



Monday		Tuesday		Wednesday		Thursday		Friday				
3 Sodium (mg): Na ⁺		4 Sodium (mg): Na ⁺		5 Sodium (mg): Na ⁺		6 Sodium (mg): Na ⁺		7 Sodium (mg): Na ⁺				
Pollock with Newburg	283	Lemon Chicken	330	Cheeseburger*	581	Turkey Tetrazzini	420	Meatloaf with	230			
Sauce and Linguini		Florentine Rice	107	w/ Ketchup	82	Carrot Coins	77	Gravy	105			
Broccoli	12	Roman Blend Veg.	26	Baked Beans	37	Oatmeal Bread>	121	Cheesey Mashed	77			
Snowflake Roll	260	Multigrain Roll>	190	Corn	1	Sugar Cookie	55	Potatoes				
Fruit Cocktail	10	Fresh Orange	0	WW Hamburger Bun>	230			Mixed Veg.	41			
				Applesauce	15			Dinner Roll	210			
								Pears	5			
Total Sodium:	566	Total Sodium:	653	Total Sodium:	86	Total Sodium:	109	Total Sodium:	668			
Calories: 440 Carbs:	71	Calories: 506 Carbs:	57	Calories: 656 Carbs:	946	Calories: 631 Carbs:	673	Calories: 500 Carbs:	84			
10		11		12		13		14				
Chicken Sitr Fry	342	American Chop Suey	211	Hot Dog*	540	Lazy Man Stuffed	237	Greek Meatballs	323			
Oriental Blend Veg.	26	Green Beans	3	W/ Mustard	55	Pepper		Egg Noodles	30			
Jasmine Rice	31	WW Bread>	90	Mac and Cheese	168	Carrot Coins	77	Zuchinni and Summer	3			
WW Roll>	160	Fresh Banana	105	Broccoli	12	Dinner Roll	210	Squah Blend Veg.				
Pineapple	1			Hot Dog Bun	210	Cheesecake Blueberry	174	Multigrain Bread>	190			
				Peaches	5	Pudding#		Mixed Fruit	10			
						Mod: SF Pudding						
Total Sodium:	561	Total Sodium:	376	Total Sodium:	991	Total Sodium:	698	Total Sodium:	557			
Calories: 440 Carbs:	65	Calories: 494 Carbs:	77	Calories: 560 Carbs:	56	Calories: 510 Carbs:	791	Calories: 518 Carbs:	68			
17		18		19		20		21				
Macaroni and Cheese [‡]	588	Sweet and Sour	325	Fish N Chips		Western Omelet	351	Turkey Divan	375			
Escalloped Tomatoes	143	Chicken		Potato Pollock	252	Stewed Tomatoes	143	Mashed Potatoes	49			
Oatmeal Roll>	160	Pineapple Rice	31	Potato Wedges	27	Hashbrowns	132	Dinner Roll	210			
Pears	5	Brussel Sprouts	12	Broccoli	12	Fruitloaf>	160	Vanilla Pudding	173			
		Multigrain Roll>	190	White Bread	120	Orange Juice	5					
		Fresh Nectarine	0	Applesauce	15							
Total Sodium:	896	Total Sodium:	557	Total Sodium:	426	Total Sodium:	791	Total Sodium:	807			
Calories: 635 Carbs:	94	Calories: 411 Carbs:	61	Calories: 458 Carbs:	67	Calories: 585 Carbs:	76	Calories: 545 Carbs:	68			
24		25		26		27		28				
Chicken Cordon Blue*	550	Beef Stroganoff	281	Fish Cakes*	610	Chicken Fajitas	275	Beef and Bean Chili	176			
Green Beans	3	Peas and Mushrooms	133	Rice Rilaf	130	Peppers and Onions	41	Spaghetti	1			
Red Bliss Potato	15	Egg Noodles	30	California Blend Veg.	27	Rice and Beans	31	Corn	1			
WW Roll>	160	Multigrain Roll>	190	Dinner Roll	210	Tortilla	240	Oatmeal Bread>	121			
Tropical Mixed Fruit	10	Peaches	5	Mixed Fruit	10	Birthday Cake	236	Mandarin Oranges	7			
												
Total Sodium:	739	Total Sodium:	639	Total Sodium:	987	Total Sodium:	822	Total Sodium:	306			
Calories: 514 Carbs:	63	Calories: 698 Carbs:	75	Calories: 443 Carbs:	97	Calories: 560 Carbs:	76	Calories: 533 Carbs:	88			
31						9FOR 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.		All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium				
BBQ Pork Rib										280		
Mashed Sweet Potato										33		
Country Blend Veg		32										
Corn Bread		280										
Apple Slices		10										
Total Sodium:		635			Menu is subject to change							
Calories: 488 Carbs:		79			Thank you for understanding!							

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.