



"Celebrating 40 Years of Caring"

Monday		Tuesday		Wednesday		Thursday		Friday	
For weather emergencies and cancellations, please check 1420 AM WBSM radio. For Reservations/ Cancellations, call (508) 742-9195 or (508) 742-9192 AT LEAST 24 hours in advance.		Come Join Us On Tuesdays for our Ethnic Meal Series! 				1 Sodium (mg): Na ⁺		2 Sodium (mg): Na ⁺	
						Meatloaf w/ 131 Onion Mushroom Gravy 110 Parsley Mash. Potato 63 Tarragon Carrots 77 Oatmeal Bread 121 Mixed Fruit 10	Potato Pollock Filet 150 Tartar Sauce 261 Whipped Sweet Potato 33 Mixed Vegetables 41 Dinner Roll 160 Mandarin Oranges 6	Total Sodium: 512 Calories: 558 Carbs: 78	Total Sodium: 650 Calories: 588 Carbs: 85
5	B 6	B 7	B 8	B 9	B	B	B	B	B
Roast Chicken w/ 320 Apricot Sauce 39 White/Brown Rice 36 Peas & Mushrooms 133 Honey Wheat Bread 135 Applesauce 20	German Beef Stew 240 W/ Vegetables Cheesy Mash. Potato 90 Multigrain Roll 190 Fresh Orange 0	Roast Turkey w/ Gravy 160 Cranberry Sauce (2) 16 Mashed Potato 62 Winter Squash 13 WW Bread 160 Oreo Brownie 132 Diet: Graham Wafers 85	Macaroni & Cheese 403 Tomato Florentine 121 Green Beans 3 Fruit Muffin 102 Pineapples 1	Chicken Stew 273 w/ Vegetables Mashed Potato 62 WW Roll 160 Cinnamon Apples 4					
Total Sodium: 683 Calories: 480 Carbs: 66	Total Sodium: 520 Calories: 637 Carbs: 81	Total Sodium: 543 Calories: 786 Carbs: 121	Total Sodium: 631 Calories: 667 Carbs: 103	Total Sodium: 500 Calories: 517 Carbs: 70					
12	A 13	A 14	A 15	A 16	A	A	A	A	A
Shredded Cheese 187 American Chop Suey 211 Roman Vegetables 26 Dinner Roll 160 Pears 4 Yogurt Cup 75	Unsalted Saltines 12 Spanish Soup 32 Chicken w/ Peach Salsa 365 Spanish Rice 22 WW Roll 160 Mandarin Oranges 6	Shredded Cheese 187 Stuffed Shells w/ 390 Tomato Sauce 55 California Vegetables 27 Oatmeal Roll 121 Red Velvet Cupcake 209 Diet: Low Sugar Cake 210	Cheeseburger 387 Ketchup & Mustard 137 Potato Wedges 27 Cabbage & Carrots 47 WW HB Roll 230 Peaches 5	"Catch of the Day" 250 Lemon Dill Sauce 111 Florentine Rice 112 Brussel Sprouts 12 Multigrain Bread 190 Mixed Fruit 10					
Total Sodium: 663 Calories: 627 Carbs: 79	Total Sodium: 597 Calories: 425 Carbs: 58	Total Sodium: 989 Calories: 634 Carbs: 89	Total Sodium: 833 Calories: 676 Carbs: 69	Total Sodium: 685 Calories: 403 Carbs: 57					
19	B 20	B 21	B 22	B 23	B	B	B	B	B
No Meals Served  <i>Presidents Day</i>	BBQ Chicken 497 Rice w/ Black Eyed Peas 0. 107 Asparagus 6 Fruit Muffin 102 Cinnamon Apples 4	Swedish Meatballs 321 Egg Noodles 35 Broccoli Florets w/ 12 Cheese Sauce 103 Oatmeal Roll 121 Chocolate Pudding 191 Diet: Low Sugar Pudding 110	Hot Dog *550 Mustard & Relish 136 Baked Beans 36 Spring Vegetables 57 HD Roll 210 Pears 4	Shredded Cheese 187 Spanish Omelette 382 Hash Browns 136 Garlic Button Mushrooms 12 Multigrain Bread 190 Applesauce 20					
	Total Sodium: 716 Calories: 457 Carbs: 70	Total Sodium: 783 Calories: 660 Carbs: 74	Total Sodium: 994 Calories: 618 Carbs: 74	Total Sodium: 927 Calories: 586 Carbs: 66					
26	A 27	A 28	We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack. Congregate Meal participants may take home packaged bread, desserts and milk.		All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium				
Curry Chicken 375 Israeli Couscous 44 Beets 162 Glazed Carrots 83 WW Bread 160 Mandarin Oranges 6	Shredded Cheese 187 Minestrone Soup 239 Penne Pasta w/ 124 Meat Sauce Brussel Sprouts 12 WW Roll 190 Banana 1	Tuna Salad 408 German Potato Salad 62 Cole Slaw 81 Oatmeal Roll 121 Tiramisu 209 Diet: Low Sugar Cake 210							
Total Sodium: 830 Calories: 486 Carbs: 78	Total Sodium: 753 Calories: 728 Carbs: 96	Total Sodium: 880 Calories: 517 Carbs: 75							

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
 "Catch of the Day" will vary based on availability : Menu is subject to change without notice

Your voluntary \$2 donation today, provides more meals tomorrow.