



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

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.