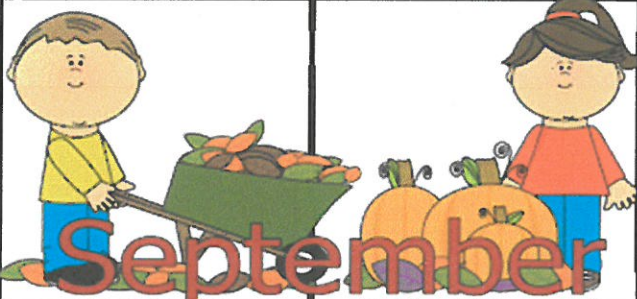


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
A WEEK	1	2	3	4
SUGGESTED VOLUNTARY DONATION IS \$3.00 PER MEAL. TO CANCEL MEALS CALL 781-784-4944	BEEF BURGUNDY BUTTERED NOODLES GREEN&WAX BEANS HONEY WHEAT BREAD PINEAPPLE CHUNKS	BEEF&PEPPER CASSEROLE CARROT SLICES >WHOLE WHEAT ROLL #CHOCOLATE PUDDING DIET PUDDING	ORANGE TARRAGON CHICKEN WHIPPED POTATO BEETS >OATMEAL BREAD FRESH APPLE	SWEET POTATO POLLACK *TARTAR SAUCE AU GRATIN POTATOES CALIF. BLEND VEGETABLES WHEAT BREAD MIXED FRUIT
	CALORIES 452 SODIUM 279	CALORIES 353 SODIUM 403	CALORIES 348 SODIUM 647	CALORIES 441 SODIUM 591
B WEEK 7	8	9	10	11
<u>HOLIDAY</u>	BBQ CHICKEN O'BRIEN POTATOES SUMMER BLEND VEGETABLES >MULTIGRAIN ROLL APPLESAUCE	SPINACH & CHEESE OMELET HASH BROWN POTATO CHOPPED BROCCOLI >FRUIT MUFFIN CANTELOUPE	OPEN FACED HOT TURKEY SANDWICH *CRANBERRY SAUCE STUFFING CARROTS MANDARIN ORANGES	BEEF PATTY WITH MUSHROOM GRAVY HOT CHICK PEA SALAD JARDENIERRE VEGGIES >WHOLE WHEAT ROLL #ALMOND COOKIE
	CALORIES 331 SODIUM 238	CALORIES 360 SODIUM 539		CALORIES 453 SODIUM 735
A WEEK 14	15	16	17	18
CHICKEN STEW WITH VEGETABLES BOILED POTATO >OATMEAL ROLL PINEAPPLE CHUNKS	BEEF CHILI FLUFFY WHITE RICE SNOWFLAKE ROLL FRESH ORANGE	HONEY MUSTARD GRILLED CHICKEN DELMONICO POTATO TAHITIAN BLEND VEGGIES >WHOLE WHEAT BREAD PEARS	SWEDISH MEATBALLS NOODLES BROCCOLI/CAULIFLOWER >MULTIGRAIN ROLL #BLONDE BROWNIE	SALMON WITH LEMON DILL SAUCE RICE PILAF FALL BLEND VEGETABLES >WHOLE WHEAT BREAD MIXED FRUIT
CALORIES 390 SODIUM 309	CALORIES 295 CALORIES 306	CALORIES 261 SODIUM 498	CALORIES 263 SODIUM 336	CALORIES 287 SODIUM 327
B WEEK 21	22	23	24	25
MACARONI & CHEESE ESCALLOPED TOMATOES >FRUIT MUFFIN MANDARIN ORANGES	KALE & BEAN SOUP SWEET & SOUR CHICKEN DIRTY RICE >MULTIGRAIN ROLL APPLESAUCE	MEATLOAF WITH GRAVY WHIPPED POTATO MIXED VEGETABLES SCALI BREAD #CINNAMON STREUSEL CAKE	ROAST PORK WITH ROSEMARY GRAVY RED BLISS POTATOES WINTER SQUASH >OATMEAL BREAD FRESH ORANGE	LOW SALT HOT DOG *MUSTARD PACKET BAKED BEANS HOT GERMAN SLAW HOT DOG ROLL PEARS
CALORIES 434 SODIUM 520	CALORIES 358 SODIUM 338	CALORIES 505 SODIUM 366	CALORIES 423 SODIUM 242	CALORIES 428 SODIUM 764
A WEEK 28	29	30		
AMERICAN SHOP SUEY ITALIAN BLEND VEGGIES SCALI BREAD MIXED FRUIT	CHEESE RAVIOLI WITH ALFREDO SAUCE ROMAN BLEND VEGETABLES >WHOLE WHEAT ROLL FRESH FRUIT	KRUNCHY LITE FISH *TARTAR SAUCE SEASONED WEDGES TUSCANY VEGETABLES WHEAT BREAD #BIRTHDAY CAKE		
CALORIES 305 SODIUM 237	CALORIES 364 SODIUM 505	CALORIES 430 SODIUM 584		

ALL OVER 60 YEARS OF AGE ARE WELCOME AT THE MEAL SITES FOR LUNCH AND SOCIALIZATION.

Nutrition information includes entrée only: approx. MG of Sodium for Milk:100, Bread:150, Fruits: 5, Sweets: 200

SYMBOLS: > HIGH FIBER, \*ADDED SALT, #ADDED SUGAR, MODIFIED DESSERTS ARE AVAILABLE.