkey 449 Rosemary Gravy 117 Red Bliss Potatoes 15 Zucchini & Tomato 39 WW Roll> 160 Canteloupe 0	<b>26</b> Apricot Chicken 354 Cheese Mash Potato 77 Peas 82 Multigrain Bread > 190 Pears  4
Total Sodium: 487 Calories: 420 Carbs: 68	Total Sodium: 535 Calories: 538 Carbs: 97	Total Sodium: 968 Calories: 645 Carbs: 75	Total Sodium: 780 Calories: 458 Carbs: 65	Total Sodium: 707 Calories: 541 Carbs: 84
<b>29 S</b> Tuna Noodle Cassero 351 Broccoli & Carrots 15 Scali Bread 310 Flavored Applesauce 15 	<b>30 R</b> Mexicali Chicken 162 Spanish Rice 23 Brussel Sprouts 12 Snowflake Roll 260 Mixed fruit 10	<b>31</b> Maple Glazed Pork 147 with Gravy Roasted Potatoes 28 Mixed Vegetables 41 WW Roll > 160 Birthday Cake 240	All Meals include:  <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs  <u>Margarine:</u> 36 Calories 47mg Sodium	<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>
Total Sodium: 690 Calories: 438 Carbs: 69	Total Sodium: 466 Calories: 468 Carbs: 75	Total Sodium: 614 Calories: 493 Carbs: 56		