



Monday	Tuesday	Wednesday	Thursday	Friday
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	4 Sodium (mg): Na⁺ 	1 Sodium (mg): Na⁺ Meatloaf with 230 Brown Gravy 105 Baked Potato 59 Green Peas 58 Wheat Bread> 115 Pears 5	2 Sodium (mg): Na⁺ Lemon Chicken 330 Rice Pilaf 130 Broccoli 12 Snowflake Roll 260 Fresh Orange  0
5 Sodium (mg): Na⁺ Swiss Cheese Omelet 312 Peppers and Onions 41 Homefries 132 Fruitloaf> 160 Orange Juice  0 Total Sodium: 644 Calories: 597 Carbs: 77	6 Sodium (mg): Na⁺ Ham and Cheese* 767 Sandwich 115 Macaroni Salad 56 Kidney Bean Salad 50 Fresh Orange 0 Total Sodium: 988 Calories: 514 Carbs: 68	7 Sodium (mg): Na⁺ Chicken Salad 286 Pasta Salad 56 Coleslaw 81 WW SubRoll> 162 Chocolate Chip Cookie# 155 Mod: Graham Wafers Total Sodium: 740 Calories: 740 Carbs: 83	8 Sodium (mg): Na⁺ Chicken Marsala 449 with Pasta 1 Roman Veg Blend 26 Dinner Roll 210 Clementine 0 Total Sodium: 686 Calories: 452 Carbs: 66	9 Sodium (mg): Na⁺ Roast Pork with 71 Apple Gravy 105 Sweet Potato 33 Mixed Veg Blend 41 Oatmeal Bread> 121 Vanilla Wafers 85 Total Sodium: 455 Calories: 568 Carbs: 70
12 No Meals Served 	13 Sodium (mg): Na⁺ Hot Dog * 540 Baked Beans 37 Corn 1 Hot Dog Bun 210 Nectarine  0 Total Sodium: 788 Calories: 621 Carbs: 77	14 Sodium (mg): Na⁺ Teriyaki Chicken 479 Pineapple Rice 31 Oriental Veg Blend 26 Dinner Roll 210 Mandarin Oranges 6 Total Sodium: 752 Calories: 375 Carbs: 52	15 Sodium (mg): Na⁺ American Chop Suey 211 w/ Pasta 1 Jardiniere Veg Blend 39 WW Bread> 160 Brownie# 160 MOD: Lorne Doones Total Sodium: 570 Calories: 800 Carbs: 115	16 Sodium (mg): Na⁺ Tilapia with Citrus 224 Salsa 1 Brown Rice 31 Sliced Carrots 77 Oatmeal Bread> 121 Clementine 0 Total Sodium: 545 Calories: 352 Carbs: 57
19 Sodium (mg): Na⁺ Hebed Chicken 392 Brown Rice and Orzo 166 Zucchini & Red Pepper 3 Wheat Bread> 115 Fresh Peach  5 Total Sodium: 682 Calories: 448 Carbs: 60	20 Sodium (mg): Na⁺ Chicken Scampi 426 Rotini Pasta 1 Green Beans 3 Dinner Roll 210 Pineapple Tidbits 1 Total Sodium: 641 Calories: 474 Carbs: 71	21 Sodium (mg): Na⁺ Potato Crunch Pollock 337 Buttered Rice 32 Broccoli & Carrots 15 WW Roll> 160 Fresh Pear 5 Total Sodium: 548 Calories: 581 Carbs: 76	22 Sodium (mg): Na⁺ Chicken and Veg 349 Lo Mein Asian Veg Blend 26 WW Roll> 160 Lemon Bar# 170 Mod: Lorne Doones Total Sodium: 705 Calories: 680 Carbs: 106	23 Sodium (mg): Na⁺ Beef Stew 229 with Macaroni 1 Italian Veg Blend 39 Buttermilk Biscuit 310 Blueberry Crisp 24 Total Sodium: 603 Calories: 652 Carbs: 80
26 Sodium (mg): Na⁺ Chicken, Broccoli 340 Ziti California Veg Blend 27 Oatmeal Bread> 121 Apples w/ Caramel 190 Mod: Applesauce Total Sodium: 678 Calories: 416 Carbs: 68	27 Sodium (mg): Na⁺ Jerk Chicken 376 Red Beans and Rice 31 Brussel Sprouts 12 Corn bread 280 Banana  1 Total Sodium: 699 Calories: 565 Carbs: 94	28 Sodium (mg): Na⁺ Lasanga Roll Ups* 578 w/ Bolognese Sauce Tuscany Veg Blend 56 White Bread 120 Birthday Cake 240 Total Sodium: 993 Calories: 660 Carbs: 73	29 Sodium (mg): Na⁺ Egg Salad 373 over Lettuce Pasta Salad 56 Spinach Salad 124 Wheat Bread> 115 Applesauce 15 Total Sodium: 682 Calories: 439 Carbs: 54	30 Sodium (mg): Na⁺ Mac and Cheese* 588 Broccoli 12 WW Roll> 210 Pumpkin Pudding# 339 Mod: LS Pudding  Total Sodium: 1149 Calories: 632 Carbs: 94
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.				