







Monday	Tuesday	Wednesday	Thursday	Friday
<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 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>1</p> <p>Chicken Stir Fry 246 Asian Blend Veg 26 Jasmine Rice 31 WW Roll> 160 Pineapple  1</p> <p>Total Sodium: 465 Calories: 412 Carbs: 64</p>	<p>2</p> <p>Hot Dog * 540 Ketchup 82 Baked Beans 37 Potato Wedges 27 Hot Dog Bun 210 Tropical Fruit 10</p> <p>Total Sodium: 905 Calories: 735 Carbs: 86</p>	<p>3</p> <p></p> <p>No Meals Served</p> <p>Total Sodium: Calories: Carbs:</p>
<p>6</p> <p>Lazy Man Stuffed 237 Pepper 77 Carrot Coins 210 Dinner Roll 5 Peaches</p>	<p>7</p> <p>Hawaiian Meatballs 271 Egg Noodles 30 Zucchini & Summer Sq 57 Snowflake Roll 260 Fresh Orange 0</p>	<p>8</p> <p>Mac and Cheese* 588 Escalloped Tomatoes 143 Fruitloaf> 160 Pears </p>	<p>9</p> <p>Sweet & Sour Chicken 325 Pineapple Rice 31 Brussel Sprouts 12 Multigrain Roll> 190 Sugar Cookie 55</p>	<p>10</p> <p>Potato Pollock 337 Red Bliss Potatoes 15 Broccoli 12 WW Bread> 160 Applesauce 5</p>
Total Sodium: 529 Calories: 405 Carbs: 50	Total Sodium: 618 Calories: 634 Carbs: 95	Total Sodium: 895 Calories: 622 Carbs: 91	Sodium: 612 Calories: 420 Carbs: 59	Total Sodium: 539 Calories: 533 Carbs: 69
<p>13</p> <p>Broccoli and Cheese 387 Omelet Stewed Tomatoes 143 Hashbrowns 160 Fruitloaf> 160 Orange Juice 0</p>	<p>14 S</p> <p>Turkey Pot Pie 210 Mashed Potatoes 137 Biscuit 110 Fresh Banana 2 </p>	<p>15</p> <p>Chicken and Rice 310 Casserole Corn O'brien 2 Rye Bread> 330 Mandarin Oranges 7</p>	<p>16</p> <p>Beef Stroganoff 281 Egg Noodles 133 Peas and Mushrooms 30 WW Roll> 160 Iced Brownie# 160 Graham Cracker</p>	<p>17</p> <p>Shrimp with Garlic 434 Sauce Rice Pilaf 130 California Blend Veg 27 Dinner Roll 210 Mixed Fruit 10</p>
Total Sodium: 584 Calories: 492 Carbs: 75	Total Sodium: 576 Calories: 576 Carbs: 86	Total Sodium: 649 Calories: 454 Carbs: 102	Total Sodium: 811 Calories: 717 Carbs: 60	Total Sodium: 811 Calories: 717 Carbs: 60
<p>20</p> <p>Chicken Fajitas 275 Peppers and Onions 31 Rice and Beans 41 Dried Cranberries 2 Tortilla 236</p>	<p>21</p> <p>BBQ Pork Rib 280 Yukon Gold Potato 59 Chuckwagon Corn 2 WW Hamburger Bun> 230 Fresh Nectarine 0</p>	<p>22</p> <p>White Bean Chili 214 Confetti Rice 38 Corn Muffin 1 Pineapple  280</p>	<p>23</p> <p>Mini Raviolis 414 Tomato Sauce 55 Italian Blend Veg 26 Multigrain Roll> 190 Blueberry Crisp 24</p>	<p>24</p> <p>COTD with 180 Plum Sauce 48 Potato Au Gratin 172 Capri Blend Veg 42 Oatmeal Roll> 121 Applesauce 15</p>
Total Sodium: 584 Calories: 492 Carbs: 75	Total Sodium: 571 Calories: 494 Carbs: 81	Total Sodium: 533 Calories: 550 Carbs: 102	Total Sodium: 709 Calories: 439 Carbs: 71	Total Sodium: 577 Calories: 375 Carbs: 57
<p>27</p> <p>Cheeseburger 381 Ketchup 200 Tater Tots 27 Hot German Slaw 81 Hamburger Bun 230 Pears 4</p>	<p>28</p> <p>Southwest Lime Chicken 338 Brown Rice 31 Fiesta Blend Veg 27 Multigrain Bread> 190 Mandarin Oranges 6</p>	<p>29</p> <p>Filet o Fish Sandwich* 718 w/ American Cheese Red Bliss Potatoes 15 Glazed Carrots 83 WW Hamburger Bun> 23 Birthday Cake 240</p>	<p>30</p> <p>Chicken Parmesan 410 Penne 1 Green Beans 3 Dinner Roll  210 Peaches 5</p>	<p>31</p> <p>Roast Turkey 303 w/ Gravy 65 Mashed Potato 49 Squash Mix 11 Oatmeal Bread> 121 Mixed Fruit 10</p>
Total Sodium: 1004 Calories: 618 Carbs: 67	Total Sodium: 593 Calories: 421 Carbs: 53	Total Sodium: 1286 Calories: 767 Carbs: 98	Total Sodium: 629 Calories: 451 Carbs: 67	Total Sodium: 559 Calories: 492 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