



Monday	Tuesday	Wednesday	Thursday	Friday
All Meals include: Milk: 110 Calories 125mg Sodium 13g Carbs Margarine: 36 Calories 47mg Sodium	1 Asian Meatballs 350 Lo Mein 29 Oriental Blend 38 Vegetables Oatmeal Bread> 121 Fresh Orange 0 Total Sodium: 558 Calories: 615 Carbs 95	2 Fish Fillet Sandwich 337 Tartar Sauce 261 Hashbrowns 132 Hot Slaw 81 Hamburger Roll 230 Peaches 5 Total Sodium: 1045 Calories: 704 Carbs 83	3 Chicken Cacciatore 377 Penne Pasta 1 Italian Blend 26 Vegetables WW Roll> 160 Lorne Doones 85 Total Sodium: 649 Calories: 495 Carbs 70	4 Taco Day Beef Taco 408 Rice & Beans 31 Onions & Peppers 41 Tortilla 236 Banana 1 Total Sodium: 716 Calories: 501 Carbs 73
7 White Bean and Chicken Chili 121 Rice Florentine 107 Corn Muffin 280 Tropical Fruit 10 Total Sodium: 518 Calories: 411 Carbs: 62	8 Meatloaf w/ Gravy 230 Baked Potato 59 Brussel Srouts 12 Multigrain Bread> 190 Fresh Apple 2 Total Sodium: 492 Calories: 426 Carbs 71	9 Terryaki Chicken 479 Pineapple Rice 31 Green Beans 3 WW Roll> 160 Pineapple 1 Total Sodium: 674 Calories: 402 Carbs 61	10 Roast Turkey/Gravy 303 Parsley Mashed 50 Potato Winter Squash 11 Dinner Roll 210 Pound Cake 240 Total Sodium: 814 Calories: 570 Carbs 95	11 Spinach Omelet 376 Escalloped Tomato 143 Hash Browns 132 Fruitloaf > 160 Orange Juice 5 Total Sodium: 815 Calories: 542 Carbs 73
14 No Meals Served 	15 Turkey Pot Pie 210 Cheesy Mashed Potato 77 Biscuit 310 Mandarin Oranges 6 Total Sodium: 603 Calories: 524 Carbs 71	16 Baked Cod with Margherita Sauce 226 Confetti Rice 38 Scandinavian 42 Mixed Vegetables WW Roll> 160 Peaches 5 Total Sodium: 471 Calories: 336 Carbs 57	17 American Chop Suey 211 Green Beans 3 Multigrain Bread> 190 Fig Newtons 65 Total Sodium: 470 Calories: 498 Carbs 73	18 Honey Mustard 352 Chicken Mashed Potato 49 Peas & Carrots 80 Oatmeal Bread> 121 Sliced Apples 10 Total Sodium: 611 Calories: 499 Carbs 80
21 BBQ Hamburger 374 Potato Wedges 27 Chuck Wagon Corn 2 Hamburger Bun 230 Pink Lady Apple 0 Total Sodium: 634 Calories: 669 Carbs: 92	22 Na* Chicken&Corn Stew 307 Broccoli 12 WW Bread> 160 Mixed Fruit 10 Total Sodium: 489 Calories: 389 Carbs 71	23 Hawaiian Meatballs 266 Egg Noodles 30 Mixed Vegetables 41 Snowflake Roll 260 Pineapple 1 Total Sodium: 598 Calories: 649 Carbs 102	24 Roast Pork with Apple Gravy 176 Yukon Potato 28 Glazed Carrot 80 Oatmeal Bread> 121 Birthday Cake 240 Total Sodium: 645 Calories: 610 Carbs 72	25 Macaroni & Cheese 588 Escalloped Tomato 143 Fruitloaf> 160 Mixed Fruit 10 Total Sodium: 901 Calories: 633 Carbs 93
28 Chicken & Gravy 385 Augratin Potatoes 172 Glazed Carrots 83 Multigrain Roll> 190 Fresh Plum 0 Total Sodium: 830 Calories: 459 Carbs: 63	29 Pork Lo Mein 254 Mixed Vegetables 41 Oatmeal Bread> 121 Applesauce 15 Total Sodium: 429 Calories: 556 Carbs 81	30 Salisbury Steak with Gravy 381 Vegetable Rice 107 Broccoli 12 White Bread 120 Pears 5 Total Sodium: 626 Calories: 508 Carbs 48	31 Spooky Shepherd's Pie 261 Carrots & "Eyeballs" 80 Dinner Roll 210 Halloween Cake 140 Total Sodium: 791 Calories: 710 Carbs 103	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.