



Monday	Tuesday	Wednesday	Thursday	Friday
<p>All Meals include:</p> <p><u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs</p> <p><u>Margarine:</u> 36 Calories 47mg Sodium</p>	<p>FOR RESERVATIONS OR CANCELLATIONS CALL 781-784-4944 AT LEAST 24 HOURS IN ADVANCE.</p> <p>FOR WEATHER EMERGENCIES PLEASE CHECK WITH WCVB CHANNEL 5</p> <p>MENU SUBJECT TO CHANGE</p>	<p><b>1</b></p> <p>BBQ Chicken 464 Potato Wedge 27 Hot German Slaw 81 Multigrain &gt; 190 Lemon Pudding 173</p> <p>Total Sodium: 935 Calories: 543 Carbs: 64</p>	<p><b>2</b></p> <p><b>Easter Meal</b></p> <p>Ham w/Pineapple * 580 Au Gratin Potato 172 Glazed Carrot 83 Wheat Roll&gt; 160 Fruit Cocktail w/ Topping 10</p> <p>Total Sodium: 1005 Calories: 402 Carbs: 67</p>	<p><b>3</b> S/R</p> <p>COTD 180 w/ Chili Garlic Sauce 106 Rice Pilaf 130 Green Bean 3 Oatmeal Bread&gt; 121 Peaches 5</p> <p>Total Sodium: 545 Calories: 347 Carbs: 54</p>
<p><b>6</b> S</p> <p>Mac and Cheese* 588 Escalloped Tomates 143 Fruitloaf&gt; 160 Orange 0</p>  <p>Total Sodium: 891 Calories: 643 Carbs: 96</p>	<p><b>7</b></p> <p>Chili 176 White Rice 31 Cornbread 280 Pears 5</p>  <p>Total Sodium: 494 Calories: 597 Carbs: 98</p>	<p><b>8</b> S</p> <p>Fish Cakes* 610 Lyonnaise Potato 52 Country Blend Vegetable 1 WW Roll&gt; 160 Sugar Cookie# 155 Mod: Lorne Doone</p> <p>Total Sodium: 978 Calories: 656 Carbs: 107</p>	<p><b>9</b> S</p> <p>Braised Beef w/Gravy 243 Sweet Potato 33 Peas &amp; Mushrooms 133 Multigrain Bread&gt; 190 Canteloupe 2</p> <p>Total Sodium: 601 Calories: 619 Carbs: 87</p>	<p><b>10</b> S</p> <p>Chicken Salad 286 Bow Tie Pasta Salad 56 Cole Slaw 50 Sub Roll 172 Mandarin Oranges 7</p> <p>Total Sodium: 560 Calories: 496 Carbs: 61</p>
<p><b>13</b></p> <p>Hot Dog 540 Baked Beans 37 Cabbage and Carrots 47 Relish 81 Hot Dog Bun 210 Mixed Fruit 10</p> <p>Total Sodium: 925 Calories: 609 Carbs: 74</p>	<p><b>14</b></p> <p>Teriyaki Chicken 479 Lo Bein Noodles 29 Asian Blend Vegetable 26 Multigrain Bread&gt; 190 Banana 1</p> <p>Total Sodium: 725 Calories: 580 Carbs: 97</p>	<p><b>15</b> S</p> <p>Meatloaf w/ Gravy 333 Parksey Mashed 50 Brussel Sprout 12 Rye Bread&gt; 330 Pears 5</p> <p>Total Sodium: 740 Calories: 497 Carbs: 83</p>	<p><b>16</b></p> <p>Chicken Floretine 370 Spaghetti 1 Broccoli 12 Dinner Roll 210 Brownie 160</p>  <p>Total Sodium: 753 Calories: 660 Carbs: 90</p>	<p><b>17</b> S/R</p> <p>Glazed Salmon 67 Cous Cous 36 Mixed Vegetable 41 Oatmeal Bread&gt; 121 Peaches 5</p> <p>Total Sodium: 269 Calories: 410 Carbs: 60</p>
<p><b>20</b></p> <p>Patriots Day! No Meals Served</p> 	<p><b>21</b></p> <p>Cheeseburger 200 American Cheese 381 Red Bliss Potato 15 Green and Wax Bean 3 Hamburger Bun 230 Pineapple 1</p> <p>Total Sodium: 831 Calories: 556 Carbs: 66</p>	<p><b>22</b></p> <p>Mexical Chicken 162 Spanish Rice 23 Fiesta Blend Veg 59 Tortilla Shell 236 Tropical Fruit Mix 10</p> <p>Total Sodium: 489 Calories: 461 Carbs: 68</p>	<p><b>23</b></p> <p>Roasted Turkey 303 with Gravy 65 Mashed Potato 49 Summer Sq Blend 59 WW Roll&gt; 160 Applesauce 15</p> <p>Total Sodium: 648 Calories: 448 Carbs: 73</p>	<p><b>24</b> S</p> <p>Baked Fish 302 w/Cracker Topping 59 Baked Potato 59 Jardiniere Blend Vegetable 39 Oatmeal Bread&gt; 121 Graham Waffer 85</p> <p>Total Sodium: 605 Calories: 594 Carbs: 68</p>
<p><b>27</b> S</p> <p>Cheese Omelet 312 Florentine Tomatoes 121 Hashbrowns 132 Fruitloaf&gt; 160 Orange Juice Cup 5</p> <p>Total Sodium: 729 Calories: 553 Carbs: 65</p>	<p><b>28</b></p> <p>Beef Fajitas 294 with peppers and Onior Rice and beans 31 Tortilla 236 Tropical Mixed Fruit 10</p> <p>Total Sodium: 570 Calories: 464 Carbs: 65</p>	<p><b>29</b> S</p> <p>Chicken A La Orange 418 Veggie Frlod Rice 232 Oriental Blend 26 Multigrain Roll&gt; 190 Birthday Cake 240</p> <p>Total Sodium: 897 Calories: 509 Carbs: 70</p>	<p><b>30</b></p> <p>BBQ Pork Rib 280 Potoato Wedges 27 Chuckwagon Corn 2 Hamburger Bun 230 Appleslices 10</p>  <p>Total Sodium: 523 Calories: 549 Carbs: 77</p>	