



Monday	Tuesday	Wednesday	Thursday	Friday
<p>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.</p>	<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>Menu is subject to change Thank you for undersanding</p>	<p>1</p> <p>Broccoli and Cheese 410 Stuffed Chicken Buttered Noodle 30 Italian Blend Veg 26 Oatmeal Roll> 121 Fresh Nectarine 0</p> <p>Total Sodium: 687 Calories: 506 Carbs: 61</p>
<p>4</p> <p>BBQ Pulled Pork* 635 Cheesey Mashed Potato 77 Hot German Slaw 81 Sub Roll 162 Mandarin Oranges 7</p>	<p>5</p> <p>Lemon Chicken 330 Florentine Rice 107 Green Beans 3 WW Bread> 160 Banana 1</p>	<p>6</p> <p>Sloppy Joe 222 Garlic Mashed Potato 49 Peas 82 WW Hamburger Bun> 230 Key Lime Bistro Cake# 210 Mod: Lorne Doones</p>	<p>7</p> <p>Turkey Divan 375 w/ Broccoli Italian Penne 1 Multigrain Bread> 190 Pears 4</p>	<p>8</p> <p>Vegetable Lasagna 414 w/ Pesto Cream Sauce 70 Italian Blend Veg 26 Italian bread 310 Mixed Fruit 10</p> <p>Total Sodium: 830 Calories: 481 Carbs: 78</p>
<p>Total Sodium: 962 Calories: 466 Carbs: 69</p>	<p>Total Sodium: 602 Calories: 547 Carbs: 68</p>	<p>Total Sodium: 793 Calories: 732 Carbs: 95</p>	<p>Total Sodium: 570 Calories: 549 Carbs: 65</p>	<p>Total Sodium: 830 Calories: 481 Carbs: 78</p>
<p>11</p> <p>Chicken Cho Mein 254 Asian Rice 73 WW Roll> 160 Pineapple 1</p>	<p>12</p> <p>Pasta Bolognese 165 Capri Blend Veg 59 Scali Bread 310 Peaches 5</p>	<p>13</p> <p>Bruschetta Chicken 366 Sweet Potatoe 33 Tahitan Blend Veg 38 Oatmeal Bread> 121 Cheesecake# 280 Mod: Graham Wafers</p>	<p>14</p> <p>Spinach and Feta Bake 400 Florentine Tomato 121 Roasted Potato 28 Fruitloaf> 160 Orange Juice</p>	<p>15</p> <p>COTD 180 w/ Lemon Dill Sauce 106 Confetti Rice 38 Glazed Carrot 83 Snowflake Roll 260 Appleslices 10</p>
<p>Total Sodium: 488 Calories: 601 Carbs: 91</p>	<p>Total Sodium: 538 Calories: 594 Carbs: 85</p>	<p>Total Sodium: 73 Calories: 634 Carbs: 837</p>	<p>Total Sodium: 710 Calories: 550 Carbs: 71</p>	<p>Total Sodium: 676 Calories: 420 Carbs: 69</p>
<p>18</p> <p>Mac and Cheese* 588 Broccoli 12 WW Bread> 160 Mandarin Oranges 7</p>	<p>19</p> <p>Beef Chili 176 White Rice 31 Multigrain Bread> 190 Pineapple 1</p>	<p>20</p> <p>Filet o Fish Sandwich 252 American Cheese 381 Potato Wedges 27 Garden Blend Veg 39 WW Hamburger Bun> 230 Chocolate Pudding 191</p>	<p>21</p> <p>Chicken Pot Pie 307 Parlsey Mashed Potato 49 Buscuit 310 Fresh Pear 0</p>	<p>22</p> <p>Meatball Sub 271 Penne Noodles 1 Italian Green Beans 3 Sub Roll 162 Peaches 5</p>
<p>Total Sodium: 601 Calories: 601 Carbs: 91</p>	<p>Total Sodium: 399 Calories: 458 Carbs: 71</p>	<p>Total Sodium: 1119 Calories: 691 Carbs: 96</p>	<p>Total Sodium: 666 Calories: 492 Carbs: 68</p>	<p>Total Sodium: 442 Calories: 463 Carbs: 65</p>
<p>25</p> <p> MEMORIAL DAY</p>	<p>26</p> <p>Hot Dog* 540 Mustard 55 Baked Beans 37 Corn on the Cob 6 Hot Dog Bun 210 Oreos 85</p>	<p>27</p> <p>Sweet & Sour Chicken 325 Asian Rice 73 Japanese Blend Veg 26 WW Roll> 160 Mandarin Oranges 7</p>	<p>28</p> <p>Meatloaf 230 w/ Mushroom Gravy 142 Mashed Potato 49 Peas 82 Dinner Roll 210 Birthday Cake 240</p>	<p>29</p> <p>Greek Meatball 329 Orzo 166 Genoa Blend Veg 40 Oatmeal Bread> 121 Applesauce 15</p>
<p>No Meals Served</p>	<p>Total Sodium: 934 Calories: 725 Carbs: 93</p>	<p>Total Sodium: 590 Calories: 382 Carbs: 55</p>	<p>Total Sodium: 953 Calories: 616 Carbs: 96</p>	<p>Total Sodium: 670 Calories: 535 Carbs: 68</p>

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.

