



Monday	Tuesday	Wednesday	Thursday	Friday
3 S/R Herb Pollock 180 w/ Newburg Sauce 62 Yellow Rice 32 Green Beans 3 Wheat Roll# 160 LS Pudding 161 Total Sodium: 539 Calories: 394 Carb 58	4 Pork Roast 66 w/ Gravy 113 Egg Noodles 30 Glazed Carrots 83 Applesauce 15 Multigrain Bread# 190 Total Sodium: 497 Calories: 552 Carbs: 69	5 Tofu Fried Rice 298 Broccoli 12 Wheat Bread# 160 Mandarin Oranges 7  Total Sodium: 477 Calories: 372 Carbs: 47	6 BBQ Beef Rib Patty 403 Red Bliss Potatoes 15 Chuckwagon Veg Blend 2 Hamburger Bun 230 Oatmeal Raisin Cookie 124 Total Sodium: 774 Calories: 551 Carbs: 81	7 All Beef Hot Dog 540 Baked Beans 37 Whole Kernel Corn 1 Mandarin Oranges 7 Hot Dog bun 210 Total Sodium: 795 Calories: 639 Carbs: 82
10 S Chicken Salad 285 Bowtie Pasta Salad 413 Coleslaw 81 Sub Roll 162 Mixed Fruit 10 Total Sodium: 952 Calories: 694 Carb 100	11 No Meals Served  Total Sodium: 597 Calories: 460 Carb 75	12 S Beef Stroganoff 281 Egg Noodles 30 Green Peas 82 Snowflake Roll 160 Mixed Fruit 10 Total Sodium: 664 Calories: 751 Carbs: 84	13 S Cannellini Bean Cacciatore 260 Rice 4 Sliced Carrots 77 Oatmeal Roll# 121 Pineapple Tidbits 1 Total Sodium: 463 Calories: 587 Carbs: 115	14 S/R Breaded Pollock Square 150 Lemon Couscous 36 Green Bean/Red Pep 3 Wheat Roll # 160 Diced Peaches 5 Total Sodium: 354 Calories: 472 Carbs: 75
17 S Meatloaf 230 w/ Onion Gravy 105 Baked Potato 59 Brussels Sprouts 12 Multigrain Bread# 190 Fresh Apple 2 Total Sodium: 597 Calories: 460 Carb 75	18 Bruschetta Chicken 366 Confetti Rice 38 Green Beans 3 WW Bread# 160 Diced Pears 5 Total Sodium: 572 Calories: 407 Carb 60	19 S Spanish Omelet 376 Hashbrowns 132 Escalloped Tomatoes 143 Fruitloaf# 160 Orange Juice 5 Total Sodium: 815 Calories: 542 Carbs: 73	20 Turkey Breast 303 w/ Rosemary Gravy 117 Parsley Mashed Potato 50 Butternut Squash 11 Dinner Roll 210 Apple Caramel Pie> 210 Mod: Pumpkin Pudding Total Sodium: 901 Calories: 679 Carbs: 97	21 S/R Glazed Salmon 67 Parmesan Risotto 130 Peas & Carrots 80 Oatmeal Bread# 121 Apples Slices 10  Total Sodium: 407 Calories: 384 Carbs: 52
24 S Chicken Pot Pie 307 Whipped Potatoes 49 Garlic Green Beans 3 Biscuit 310 Mandarin Oranges 7 Total Sodium: 676 Calories: 547 Carb 80	25 S/R Fresh COTD 180 w/ Lemon Dill Sauce 106 Confetti Rice 38 Scandinavian Veg. Blend 42 Diced Peaches 5 Wheat Roll# 160 Total Sodium: 530 Calories: 358 Carbs: 58	26 S American Chop Suey 211 Broccoli 3 Multigrain Bread 190 Birthday Cake 240  Total Sodium: 645 Calories: 558 Carbs: 78	27 No Meals Served  THANKSGIVING	28 Happy Shopping!! No Meals Served 
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.		 Menu is subject to change Thank you for understanding	

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.