


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
B WEEK 1	2	3	4	5
ORIENTAL VEG SOUP	SWEDISH MEATBALLS	ROAST PORK	AMERICAN CHOP SUEY	TURKEY ALA KING
HERB BAKED CHICKEN	EGG NOODLES	W/APPLE GRAVY	ITALIAN BLEND VEG	PEAS
WHIPPED POTATO	GLAZED CARROTS	RED BLISS POTATO	SCALI BREAD	WHITE FLUFFY RICE
DINNER ROLL	>OATMEAL BREAD	CALIFORNIA BLEND VEG	#BLONDE BROWNIE	>WHEAT ROLL
FRESH ORANGE	PEARS	>MULTIGRAIN ROLL		PINEAPPLE CHUNKS
		APPLE SAUCE		
<i>CALORIES 580</i>	<i>CALORIES 470</i>	<i>CALORIES 346</i>	<i>CALORIES 306</i>	<i>CALORIES 368</i>
<i>SODIUM 533</i>	<i>SODIUM 442</i>	<i>SODIUM 213</i>	<i>SODIUM 233</i>	<i>SODIUM 211</i>
A WEEK 8	9	10	11	12
ITALIAN STYLE PASTA	BEEF STEW	CHICKEN L'ORANGE	COLD PLATE	BEEF PATTY
WITH MEAT SAUCE	WITH VEGETABLES	HAWAIIAN RICE	TUNA SALAD W/ PITA	WITH MUSHROOM GRAVY
SUMMER VEGETABLES	BOILED POTATO	ORIENTAL VEGETABLES	TOSSED SALAD	WHIPPED POTATO
SCALI BREAD	>WHEAT ROLL	>MULKTIGRAIN BREAD	W/DRESSING	BEETS
#BUTTERSCOTCH	TROPICAL FRUIT	#ALMOND COOKIE	TRICOLOR PASTA SALAD	>WHOLE WHEAT BREAD
PUDDING			MANDARIN ORANGES	FRESH APPLE
<i>CALORIES 427</i>	<i>CALORIES 447</i>	<i>CALORIES 287</i>	<i>CALORIES 380</i>	<i>CALORIES 480</i>
<i>SODIUM 144</i>	<i>SODIUM 312</i>	<i>SODIUM 453</i>	<i>SODIUM 508</i>	<i>SODIUM 622</i>
B WEEK 15	16	17	18	19
LOW SALT HOT DOG	TOMATO FLORENTINE	MACARONI & CHEESE	ROAST TURKEY W/GRAVY	SLOPPY JOE
WITH ROLL	SOUP	ESCALOPED TOMATO	*CRANBERRY SAUCE	HASH BROWN POTATO
*MUSTARD PACKET	OVEN ROAST CHICKEN	>MUFFIN	WHIPPED POTATO	GREEN & WAX BEANS
POTATO WEDGES	GARLIC MASH POTATO	PINEAPPLE CHUNKS	WINTER SQUASH	HAMBURGER ROLL
CABBAGE & CARROTS	>WHEAT BREAD		>OATMEAL ROLL	MANDARIN ORANGES
APPLE SAUCE	PEACHES		LOW SUGAR APPLE CRISP	
			WITH TOPPING	
<i>CALORIES 410</i>	<i>CALORIES 359</i>	<i>CALORIES 443</i>	<i>CALORIES 380</i>	<i>CALORIES 316</i>
<i>SODIUM 674</i>	<i>SODIUM 662</i>	<i>SODIUM 542</i>	<i>SODIUM 508</i>	<i>SODIUM 356</i>
A WEEK 22	23	24	25	26
CHICKEN BROCCOLI	BBQ PORK PATTY	CHICKEN PICCATA	STIR FRY BEEF	POTATO POLLOCK
ALFREDA	O'BRIEN POTATO	WHIPPED POTATO	DIRTY RICE	*TARTAR SAUCE
PENNE PASTA	CHUCK WAGON VEG	MIXED VEGETABLES	OTIRNYSL VEGETABLES	AUGRATIN POTATO
>MULTIGRAIN ROLL	>HONEY WHEAT BREAD	>WHEAT BREAD	>OATMEAL BREAD	SUMMER VEGETABLES
PEACHES	FRESH ORANGE	#BIRTHDAY CAKE	TROPICAL FRUIT	HAMBURGER ROLL
				PEARS
<i>CALORIES</i>	<i>CALORIES 350</i>	<i>CALORIES 380</i>	<i>CALORIES 281</i>	<i>CALORIES 571</i>
<i>SODIUM</i>	<i>SODIUM 520</i>	<i>SODIUM 505</i>	<i>SODIUM 484</i>	<i>SODIUM 513</i>
B WEEK 29	30		<p>MENU SUBJECT TO CHANGE WITHOUT NOTICE</p>	<p>VOLUNTARY DONATION IS \$3.00 PER MEAL TO CANCEL</p> <p>MEALS CALL 781-784-4944</p>
TORTELLINI WITH	CHICKEN NUGGETS			
TOMATO BASIL SAUCE	SWEET & SOUR			
GENOA BLEND VEG	SAUCE			
>FRUIT MUFFIN	WHIPPED POTATO			
PIENAPPLE CHUNKS	TAHITIAN VEGETABLES			
	>MULTIGRAIN BREAD			
	FRESH APPLE			
<i>CALORIES 297</i>	<i>CALORIES 395</i>			
<i>SODIUM 334</i>	<i>SODIUM 398</i>			

ALL OVER 60 YEARS OF AGE ARE WELCOME AT THE MEAL SITES FOR LUNCH AND SOCIALIZATION.
 SODIUM&CALORIES ARE FOR ENTRÉE AND DESSERT ONLY. MILK, BREAD&MARG ARE ADDITIONAL 300 MG SODIUM
 SYMBOLS: > HIGH FIBER, *ADDED SALT, #ADDED SUGAR, MODIFIED DESSERTS ARE AVAILABLE.