



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6 Sodium (mg): Na*
Sausage, Pepper and Onion Sub Alfredo Pasta Sub Roll Peaches	Pasta Primavera Peas and Mushrooms Oatmeal Roll> Pineapples 	Crustless Chicken Pot Pie Mashed Potatoes Buscuit Chocolate Chip Cookie# Mod: SF cookie	Roast Pork w/ Apple Gravy Roasted Potato Green Beans Wheat Roll> Pears	Glazed Salmon Orzo Jardiniere Blend Vegetables Multigrain Bread> Fresh Banana
Total Sodium: 495 Calories: 808 Carbs: 69	Total Sodium: 595 Calories: 373 Carbs: 66	Total Sodium: 821 Calories: 712 Carbs: 98	Total Sodium: 372 Calories: 486 Carbs: 58	Total Sodium: 463 Calories: 543 Carbs: 82
9	10	11	12	13
Lasgna Roll Ups w/ Tomato Sauce Italian Blend` Vegetable Scali Bread Mixed Fruit	Turkey Divan White Rice WW Roll> Fresh Orange 	Ziti w/ Bolognese Sauce Italian Green Beans Multigrain Roll> Cupcake# Mod: Graham Cracke	Sweet & Sour Chicken Fried Rice Japanese Blend Vegetable White Bread Mandarin Oranges	COTD w/ Newburg Sauce Red Bliss Potato Mixed Veg Oatmeal Roll> Peaches
Total Sodium: 815 Calories: 460 Carbs: 77	Total Sodium: 567 Calories: 470 Carbs: 59	Total Sodium: 637 Calories: 719 Carbs: 89	Total Sodium: 689 Calories: 390 Carbs: 66	Total Sodium: 424 Calories: 340 Carbs: 57
16	17	18	19	20
Veggie Lo Mein Peas and Mushrooms Multigrain Bread> Pineapple	Cornbeef* Boiled Potatoes Cabbage and Carrots Irish Raisin Bread Pistacchio Pudding# Mod: LS pudding	Beef Stroggonff Egg Noodles Green Beans WW Roll> Pears 	Baked Stuffed Chicken* Roasted Potato Country Blend Vegetables Oatmeal Bread> Apple Slices	Egg Salad Potato Salad Broccoli Slad Sub Roll Tropical Fruit
Total Sodium: 372 Calories: 594 Carbs: 119	Total Sodium: 1144 Calories: 473 Carbs: 58	Total Sodium: 480 Calories: 645 Carbs: 67	Total Sodium: 811 Calories: 524 Carbs: 70	Total Sodium: 939 Calories: 491 Carbs: 67
23	24	25	26	27
BBQ Pork Rib Baked Beans Chuckwagon Corn Hamburger Bun Mandrin Oranges	Bruschetta Chicken Rice Pilaf Scandinavian Blend Vegetable Multigrain Bread> Fresh Plum	Pot Roast w/ Gravy Mashed Potato Roasted Carrots Dinner Roll Birthday Cake	Lentil Bolognese Ditalini Pasta Broccoli WW Roll> Mixed Fruit	Mac and Cheese Escalloped Tomatoes Fruitloaf> Pineapple 
Total Sodium: 556 Calories: 503 Carbs: 81	Total Sodium: 727 Calories: 394 Carbs: 54	Total Sodium: 819 Calories: 679 Carbs: 89	Total Sodium: 347 Calories: 514 Carbs: 69	Total Sodium: 892 Calories: 647 Carbs: 97
30	31	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.		HAPPY St. Patrick's Day   Menu subject to change Thank you for undersanding!
Tuna Salad Pasta Salad Cole slaw Hot Dog Bun Applesauce	Spaghetti and Meatballs Italian Blend Vegetable Scali Bread Pears			
Total Sodium: 769 Calories: 462 Carbs: 63	Total Sodium: 607 Calories: 574 Carbs: 86			

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