



Monday		Tuesday		Wednesday		Thursday		Friday	
2	Sodium (mg): Na+	3	Na	4	Na	5	Na	6	Na
Beef & Cabbage	300	Mini Raviolis	202	Caribbean Chicken	375	Hot Dog*	550	Potato Pollock	270
Casserole		Pesto Sauce	70	Pineapple Rice	55	Mustard	55	Tarter Sauce	261
Red Bliss Potatoes	4	Genoa Blend	40	Italian Vegetables	35	Hash Browns	136	Mashed Sweet	33
Dinner Roll	160	Vegetables		>Multigrain Bread	190	Cabbage & Carrots	47	Potatoes	
Mixed Fruit	10	>WW Roll	160	Pears	4	Hot Dog Roll	210	Fall/Winter Blend	15
		Orange	0			Apple Sauce	14	>Fruit Loaf	120
								Peaches	5
Total Sodium:	474	Total Sodium:	472	Total Sodium:	631	Total Sodium:	1012	Total Sodium:	703
Calories:	449	Carbs:	70	Calories:	465	Carbs:	73	Calories:	574
Carbs:	70	Carbs:	64	Carbs:	73	Carbs:	64	Carbs:	64
9	Na	10	Na	11	Na	12	Na	13	Na
Chicken Cacciatore	446	Beef Picadillo	251	Roast Pork	71	Greek Chicken	328	Crustless Chicken	273
Italian Penne	1	Brown Rice	36	Rosemary Gravy	124	Meatballs		Pot Pie	
Peas & Mushrooms	133	Mixed Vegetables	41	Au gratin Potatoes	154	Rice Pilaf	134	Mashed Potatoes	62
Scali Bread	190	>Oatmeal Bread	121	Garlic Green Beans	3	Malibu Blend	59	Biscuit	340
Pineapple	1	Mandarin Oranges	6	>WW Bread	160	Vegetables		Apple Sauce	14
				Pistachio Pudding	110	>Multigrain Bread	190		
						Banana	1		
Total Sodium:	771	Total Sodium:	455	Total Sodium:	623	Total Sodium:	712	Total Sodium:	690
Calories:	485	Carbs:	77	Calories:	585	Carbs:	57	Calories:	574
Carbs:	77	Carbs:	57	Carbs:	57	Carbs:	79	Carbs:	71
16	Na	17	Na	18	Na	19	Na	20	Na
American Chop Suey	211	BBQ Pork	410	Cherry Glazed	359	Roast Turkey	360	Cheese Burger	387
Broccoli	12	Rib		Chicken		Rosemary Gravy	124	Ketchup	82
>Multigrain Roll	190	Baked Beans	36	Rice Florentine	112	Mashed Potatoes	62	Roasted Potatoes	33
Mixed Fruit	10	Hot German Slaw	81	Tuscan Blend	56	Winter Squash	13	Cabbage & Carrots	47
		Dinner Roll	160	Vegetables		>Multigrain Bread	190	Hamburger Roll	230
		Peaches	5	>Oatmeal Bread	121	# Apple Crisp	22	Mixed Fruit	10
				Pears	4				
Total Sodium:	423	Total Sodium:	692	Total Sodium:	651	Total Sodium:	771	Total Sodium:	789
Calories:	446	Carbs:	65	Calories:	408	Carbs:	51	Calories:	578
Carbs:	65	Carbs:	62	Carbs:	51	Carbs:	92	Carbs:	66
23	Na	24	Na	25	Na	26	Na	27	Na
Sausage, Peppers & Onions*	520	Curry Chicken	375	Catch of the Day	302			Macaroni & Cheese	403
Pasta Alfredo	116	Lentil Pilaf	36	Lemon Dill Sauce	111		Scalloped Tomatoes	143	
Sub Roll	162	Brussel Sprouts	12	Roasted Potatoes	33		>Fruit Loaf	120	
Apple Sauce	15	>WW Roll	160	Roman Blend	26		Pineapple	1	
		Orange	0	Vegetables					
				>Rye Bread	300				
				#Birthday Cake	209				
Total Sodium:	814	Total Sodium:	582	Total Sodium:	981	No Meals Served		Total Sodium:	667
Calories:	491	Carbs:	69	Calories:	733		Carbs:	99	Calories:
Carbs:	69	Carbs:	57	Carbs:	99	Carbs:	92	Carbs:	92
30	Na	<p>FOR RESERVATIONS OR CANCELLATIONS CALL 781-784-4944 AT LEAST 24 HOURS IN ADVANCE.</p> <p>FOR WEATHER EMERGENCIES PLEASE CHECK WITH WCVB CHANNEL 5</p> <p>A \$3.00 SUGGESTED VOLUNTARY DONATION IS REQUESTED PER MEAL.</p>		<p>All Meals Include:</p> <p>Milk:</p> <p>110 Calories</p> <p>125mg Sodium</p> <p>13g Carbs</p> <p>Margarine:</p> <p>36 Calories</p> <p>47mg Sodium</p>					
Pot Roast/Gravy	241								
Garlic Mashed Potatoes	62								
Green Beans	3								
>WW Roll	160								
Apple	2								
Total Sodium:	469								
Calories:	635								
Carbs:	85								

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.