



Monday	Tuesday	Wednesday	Thursday	Friday
1 No Meals Served  Happy LABOR DAY	2 Chicken Faitas 409 Rice and Beans 31 Peppers and Onions 10 Tortila 236 Pineapple 1 	3 Pork Roast w/ Gravy 184 Red Bliss Potatoes 15 Mixed Veg. 41 Wheat Roll > 160 Melon Cup 0	4 Lentil Bolognese 260 Cavatappi Pasta 1 Green Peas & 133 Mushrooms White Bread 120 Apple 2	5 Fish Cakes* 610 Rice Florentine 107 Green Beans 3 Wheat Roll> 160 Mandarin Oranges 6
	Total Sodium: 414 Calories: 687 Carbs: 57	Total Sodium: 400 Calories: 512 Carbs: 65	Total Sodium: 515 Calories: 651 Carbs: 126	Total Sodium: 887 Calories: 420 Carbs: 71
8 Stuffed Shells with Marinara Sauce 228 Italian Blend Veg. 55 WG Roll > 26 Diced Peaches 160 5	9 Beef and Broccoli 109 Asian Rice 73 Wheat Roll > 160 Pineapple 1 	10 Hot Dog* 540 Baked Mac & Cheese 168 Carrot Coins 77 Hot Dog Bun 210 Fresh Orange 0	11 Philly Beef with Peppers and Onions 248 Tater Tots 132 Sub Roll 162 Oatmeal Cookie 124	12 Chicken with Teriyaki Sauce 320 Brown Rice 159 Asian Blend Veg. 31 Mulitgrain Bread> 26 Tropical Fruit Mix 190 10
Total Sodium: 75 Calories: 395 Carbs: 68	Total Sodium: 343 Calories: 548 Carbs: 63	Total Sodium: 995 Calories: 582 Carbs: 62	Sodium: 666 Calories: 485 Carbs: 63	Total Sodium: 736 Calories: 425 Carbs: 59
15 Cheese Ravioli 238 Alfredo Sauce 120 Broccoli 12 Oatmeal Roll> 121 Mandarin Oranges 7	16 Chicken Parmesan 410 Penne Pasta 1 Mixed Veg. 41 Dinner Roll 210 Fresh Plum 0	17 Beef Chili 176 Jasmine Rice 4 Summer Sq Blend Veg. 3 Snowflake Roll 260 Applesauce 15	18 Turkey Divan 375 Mashed Potato 49 WW Bread> 160 Oreos 85 	19 "COTD" w/ Garlic Sauce 434 Yellow Rice 32 Green Beans 3 WW Roll> 121 Pineapple 1
Total Sodium: 498 Calories: 327 Carbs: 52	Total Sodium: 661 Calories: 448 Carbs: 65	Total Sodium: 459 Calories: 505 Carbs: 81	Total Sodium: 669 Calories: 573 Carbs: 74	Total Sodium: 591 Calories: 770 Carbs: 71
22 Potato Custed Pollock 337 Confetti Rice 38 Mixed Veg 41 Hamburger Bun 230 Apple Slices 10 	23 Florentine Omelet 360 Hashbrowns 132 Broccoli with Cheese 132 Fruitloaf > 160 Orange Juice 5	24 Baked Stuffed Chicken 410 Sweet Potato 33 Italian Blend Veg 26 Wheat Roll > 160 Birthday Cake 240	25 Meatloaf with Onion Gravy 230 Whipped Potatoes 105 Green Beans 49 Dinner Roll 3 Red Velvet Cake# 210 Mod: Graham Wafer	26 Chicken Meatballs 210 Greek Sauce 113 Couscous 36 Jardiniere Veg Blend 39 Oatmeal Roll> 121 Mandarin Oranges 7
Total Sodium: 655 Calories: 618 Carbs: 82	Total Sodium: 789 Calories: 630 Carbs: 75	Total Sodium: 869 Calories: 622 Carbs: 86	Total Sodium: 807 Calories: 645 Carbs: 87	Total Sodium: 525 Calories: 491 Carbs: 64
29 Sausage with * 520 Peppers and Onions Alredo Pasta 1 Sub Roll 162 Peaches 9 	30 Pork Lo Mein 254 Asian Blend Veg 26 Snowflake Roll 260 Pineapple 1	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.		All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium
Total Sodium: 684 Calories: 510 Carbs: 71	Total Sodium: 541 Calories: 623 Carbs: 95			

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.