



Monday	Tuesday	Wednesday	Thursday	Friday
1 Stuffed Shells 414 w/ Tomato Florentine 57 Scandinavian Blend Veg 42 Scali Bread 310 Mixed Fruit 10 	2 Cheesebueger 252 BBQ Sauce 174 Tater Tots 27 Carrot Coins 77 Hamburger 230 Apple Slice 10	3 Cajun Chicken 377 Dirty Rice 132 Chickpea Blend Veg 140 WW Bread > 160 Mandarin Oranges 7	4 Turkey Divan 375 Buttered Noodles 30 Oatmeal Bread> 121 Chocolate Chip Cookie# 155 Mod: SF cookie	5 Pollock with 242 Newburg Sauce Rice Pilaf 139 Mixed Veg 41 Multigrain Bread> 190 Peaches 5
Total Sodium: 832 Calories: 461 Carbs: 77	Total Sodium: 771 Calories: 698 Carbs: 70	Total Sodium: 816 Calories: 479 Carbs: 69	Total Sodium: 682 Calories: 699 Carbs: 84	Total Sodium: 608 Calories: 389 Carbs: 64
8 Omelet with Salsa 387 Peppers and Onions 41 Hashbrowns 132 Fruitloaf> 160 Fresh Orange 0	9 Beef and Broccoli 109 Jasmine Rice 31 Oatmeal Bread> 121 Pineapple 1 	10 Chicken a la King 226 Egg Noodles 1 Peas and Mushrooms 133 Dinner Roll 210 Red Velvet Bistro Cake# 155 Mod: Lorne Doones	11 BBQ Pork Rib 280 Potaoto Wedges 27 Hot German Slaw 81 Hamburger Bun 230 Pears 5	12 Chicken Cordon Blue* 550 Mashed Potato 49 Glazed Carrot 83 Rye Bread> 330 Applesauce 10
Total Sodium: 719 Calories: 799 Carbs: 88	Total Sodium: 262 Calories: 534 Carbs: 58	Total Sodium: 729 Calories: 735 Carbs: 99	Sodium: 623 Calories: 485 Carbs: 67	Total Sodium: 1021 Calories: 614 Carbs: 86
15 Vegetarian Chili 214 White Rice 31 Cornbread 280 Pineapple 1 	16 Chicken Lo Mein 349 Oriental Blend Veg 26 Multigrain Roll> 190 Mandarin Oranges 7	17 Roast Pork 71 with Applesauce Gravy 105 Yukon Gold Potao 59 Green Beans > 3 WW Roll 160 Fresh Apple 2	18 Hot Dog * 540 Mac and Cheese 198 Brussel Sprouts 12 Hot Dog Bun 210 Mixed Fruit 10	19  No Meal Served
Total Sodium: 527 Calories: 544 Carbs: 101	Total Sodium: 572 Calories: 508 Carbs: 79	Total Sodium: 400 Calories: 547 Carbs: 70	Total Sodium: 940 Calories: 563 Carbs: 57	Total Sodium: Calories: Carbs:
22 Pasta with Primavera 340 Sauce Peas and Mushrooms 133 Dinner Roll 210 Pears 4 	23 Salisbury Steak 381 Mashed Potato 49 Broccoli 12 White Bread 120 Apple Slices 10	24 Herb Baked Chicken 392 Sweet Potato 33 Pacific Blend Veg 56 WW Roll> 160 Birthday Cake 240	25 Mac and Cheese 588 Stewed Tomato 143 Fruitloaf> 160 Tropical Fruit 10 	26 "Fish N Chips" 150 Potato Pollock 27 Potato Wedges 2 Chuckwagon Corn 190 Multigrain Roll> 190 Fresh Peach 5
Total Sodium: 687 Calories: 364 Carbs: 64	Total Sodium: 573 Calories: 563 Carbs: 61	Total Sodium: 881 Calories: 519 Carbs: 75	Total Sodium: 901 Calories: 633 Carbs: 93	Total Sodium: Calories: Carbs:
29 Sauage, Peppers* 520 and Onions Pasta Alfredo 1 Sub Roll 162 Pineapple 1	30 Chicken Stew 307 White Rice 31 Oatmeal Roll> 121 Banana 1	All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 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	 Menu is subject to change Thank you for undertsanding
Total Sodium: 684 Calories: 494 Carbs: 68	Total Sodium: 460 Calories: 458 Carbs: 67			

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.