



"Celebrating 40 Years of Caring"

Monday	Tuesday	Wednesday	Thursday	Friday
<p>All Meals include:</p> <p><u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs</p> <p><u>Margarine:</u> 36 Calories 47mg Sodium</p>	<p>For weather emergencies and cancellations, please check 1420 AM WBSM radio.</p> <p>For Reservations/ Cancellations, call (508) 742-9195 or (508) 742-9192 AT LEAST 24 hours in advance.</p>	<p>We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack.</p> <p>Congregate Meal participants may take home packaged bread, desserts and milk.</p>	<p>1 Sodium (mg): Na⁺</p> <p>Buttermilk Chicken 459 Red Bliss Potato 4 Broccoli 12 WW Roll 160 Strawberry Cup 4</p> <p>Total Sodium: 640 Calories: 476 Carbs: 77</p>	<p>2 Sodium (mg): Na⁺</p> <p>Seafood Casserole *569 Florentine Rice 112 Asparagus 6 Dinner Roll 160 Peaches 5</p> <p>Total Sodium: 852 Calories: 430 Carbs: 53</p>
<p>5 A</p> <p>BBQ Pork 410 Baked Beans 36 Malibu Blend 32 Multigrain Bread 190 Mandarin Oranges 6</p> <p>Total Sodium: 675 Calories: 482 Carbs: 67</p>	<p>6 A</p> <p>Chicken Marsala 439 Italian Pasta 1 Italian Blend 26 Oatmeal Bread 121 Tapioca Pudding 130 Diet: Diet Pudding 110</p> <p>Total Sodium: 717 Calories: 534 Carbs: 64</p>	<p>7 A</p> <p>Spinach & Cheese 392 Omelet Hash browns 136 Garlic Button Mushrooms 121 Lite Rye Bread 115 Pineapple 1</p> <p>Total Sodium: 766 Calories: 594 Carbs: 79</p>	<p>8 A</p> <p>Roast Turkey w/ Gravy 430 Cranberry Sauce (2) 16 Mashed Potatoes 62 Winter Squash 13 Snowflake Roll 160 Holiday Pie 190 Diet: LS Cake 210</p> <p>Total Sodium: 871 Calories: 730 Carbs: 127</p>	<p>9 A</p> <p>Swedish Meatballs 341 Egg Noodles 35 Beets 162 Snowflake Roll 218 Strawberry Cup 4</p> <p>Total Sodium: 760 Calories: 640 Carbs: 91</p>
<p>12 B</p> <p>No Meals Served</p> <p>Come Join Us On Tuesdays for our Ethnic Meal Series!</p> 	<p>13 B</p> <p>White Chili w/ Chicken 347 Dirty Rice 137 Spring/Summer Blend 57 WW Roll 160 Pears 4</p> <p>Total Sodium: 705 Calories: 498 Carbs: 72</p>	<p>14 B</p> <p>Cream of Carrot & Celery Soup 130 Meatloaf w/ Rosemary Gravy 240 Whipped Sweet Potato 62 Oatmeal Roll 121 Banana 1</p> <p>Total Sodium: 798 Calories: 806 Carbs: 123</p>	<p>15 B</p> <p>Chicken Piccata 424 Au Gratin Potato 154 Brussel Sprouts 12 Multigrain Bread 190 Hermit Cookie 108 Diet: Graham Wafer 85</p> <p>Total Sodium: 887 Calories: 511 Carbs: 64</p>	<p>16 B</p> <p>Sausage & Peppers *520 Pasta Alfredo 119 Sub Roll 162 Applesauce Cup 15</p> <p>Total Sodium: 817 Calories: 491 Carbs: 67</p>
<p>19 A</p> <p>Chicken Teriyaki 320 Lo Mein 158 Oriental Vegetables 28 Dinner Roll 185 Pineapple 1</p> <p>Total Sodium: 852 Calories: 563 Carbs: 87</p>	<p>20 A</p> <p>Tossed Salad w/ Dressing 124 Lazyman Stuffed Pepper 237 Genoa Blend Veg 40 Oatmeal Roll 190 Cinnamon Apples 46</p> <p>Total Sodium: 637 Calories: 519 Carbs: 64</p>	<p>21 A</p> <p>Mac n' Cheese 403 Escalloped Tomatoes 143 Peas & Mushrooms 133 Fruit Loaf 115 Strawberry Cup 4</p> <p>Total Sodium: 798 Calories: 806 Carbs: 123</p>	<p>22 A</p> <p>Happy Thanksgiving</p> 	<p>23 A</p> <p>Seafood Salad *507 German Potato Salad 85 Cole Slaw 81 Multigrain Roll 190 Banana 1</p> <p>Total Sodium: 865 Calories: 492 Carbs: 82</p>
<p>26 B</p> <p>Stuffed Shells 360 Peas & Portobellos 133 Dinner Roll 160 Mandarin Oranges 6</p> <p>Total Sodium: 660 Calories: 437 Carbs: 61</p>	<p>27 B</p> <p>Beef & Broccoli 108 White/Brown Rice 36 WW Roll 160 Pineapple w/ Shredded Coconut 1</p> <p>Total Sodium: 306 Calories: 553 Carbs: 62</p>	<p>28 B</p> <p>Honey Mustard Chicken 481 Whipped Sweet Potato 33 Green Beans 3 Oatmeal Bread 121 Mini Hot Fudge Cake 230 Diet: LS Cake 210</p> <p>Total Sodium: 868 Calories: 614 Carbs: 72</p>	<p>29 B</p> <p>Hot Dog *550 Mustard & Relish 136 Baked Beans 36 Cabbage & Carrots 47 HD Roll 210 Mixed Fruit 10</p> <p>Total Sodium: 989 Calories: 612 Carbs: 75</p>	<p>30 B</p> <p>Salmon Boat w/ Lemon Dill Sauce 210 Potato Wedges 48 Italian Blend Veg. 27 Multigrain Bread 190 Applesauce 15</p> <p>Total Sodium: 579 Calories: 516 Carbs: 75</p>

Meals are based on a No-Added Salt 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.