



"Celebrating 40 Years of Caring"

<b>For weather emergencies and cancellations, please check 1420 AM WBSM radio.</b>		<b>Come Join Us On Tuesdays for our Ethnic Meal Series!</b>		We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack.		All Meals include:  <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs  <u>Margarine:</u> 36 Calories 47mg Sodium		<b>Friday</b>	
For Reservations/Cancellations, call (508) 742-9195 or (508) 742-9192 AT LEAST 24 hours in advance.				Congregate Meal participants may take home packaged bread, desserts and milk.				Sodium (mg): Na <sup>+</sup>	
								1 Potato Pollock 337 Tartar Sauce 261 Potato Wedges 27 Country Vegetables 32 Multigrain Roll 190 Mandarin Oranges 6 <hr/> Total Sodium: 853 Calories: 738 Carbs: 84	
<b>4</b>		<b>5</b>		<b>6</b>		<b>7</b>		<b>8</b>	
Cheeseburger 387 Ketchup 82 Mustard 55 Baked Beans 36 Chuckwagon Blend 2 HB Roll 230 Applesauce 15 <hr/> Total Sodium: 807 Calories: 703 Carbs: 84		Tossed Salad w/ Dressing 124 Swedish Meatballs 321 Egg Noodles 35 California Veg. Blend 27 WW Roll 160 Mixed Fruit 10 <hr/> Total Sodium: 677 Calories: 582 Carbs: 71		Spring Veg. Soup 115 Cajun Chicken 377 Dirty Rice 137 Oatmeal Roll 121 Banana 1 <hr/> Total Sodium: 751 Calories: 505 Carbs: 73		Meatloaf 131 Mushroom Gravy 148 Whipped Sweet Potato 33 Brussels Sprouts 12 Multigrain Bread 190 Oatmeal Raisin Cookie 108 Diet: Graham Wafer <hr/> Total Sodium: 621 Calories: 559 Carbs: 76		Turkey Divan w/ Broccoli Florets 321 Red Bliss Potatoes 4 Dinner Roll 160 Cinnamon Apples 4 <hr/> Total Sodium: 489 Calories: 480 Carbs: 54	
<b>11</b>		<b>12</b>		<b>13</b>		<b>14</b>		<b>15</b>	
Shredded Cheese 187 Cheesy Beefaroni 326 Genoa Veg. Blend 40 Asparagus 6 Scali Bread 190 Fresh Orange 0 <hr/> Total Sodium: 750 Calories: 739 Carbs: 77		Kale Soup 173 Portuguese Chicken 420 Roasted Potatoes 33 Tomato Florentine 121 w/ Chickpeas WW Bread 160 Applesauce 15 <hr/> Total Sodium: 922 Calories: 545 Carbs: 73		Sloppy Joe 221 Potato Wedges 27 Italian Vegetables 26 WW HB Roll 230 Pineapple Chunks 1 Yogurt Cup 50 <hr/> Total Sodium: 555 Calories: 639 Carbs: 96		Roast Pork 71 Rosemary Gravy 124 Cheesy Mash. Potato 90 Glazed Carrots 83 Multigrain Roll 190 Red Velvet Cupcake 209 Diet: LS Cake <hr/> Total Sodium: 766 Calories: 737 Carbs: 103		Seafood Newburg *569 Florentine Rice 112 Garden Peas 82 Potato Bread 120 Peaches 5 <hr/> Total Sodium: 888 Calories: 481 Carbs: 64	
<b>18</b>		<b>19</b>		<b>20</b>		<b>21</b>		<b>22</b>	
<b>No Meals Served</b>  		Hot Dog *550 Mustard 55 Relish 81 German Potato Salad 85 Cabbage & Carrots 47 HD Roll 210 Mixed Fruit 10 <hr/> Total Sodium: 1039 Calories: 562 Carbs: 70		High Sodium Macaroni & Cheese 403 Escalloped Tomatoes 143 Italian Green Beans 3 Fruit Loaf 190 Fresh Orange 4 <hr/> Total Sodium: 742 Calories: 763 Carbs: 113		Roast Turkey w/ Gravy 360 Cranberry Sauce (2) 16 Parsley Mash. Potato 63 Winter Squash 13 Oatmeal Bread 121 Cinnamon Apples 4 <hr/> Total Sodium: 647 Calories: 583 Carbs: 102		Beef Picadillo 251 White/Brown Rice 36 Riviera Veg. Blend 16 Dinner Roll 160 Choc. Chip Cookie 171 Diet: Graham Wafer <hr/> Total Sodium: 635 Calories: 651 Carbs: 83	
<b>25</b>		<b>26</b>		<b>27</b>		<b>28</b>		Sometimes, the best things in life are not things at all... but the people who make you feel loved and cared for.  WWW.LIVELIFEHAPPY.COM	
Hungarian *523 Turkey Skillet Mashed Potato 62 Tuscan Veg. Blend 56 Wheat Bread 115 Applesauce 15 <hr/> Total Sodium: 771 Calories: 491 Carbs: 72		Broccoli & Cheese 387 Omelet Hash Browns 136 Green Beans 3 Multigrain Roll 190 Pineapple Chunks 1 <hr/> Total Sodium: 718 Calories: 547 Carbs: 74		Chicken Picatta 424 Italian Pasta 1 Jardinière Veg. Blend 39 WW Bread 160 Mini Choc. Cream Pie 209 Diet: LS Cake 210 <hr/> Total Sodium: 832 Calories: 636 Carbs: 90		Beef Pot Roast 241 Mashed Potatoes 62 Carrots & Peas 80 Oatmeal Bread 121 Banana 1 <hr/> Total Sodium: 505 Calories: 667 Carbs: 90			

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.**