



Monday		Tuesday		Wednesday		Thursday		Friday	
<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</p>		<p>Come Join Us On Tuesdays for our Ethnic Meal Series!</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>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>1 Sodium (mg): Na⁺</p>	
								<p>Potato Pollock 150</p> <p>Tartar Sauce 261</p> <p>Potato Wedges 27</p> <p>Fall/Winter Blend 15</p> <p>Dinner Roll 160</p> <p>Mixed Fruit 10</p> <p>Total Sodium: 622 Calories: 611 Carbs: 76</p>	
4	5	6	7	8	9	10	11	12	13
<p>Lazy-man</p> <p>Stuffed Pepper 237</p> <p>Country Vegetables 32</p> <p>WW Roll 160</p> <p>Cinnamon Apples 4</p> <p>Yogurt Cup</p>	<p>Unsalted Saltines 12</p> <p>Spanish Soup 32</p> <p>Cilantro Chicken 339</p> <p>Rice Pilaf 134</p> <p>Oatmeal Roll 121</p> <p>Fresh Orange 0</p>	<p>Stuffed Shells w/ 390</p> <p>Tomato Basil Sauce 55</p> <p>Jardinière Veg. Blend 39</p> <p>Asparagus 6</p> <p>Multigrain Bread 190</p> <p>Peaches 5</p>	<p>Roast Turkey w/ Gravy 430</p> <p>Cranberry Sauce (2) 16</p> <p>Mashed Potato 62</p> <p>Winter Squash 13</p> <p>Snowflake Roll 160</p> <p>Hermit Cookie 108</p> <p>Diet: Graham Wafer 85</p>	<p>Tuna Salad 408</p> <p>Pasta Salad 58</p> <p>w/ Chickpeas</p> <p>Cole Slaw 81</p> <p>Wheat Bread 115</p> <p>Pears 4</p>	<p>Total Sodium: 434</p> <p>Calories: 393 Carbs: 47</p>	<p>Total Sodium: 637</p> <p>Calories: 496 Carbs: 62</p>	<p>Total Sodium: 685</p> <p>Calories: 487 Carbs: 80</p>	<p>Total Sodium: 789</p> <p>Calories: 654 Carbs: 114</p>	<p>Total Sodium: 666</p> <p>Calories: 406 Carbs: 52</p>
11	12	13	14	15	16	17	18	19	20
<p>Shredded Cheese 187</p> <p>American Chop Suey 211</p> <p>Broccoli Florets 12</p> <p>Carrot Coins 133</p> <p>Scali Bread 190</p> <p>Mixed Fruit 10</p>	<p>Chicken Coq Au Vin 387</p> <p>Parsley Mash. Potato 63</p> <p>Malibu Blend 59</p> <p>Multigrain Bread 190</p> <p>Applesauce 14</p>	<p>Roast Pork w/ 71</p> <p>Apple Gravy 111</p> <p>Red Bliss Potatoes 4</p> <p>Brussels Sprouts 12</p> <p>WW Bread 160</p> <p>Banana 1</p>	<p>High Sodium Special Meal</p> <p>Corned Beef Hash *775</p> <p>Cabbage & Carrots 47</p> <p>Turnips 29</p> <p>Raisin Bread 110</p> <p>Pistachio Cookie 170</p> <p>Diet: Pistachio Pudding 110</p>	<p>Broccoli Bake 387</p> <p>Hash Browns 136</p> <p>Gr.Beans & Tomato 68</p> <p>Fruit Loaf 190</p> <p>Peaches 5</p>	<p>Total Sodium: 744</p> <p>Calories: 612 Carbs: 75</p>	<p>Total Sodium: 713</p> <p>Calories: 490 Carbs: 74</p>	<p>Total Sodium: 359</p> <p>Calories: 543 Carbs: 71</p>	<p>Total Sodium: 1131</p> <p>Calories: 633 Carbs: 82</p>	<p>Total Sodium: 786</p> <p>Calories: 743 Carbs: 75</p>
18	19	20	21	22	23	24	25	26	27
<p>Buttermilk Chicken 459</p> <p>Whipped Sweet Potato 33</p> <p>Cali. Veg. Blend 27</p> <p>Oatmeal Bread 121</p> <p>Cinnamon Apples 4</p>	<p>Tossed Salad 124</p> <p>w/ Dressing</p> <p>Rigatoni Pasta 1</p> <p>Meat Sauce 123</p> <p>Italian Veg. Blend 26</p> <p>Dinner Roll 160</p> <p>Pineapple Chunks 1</p>	<p>Hot Dog *550</p> <p>Ketchup/Relish 82</p> <p>Baked Beans 36</p> <p>Cabbage & Carrots 47</p> <p>HD Roll 210</p> <p>Lemon Pudding 200</p> <p>Diet: LS Pudding 100</p>	<p>Meatloaf w/ 131</p> <p>Rosemary Gravy 124</p> <p>Cheesy Mash. Potato 90</p> <p>Gr.Beans & Mushrooms 133</p> <p>Multigrain Bread 190</p> <p>Pears 4</p>	<p>Fish Sandwich 337</p> <p>Tartar Sauce 261</p> <p>Au Gratin Potatoes 154</p> <p>Mixed Vegetables 41</p> <p>WW HB Roll 230</p> <p>Mandarin Oranges 6</p>	<p>Total Sodium: 644</p> <p>Calories: 409 Carbs: 57</p>	<p>Total Sodium: 435</p> <p>Calories: 525 Carbs: 78</p>	<p>Total Sodium: ###</p> <p>Calories: 695 Carbs: 92</p>	<p>Total Sodium: 671</p> <p>Calories: 630 Carbs: 87</p>	<p>Total Sodium: 1028</p> <p>Calories: 745 Carbs: 86</p>
25	26	27	28	29	30	31	32	33	34
<p>Beef Stew 240</p> <p>Sour Cream & Chive 94</p> <p>Mashed Potatoes</p> <p>Peas & Carrots 80</p> <p>Oatmeal Roll 121</p> <p>Applesauce 14</p>	<p>Bok Choy Soup 99</p> <p>Sweet & Sour</p> <p>Meatballs 194</p> <p>Asian Rice 92</p> <p>Oriental Blend 26</p> <p>Wheat Bread 115</p> <p>Pineapple Chunks 1</p>	<p>Grilled Chicken Parm. 410</p> <p>Penne Pasta 1</p> <p>Tahitian Veg. Blend 38</p> <p>Multigrain Bread 190</p> <p>Mini Tiramisu 209</p> <p>Diet: LS Cake 210</p>	<p>Cheeseburger 387</p> <p>Ketchup 82</p> <p>Mustard 55</p> <p>Roasted Potatoes 33</p> <p>Malibu Blend 59</p> <p>HB Roll 230</p> <p>Fresh Apple 2</p>	<p>"Catch of the Day"</p> <p>Haddock w/ 60</p> <p>Lemon Dill Sauce 111</p> <p>Confetti Rice 43</p> <p>Roman Blend 26</p> <p>WW Bread 160</p> <p>Mixed Fruit 10</p>	<p>Total Sodium: 549</p> <p>Calories: 660 Carbs: 73</p>	<p>Total Sodium: 528</p> <p>Calories: 487 Carbs: 70</p>	<p>Total Sodium: 847</p> <p>Calories: 573 Carbs: 91</p>	<p>Total Sodium: 847</p> <p>Calories: 668 Carbs: 75</p>	<p>Total Sodium: 410</p> <p>Calories: 377 Carbs: 56</p>

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.