



Monday	Tuesday	Wednesday	Thursday	Friday
<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>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.</p>	<p>ENDLESS SUMMER</p>	<p>1 Sodium (mg): Na*</p> <p>Pot Roast 71 Mushroom Gravy 142 Egg Noodles 30 Peas & Mushrooms 133 Banana 1 White Bread 120</p> <p>Total Sodium: 498 Calories: 595 Carbs 76</p>	<p>2 Sodium (mg): Na*</p> <p>Catch of the Day 220 w/ Chili & Garlic Sauce 107 Rice Florentine 3 Green Beans 160 Whole Wheat Roll> 6 Mandarin Oranges 5</p> <p>Total Sodium: 501 Calories: 331 Carbs 53</p>
<p>5 Na*</p> <p>Hot Dog * 540 Mustard 55 Baked Beans 37 Cabbage & Carrots 46 Hot Dog Roll 210 Mixed Fruit 10</p>	<p>6 Na*</p> <p>Beef & Broccoli 109 Asian Rice 73 WW Roll> 160 Pineapple 1</p>	<p>7 Na*</p> <p>Meatball Sub 265 Italian Pasta 1 Italian Blend Veg. 26 Sub Roll 162 Peaches 5</p>	<p>9 Na*</p> <p>Roast Turkey w/ Gravy 303 Yukon Potatoes 49 Squash Blend 3 Multigrain Roll> 190 Oatmeal cookie# 124 Diet Lorne Doones</p>	<p>8 Na*</p> <p>Teriyaki Chicken 226 Brown Rice 31 Oriental Blend Veg 26 Multigrain Bread> 190 Pears </p>
<p>Total Sodium: 899 Calories: 599 Carbs: 71</p>	<p>Total Sodium: 343 Calories: 545 Carbs: 62</p>	<p>Total Sodium: 460 Calories: 542 Carbs 71</p>	<p>Total Sodium: 519 Calories: 786 Carbs 79</p>	<p>Total Sodium: 411 Calories: 467 Carbs 55</p>
<p>12 Na*</p> <p>Macaroni & Cheese * 588 Tomato Florentine 50 Oatmeal Roll> 121 Mandarin Oranges 6</p>	<p>13 Na*</p> <p>Chicken Parmesan 679 Penne Pasta 1 Mixed Vegetable 41 Dinner Roll 210 Fresh Plum 9</p>	<p>14 Na*</p> <p>Beef Chili 176 Jasmine Rice 31 Summer Veg 57 Snowflake Roll 260 Applesauce 20</p>	<p>15 Na*</p> <p>Turkey Tetrazzini 420 Green Beans & Peppers 16 WW Bread> 160 Oreo Cookies# 85 Diet Graham Wafer</p>	<p>16 Na*</p> <p>Cod w/ Plum Sauce 268 Yellow Rice 32 Spring Blend Veg. 57 Wheat Bread> 115 Pears 4</p>
<p>Total Sodium: 765 Calories: 489 Carbs: 71</p>	<p>Total Sodium: 939 Calories: 543 Carbs: 80</p>	<p>Total Sodium: 545 Calories: 527 Carbs 81</p>	<p>Total Sodium: 682 Calories: 668 Carbs 113</p>	<p>Total Sodium: 476 Calories: 379 Carbs 60</p>
<p>19</p> <p>Sausage * 520 Peppers & Onions Dirty Rice 132 Sub Roll 162 Pineapple </p>	<p>20 Na*</p> <p>Roast Pork 71 w/ Apple Gravy 105 Red Bliss Potatoes 15 Brussel Sprouts 12 Whole Wheat Roll> 160 Lemon Pudding# 101 Diet Pudding</p>	<p>21 Na*</p> <p>Lasagna Roll Up 414 w/ Bolognese Sauce Roman Blend 26 Vegetables Dinner Roll 210 Fresh Pear 4</p>	<p>22 Na*</p> <p>Honey Ginger Chicken with Vegetables 132 Roasted Potatoes 41 Oatmeal Roll> 28 Tropical Fruit 121 10</p>	<p>23 Na*</p> <p>Stuffed Chicken * 550 Yellow Rice 32 Green Beans 3 Multigrain Roll > 190 Mixed Fruit </p>
<p>Total Sodium: 816 Calories: 441 Carbs: 66</p>	<p>Total Sodium: 464 Calories: 462 Carbs: 48</p>	<p>Total Sodium: 777 Calories: 386 Carbs 58</p>	<p>Total Sodium: 331 Calories: 505 Carbs 69</p>	<p>Total Sodium: 669 Calories: 779 Carbs 72</p>
<p>26 Na*</p> <p>Cheeseburger* 581 Hamburger Roll 230 Ketchup 82 Potato Wedges 27 Chuckwagon Corn 2 Pineapple 1</p>	<p>27 Na*</p> <p>Chicken Stew 307 w/ vegetables Confetti Rice 38 Dinner Roll 210 Mixed Fruit 10</p>	<p>28 Na*</p> <p>Spanish Omelet 376 Hash Browns 132 Tomato & Zucchini 39 Fruit Loaf> 180 Fresh Orange 0</p>	<p>29 Na*</p> <p>Salisbury Steak w/ Gravy 381 Cheesy Mashed Potatoes 77 Glazed Carrots 83 Multigrain Bread> 190 Birthday Cake 209</p>	<p>30 Na*</p> <p>Salmon 67 Italian Herb Sauce 10 Rice Pilaf 130 Broccoli 12 WW Roll> 160 Peaches 5</p>
<p>Total Sodium: 923 Calories: 694 Carbs: 87</p>	<p>Total Sodium: 565 Calories: 456 Carbs: 62</p>	<p>Total Sodium: 706 Calories: 548 Carbs 77</p>	<p>Total Sodium: 1082 Calories: 768 Carbs 104</p>	<p>Total Sodium: 384 Calories: 483 Carbs 54</p>