



| Monday                                                                                                                                                                               | Tuesday                                                                                                                                                                                                           | Wednesday                                                                                                                   | Thursday                                                                                                           | Friday                                                                                                                                                                    |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>2</b>                                                                                                                                                                             | <b>3</b> S/R                                                                                                                                                                                                      | <b>4</b> S                                                                                                                  | <b>5</b>                                                                                                           | <b>6</b> S Sodium (mg): Na <sup>+</sup>                                                                                                                                   |
| Veggie Fried Rice 38<br>Japanese Blend Veg 26<br>Multigrain Bread> 190<br>Mandarin Oranges 7<br>    | Baked Stuffed Cod 220<br>Cous Cous 36<br>Green Beans 3<br>Dinner Roll 210<br>Fresh Plum 0                                                                                                                         | Beef Stew 265<br>Mashed Potato 49<br>Corn bread 280<br>Red Velvet Cake# 210<br>Mod: Graham Wafers                           | Herbed Baked Chicken 392<br>Baked Potato 59<br>Italian Blend Veg 26<br>WW Roll> 160<br>Applesauce 15               | Sloppy Joes 222<br>Bow Tie Pasta 1<br>Corn 1<br>WW Hamburger > 230<br>Pineapple 1                                                                                         |
| Total Sodium: 261<br>Calories: 456 Carbs: 92                                                                                                                                         | Total Sodium: 470<br>Calories: 335 Carbs: 52                                                                                                                                                                      | Total Sodium: 804<br>Calories: 813 Carbs: 95                                                                                | Total Sodium: 651<br>Calories: 425 Carbs: 61                                                                       | Total Sodium: 5455<br>Calories: 553 Carbs: 90                                                                                                                             |
| <b>9</b>                                                                                                                                                                             | <b>10</b>                                                                                                                                                                                                         | <b>11</b> S                                                                                                                 | <b>12</b> S                                                                                                        | <b>13</b> S                                                                                                                                                               |
| BBQ Hamburger w/ 253<br>Swiss Cheese 174<br>Tator Tots 27<br>Mixed Veg 41<br>Hamburger Bun 230<br>Apple Slices 10                                                                    | Honey Mustard Chicken 352<br>White Rice 31<br>Chickpea Blend Veg 52<br>Multigrain Roll> 190<br>Pears                             | Pot Roast w/ Gravy 243<br>Parsley Mashed Potatc 49<br>Cabbage & Carrots 47<br>Oatmeal Roll> 121<br>Vanilla Pudding 173      | Tuna Salad 408<br>Pasta Salad 56<br>ColeSlaw 81<br>Sub Roll 162<br>Fresh Clementine 0                              | Mac and Cheese 588<br>Flortentine Tomatoes 121<br>Fruitloaf> 160<br>Mixed Fruit 10<br> |
| Total Sodium: 734<br>Calories: 723 Carbs: 74                                                                                                                                         | Total Sodium: 630<br>Calories: 432 Carbs: 63                                                                                                                                                                      | Total Sodium: 633<br>Calories: 569 Carbs: 68                                                                                | Total Sodium: 707<br>Calories: 454 Carbs: 61                                                                       | Total Sodium: 879<br>Calories: 623 Carbs: 90                                                                                                                              |
| <b>16</b>                                                                                                                                                                            | <b>17</b>                                                                                                                                                                                                         | <b>18</b>                                                                                                                   | <b>19</b>                                                                                                          | <b>20</b>                                                                                                                                                                 |
| <b>No Meals Served</b><br>                                                                          | Greek Meatballs 329<br>Confetti Rice 38<br>Genoa Blend Veg 40<br>Snowflake Roll 160<br>Peaches                                 | Breaded Pollock 302<br>Tartar Sauce 261<br>Roasted Potato 28<br>Green Beans 3<br>Multigrain Bread> 190<br>Fruit Cocktail 10 | Roast Turkey w/ 512<br>Gravy 65<br>Mashed Potato 49<br>Winter Squash 11<br>WW Roll> 160<br>Applesauce 15           | Chicken Piccata 330<br>Rotini Pasta 1<br>Broccoli 12<br>Scali Bread 310<br>Cheesecake# 189<br>Mod: Lorne Doone                                                            |
| Total Sodium: 690<br>Calories: 516 Carbs: 83                                                                                                                                         | Total Sodium: 672<br>Calories: 520 Carbs: 71                                                                                                                                                                      | Total Sodium: 794<br>Calories: 662 Carbs: 72                                                                                | Total Sodium: 812<br>Calories: 549 Carbs: 86                                                                       | Total Sodium: 933<br>Calories: 821 Carbs: 85                                                                                                                              |
| <b>23</b> S                                                                                                                                                                          | <b>24</b>                                                                                                                                                                                                         | <b>25</b>                                                                                                                   | <b>26</b> S                                                                                                        | <b>27</b> S                                                                                                                                                               |
| Stuffed Shells w/ 228<br>Alfredo Sauce 120<br>Italian Blend Veg 26<br>Italian Bread 310<br>Pears  | Hot Dog* 540<br>Ketchup 82<br>Mac and Cheese 168<br>Carrot Coins 77<br>Hot Dog Bun 210<br>Fresh Apple 2                                                                                                           | Chicken Stir Fry 246<br>Lo Mein Noodles 29<br>Oriental Blend Veg 21<br>Oatmeal Roll> 121<br>Birthday Cake 240               | Meatloaf w/ 230<br>Brown Gravy 105<br>Cheesey Mashed Potatc 77<br>Mixed Veg 41<br>Wheat Roll> 160<br>Pineapple 1   | Spanish Omelet 376<br>Hashbrowns 132<br>Peppers and Onions 39<br>Fruitloaf> 160<br>Orange Juice 5                                                                         |
| Total Sodium: 690<br>Calories: 516 Carbs: 83                                                                                                                                         | Total Sodium: ###<br>Calories: 607 Carbs: 70                                                                                                                                                                      | Total Sodium: 657<br>Calories: 627 Carbs: 95                                                                                | Total Sodium: 613<br>Calories: 502 Carbs: 86                                                                       | Total Sodium: 711<br>Calories: 523 Carbs: 71                                                                                                                              |
| All Meals include:<br><br><u>Milk:</u><br>110 Calories<br>125mg Sodium<br>13g Carbs<br><br><u>Margarine:</u><br>36 Calories<br>47mg Sodium                                           | FOR RESERVATIONS OR CANCELLATIONS CALL 781-784-4944 AT LEAST 24 HOURS IN ADVANCE.<br>FOR WEATHER EMERGENCIES PLEASE CHECK WITH WCVB CHANNEL 5<br><br>A \$3.00 SUGGESTED VOLUNTARY DONATION IS REQUESTED PER MEAL. |                                          | <b>HAPPY VALENTINE'S DAY</b>  | <br><br>Menu subject to change<br>Thank you for undertsanding!                       |