



Monday	Tuesday	Wednesday	Thursday	Friday
All Meals include: Milk: 110 Calories 125mg Sodium 13g Carbs Margarine: 36 Calories 47mg Sodium	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.	1 Fish Sandwich 150 Lemon Rice 130 Green Bean/Red Pep 3 WW Hamburger Bun# 230 Diced Peaches 5 Total Sodium: 517 Calories: 493 Carbs: 76	2 Meatloaf w/ 230 Brown Gravy 105 Baked Potato 28 Brussels Sprouts 12 Multigrain Bread # 190 Fresh Apple 2 Total Sodium: 556 Calories: 442 Carbs: 73	3 Chicken Breast 320 w/ Teriyaki Sauce 159 Pineapple Rice 31 Mixed Fruit 41 Dinner Roll 210 Diced Pears 4 Total Sodium: 764 Calories: 408 Carbs: 60
6 Cheese Omelet 312 Hashbrown Patty 132 Tomato Florentine 121 Snack N Loaf# 160 Orange Juice 5  Total Sodium: 729 Calories: 553 Carbs: 65	7 Roast Turkey 303 w/ Rosemary Gravy 117 Parsley Mashed Potato 50 Butternut Squash 11 Oatmeal Roll# 121 Pound Cake 240 Total Sodium: 842 Calories: 592 Carbs: 96	8 Honey Mustard Chicken 475 Parmesan Risotto 130 Peas & Carrots 80 Snowflake Roll 260 Apples Slices 10 Total Sodium: 955 Calories: 488 Carbs: 82	9 Chicken Pot Pie 307 Whipped Potatoes 49 Garlic Green Beans 3 Biscuit 310 Mandarin Oranges 7 Total Sodium: 676 Calories: 547 Carbs: 80	10 Fresh Catch of the Day 60 w/ Margherita Sauce 57 Confetti Rice 38 Scandinavian Blend Veg. 42 WW Roll# 160 Diced Peaches 5 Total Sodium: 482 Calories: 347 Carbs: 59
13 No Meals Served  Total Sodium: Calories: Carbs:	14 American Chop Suey 254 Broccoli 12 Multi Grain Bread# 190 Fig Newton 85  Total Sodium: 499 Calories: 486 Carbs: 65	15 Vegetarian Chili 214 White Rice 31 Whole Kernel Corn 1 WW Roll# 160 Mixed Tropical Fruit 10 Total Sodium: 417 Calories: 561 Carbs: 107	16 BBQ Beef Burger 374 Sliced Swiss Cheese 53 Potato Wedges 27 Chuckwagon Blend Veg. 2 Hamburger Bun 230 Fresh Pear 0  Total Sodium: 685 Calories: 742 Carbs: 82	17 Chicken Stew 307 Mixed Veg Blend 41 Oatmeal Bread# 121 Mixed Fruit 10  Total Sodium: 478 Calories: 406 Carbs: 56
20 Chicken Meatballs 210 w/ Hawaiian Sauce 98 Egg Noodles 30 California Blend Veg. 27 Snowflake Roll 260 Pineapple Tidbits 1 Total Sodium: 627 Calories: 581 Carbs: 81	21 Pork Roast 71 Apple Cider Gravy 105 Yukon Gold Potatoes 28 Glazed Carrots 83 Oatmeal Bread# 121 Mixed Fruit 10 Total Sodium: 418 Calories: 502 Carbs: 62	22 Macaroni & Cheese* 588 Escalloped Tomatoes 143 Snack N Loaf# 160 Peaches 5 Total Sodium: 896 Calories: 628 Carbs: 92	23 Chicken Breast 320 w/ Gravy 65 Au Gratin Potatoes 172 Italian Blend Veg. 26 Dinner Roll 210 Lorne Doones 85 Total Sodium: 879 Calories: 513 Carbs: 67	24 Beef Lo Mein 254 Asian Blend Veg. 26 Wheat Roll# 160 Mandarin Oranges 7  Total Sodium: 446 Calories: 533 Carbs: 77
27 Turkey Divan 375 Red Bliss Potatoes 15 Oatmeal Bread# 121 Diced Peaches 5 Total Sodium: 516 Calories: 433 Carbs: 52	28 Shepherd's Pie 261 Mixed Veg. 41 Wheat Roll# 115 Diced Pears 4  Total Sodium: 421 Calories: 566 Carbs: 85	29 Cheese Lasagna Roll 414 Tomato Basil Sauce 55 Green Beans 3 Wheat Dinner Roll# 160 Birthday Cake 240 Total Sodium: 872 Calories: 493 Carbs: 75	30 Chicken Fajitas 275 Rice and Beans 31 Peppers and Onions 41 Tortilla 236 Pineapple 1 Total Sodium: 583 Calories: 478 Carbs: 70	31 "Halloween" Hot Dog* 540 Baked Beans 37 "Spooky" Broccoli 12 Hot Dog Bun 210 Halloween Cookie 55 Mustard 55  Total Sodium: 910 Calories: 614 Carbs: 69

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.

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