



"Celebrating 40 Years of Caring"

Monday	Tuesday	Wednesday	Thursday	Friday
<b>For weather emergencies and cancellations, please check 1420 AM WBSM radio.</b>  For Reservations/ Cancellations, call (508) 742-9195 or (508) 742-9192 AT LEAST 24 hours in advance.	<b>2</b> Sodium (mg): Na <sup>+</sup> Stuffed Shells 390 Broccoli Florets 12 Garlic Button Mushrooms 12 Dinner Roll 160 Peaches 5 Total Sodium: 579 Calories: 429 Carbs: 72	<b>3</b> Sodium (mg): Na <sup>+</sup> Cuban Picadillo 251 White/Brown Rice 36 Tuscan Vegetables 56 WW Roll 160 Fresh Apple 2 Total Sodium: 505 Calories: 422 Carbs: 63	<b>4</b> Sodium (mg): Na <sup>+</sup> Honey Mustard Chicken 481 Mashed Potato 62 Scandinavian Vegetables 42 Multigrain Bread 190 Chocolate Chip Cookie 171 Diet: Graham Wafer 85 Total Sodium: 945 Calories: 756 Carbs: 101	<b>5</b> Sodium (mg): Na <sup>+</sup> Hot Dog *550 Mustard and Relish 55 Baked Beans 36 Tarragon Carrots 77 Hot Dog Roll 210 Fresh Orange 0 Total Sodium: 1010 Calories: 627 Carbs: 78
	<b>8</b> B Baked Meatloaf 131 Gravy w/ Pearl Onions 110 Mashed Potato 62 Country Vegetables 32 Oatmeal Bread 121 Cinnamon Apples 4 Total Sodium: 460 Calories: 550 Carbs: 76	<b>9</b> B Mac & Cheese 403 Brussel Sprouts 12 Tomato Florentine 121 Fruit Loaf 190 Pineapple 1 Total Sodium: 727 Calories: 702 Carbs: 96	<b>10</b> B Chicken Escarole Soup 52 Chicken Parmesan 361 Penne Pasta w/ Sauce 56 California Vegetables 27 WW Roll 160 Banana 1 Total Sodium: 657 Calories: 568 Carbs: 95	<b>11</b> B Potato Pollock Filet 150 Tartar Sauce 261 Potato Wedges 27 Green Beans 3 Honey Wheat Bread 135 Mandarin Oranges 6 Total Sodium: 582 Calories: 612 Carbs: 77
No Meals Served  	<b>16</b> A Cheeseburger 387 Ketchup and Mustard 137 Roasted Potatoes 33 Cabbage & Carrots 47 WW Hamburger Roll 230 Pears 4 Total Sodium: 838 Calories: 619 Carbs: 64	<b>17</b> A Roast Pork 71 Apple Gravy 111 Mashed Potato 62 Winter Squash 13 WW Bread 160 Hermit Cookie 108 Diet: Graham Wafer 85 Total Sodium: 524 Calories: 662 Carbs: 90	<b>18</b> A Greek Meatballs 354 Rice Pilaf 134 Asparagus 6 Multigrain Bread 190 Mixed Fruit 10 Total Sodium: 695 Calories: 550 Carbs: 63	<b>19</b> A Turkey Tetrazzini 420 w/ Noodles Roman Vegetables 26 Oatmeal Roll 121 Peaches 5 Total Sodium: 572 Calories: 592 Carbs: 105
	<b>22</b> B American Chop Suey 211 Tuscan Vegetables 56 Dinner Roll 160 Mandarin Oranges 6 Yogurt Cup 50 Total Sodium: 483 Calories: 510 Carbs: 78	<b>23</b> B Italian Braised Beef 78 Garlic Mash. Potato 62 Asparagus 6 WW Bread 160 Applesauce 20 Total Sodium: 326 Calories: 535 Carbs: 69	<b>24</b> B Unsalted Saltines 12 Vegetable Soup 174 Chicken w/ 320 Peach Salsa 45 Spanish Rice 22 Oatmeal Roll 121 Banana 1 Total Sodium: 696 Calories: 490 Carbs: 71	<b>25</b> B Beef & Pepper Casserole 293 Carrot Coins 77 Multigrain Roll 190 Pistachio Cookie 170 Diet: Lorna Doone's 85 Total Sodium: 730 Calories: 583 Carbs: 75
<b>29</b> A Sausage w/ *520 Peppers & Onions Pasta Alfredo w/ 249 Portobello Mushrooms Sub Roll 162 Peaches 5 Total Sodium: 936 Calories: 576 Carbs: 83	<b>30</b> A Tossed Salad 124 Portuguese Chicken 420 Parsley Mash. Potatoes 63 Multigrain Roll 190 Fresh Orange 0 Total Sodium: 797 Calories: 537 Carbs: 76	<b>31</b> A Egg Salad 373 German Potatoes 62 Coleslaw 81 WW Roll 160 Mini Carrot Cake 209 Diet: Low Sugar Cake 210 Total Sodium: 885 Calories: 551 Carbs: 83	All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium  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.	

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.**