



Monday	Tuesday	Wednesday	Thursday	Friday
Sodium (mg): Na ⁺	Sodium (mg): Na ⁺	Sodium (mg): Na ⁺	Sodium (mg): Na ⁺	Sodium (mg): Na ⁺
	1 Roastbeef & Swiss* 686 Sandwich Greek Orzo Salad 62 Carrots 17 Wheat Bread> 115 Fresh Apple 2	2 Aloha Chicken 381 Oriental Veg Blend 26 Brown Rice 31 Dinner Roll 210 Fresh Nectarine 10	3 American Chop Suey 211 Jardiniere Veg Blend 39 Wheat Roll> 115 Peaches 5 	4 Cajun Tilapia 277 w/ Pineapple Salsa 44 Brown Rice 31 Carrots 77 Multigrain Bread> 190 Fresh Clementine 6
	Total Sodium: 867 Calories: 628 Carbs: 79	Total Sodium: 658 Calories: 466 Carbs: 73	Total Sodium: 370 Calories: 419 Carbs: 60	Total Sodium: 627 Calories: 380 Carbs: 60
7 No Meals Served 	8 Greek Chicken Salad* 567 Tomato & Cuke Salad 4 Kidney Beans Salad 50 Kaiser Roll 230 Fresh Orange  0	9 Potato Pollock 337 Potato Wedges 27 Broccoli 12 WW Hamburger Bun> 230 Pears 4	10 Honey Ginger Chicken 395 Lo Mein Noodles 30 Oriental Blend Veg 26 WW Roll> 160 LS Vanilla Pudding 4	11 Beef Stew 265 Penne Pasta 1 Jardiniere Blend Veg 39 Biscuit 310 Apple Crisp# 24 Mod: Lorne Doones
	Total Sodium: 851 Calories: 744 Carbs: 67	Total Sodium: 610 Calories: 650 Carbs: 80	Total Sodium: 614 Calories: 454 Carbs: 60	Total Sodium: 639 Calories: 651 Carbs: 80
14 Chicken Ziti and 227 Broccoli California Blend Veg 27 WW Bread> 160 Apple 2	15 Jerk Chicken 376 Red Beans & Rice 31 Brussel Sprouts 12 Multigrain Bread> 190 Mixed Fruit 10	16 Lasagna Roll Ups 414 with Bolognese Sauce 164 Vienna Blend Veg 26 Dinner Roll 210 Pears  5	17 Ham & Cheese* 1076 Sandwich Potato Salad 72 Cole Slaw 81 Fresh Plum 0	18 Sloppy Joes 222 Mashed Potatoes 49 Scandinavian Blend Veg 42 Multigrain Roll> 190 Fruit Cocktail 10
Total Sodium: 583 Calories: 474 Carbs: 52	Total Sodium: 618 Calories: 460 Carbs: 73	Total Sodium: 819 Calories: 608 Carbs: 72	Total Sodium: 1230 Calories: 348 Carbs: 47	Total Sodium: 512 Calories: 503 Carbs: 78
21 Lemon Chicken 330 Rice Pilaf 130 Green Beans 3 Wheat Bread> 115 Peaches 5	22 Egg Salad 373 Pasta Salad 56 Spinach Salad 124 Sub Roll 162 Applesauce 14	23 Chicken Stew 307 Green Peas 82 Oatmeal Roll> 280 Blueberry Crisp# 24 Mod: Graham Wafers	24 Beef Stroganoff 281 Broccoli 12 Noodles 30 Dinner Roll 210 Banana  1	25 Tuna Salad 408 Potato Salad 72 Tomato & Cuke Salad 4 WW Hamburger Roll> 230 Lorna Doone 85
Total Sodium: 583 Calories: 474 Carbs: 52	Total Sodium: 729 Calories: 463 Carbs: 58	Total Sodium: 693 Calories: 544 Carbs: 77	Total Sodium: 535 Calories: 690 Carbs: 78	Total Sodium: 799 Calories: 552 Carbs: 57
28 Chicken Fajitas 275 Brown Rice 31 Chuckwagon Corn 2 Tortila 236 Fresh Clementine 0	29 Pasta w/ 124 Meat Sauce Italian Blend Veg 26 WW Roll> 160 Peaches 5	30 COTD with 180 Honey Garlic Sauce 72 Brown Rice 31 Oriental Blend Veg 26 Wheat Bread> 115 Lemon Cookies # 155 Mod: Graham Wafers	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.	
Total Sodium: 544 Calories: 482 Carbs: 73	Total Sodium: 315 Calories: 453 Carbs: 67	Total Sodium: 565 Calories: 455 Carbs: 62	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.