



Monday		Tuesday		Wednesday		Thursday		Friday	
1	Sodium (mg): Na ⁺	2	Sodium (mg): Na ⁺	3	Sodium (mg): Na ⁺	4	Sodium (mg): Na ⁺	5	Sodium (mg): Na ⁺
Sausage w/ Peppers & Onions	*520	Honey Ginger Chicken	393	Roast Turkey w/ Gravy	150	Beef Bolognese	163	Cheese Lasagna	359
Pasta Alfredo	116	Pineapple Rice	35	Cranberry Sauce (2)	16	Spaghetti	1	Chickpea Blend	52
Mini Sub Roll	162	Oriental Vegetables	26	Garlic Mash. Potato	62	Italian Vegetables	26	Asparagus	6
Peaches	5	WW Bread	160	Winter Squash	13	Multigrain Roll	190	Dinner Roll	160
		Fresh Apple	2	Oatmeal Bread	121	Strawberry Cup	4	Mandarin Oranges	6
				Oatmeal Raisin Cookie	108				
				Diet: Graham Wafers	85				
Total Sodium:	804	Total Sodium:	616	Total Sodium:	674	Total Sodium:	384	Total Sodium:	583
Calories:	496	Carbs:	69	Calories:	674	Carbs:	110	Calories:	616
		Carbs:	70			Carbs:	95	Calories:	361
								Carbs:	55
8	A	9	A	10	A	11	A	12	A
Crustless Chicken Pot Pie	273	BBQ Pulled Pork	484	Lentil Soup	233	Braised Beef	241	Haddock w/ Herb Sauce	143
Parsley Mash. Potatoes	63	Whipped Sweet Potato	33	Curry Chicken	320	Red Bliss Potatoes	4	Wild Rice	43
Green & Wax Beans	3	Broccoli Florets	12	Mixed Vegetables	41	Italian Green Beans	3	Roman Vegetables	26
Biscuit	340	WW Hamburger Roll	190	WW Roll	160	Oatmeal Bread	121	Scali Bread	190
Mixed Fruit	10	Apple Crisp	22	Strawberry Cup	4	Pineapple w/ Shredded Coconut	1	Applesauce Cups	20
Total Sodium:	690	Total Sodium:	741	Total Sodium:	813	Total Sodium:	370	Total Sodium:	422
Calories:	612	Carbs:	83	Calories:	549	Carbs:	83	Calories:	535
		Carbs:	72			Carbs:	64	Calories:	394
								Carbs:	50
15	Holiday	16	B	17	B	18	B	19	B
		Hot Dog	*550	Tossed Salad w/ Dressing	124	Beef & Cabbage	300	Fiesta Omelet	382
		Mustard & Relish Packet	136	Honey Mustard Chicken	481	Casserole		Hash Browns	136
		Baked Beans	36	Roasted Sweet Potato	33	Florentine Rice	112	Zucchini & Sum. Squash	3
		Cabbage & Carrots	47	Oatmeal Roll	121	Multigrain Roll	190	Fruit Loaf	115
		WW Hot Dog Roll	210	Fresh Orange	0	Fresh Banana	1	Mixed Fruit	10
		Apricots	10						
		Total Sodium:	989	Total Sodium:	758	Total Sodium:	603	Total Sodium:	647
		Calories:	632	Carbs:	79	Calories:	452	Carbs:	62
						Calories:	513	Carbs:	79
								Calories:	529
								Carbs:	75
22	A	23	High Sodium Meal	24	A	25	A	26	A
Cheeseburger	387	Minestrone Soup	239	Chicken Bruschetta	394	Macaroni & Cheese	403	Potato Pollock Fillet	150
Ketchup Packet	82	Turkey & Cheese w/ Mini Sub Roll	*507	Fluffy Rice	36	Escalloped Tomatoes	143	Tartar Sauce	261
Potato Wedges	27	Mustard Packet	55	Tahitian Blend	38	Peas & Button	133	Confetti Rice	43
Jardinière Blend	39	Cole Slaw	81	WW Bread	160	Mushrooms		Brussel Sprouts	12
WW Hamburger Roll	230	Cinnamon Apples	4	Mini Red Velvet Cake	230	Fruit Loaf	115	Potato Bread	115
Strawberry Cup	4			Diet: LS Cake	210	Pineapple	1	Peaches	5
Total Sodium:	768	Total Sodium:	1048	Total Sodium:	858	Total Sodium:	795	Total Sodium:	585
Calories:	760	Carbs:	89	Calories:	576	Carbs:	65	Calories:	759
		Carbs:	55			Carbs:	109	Calories:	519
								Carbs:	65
29	B	30	B	<p style="text-align: center;">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>All Meals include:</p> <p><u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs</p> <p><u>Margarine:</u> 36 Calories 47mg Sodium</p>	
Caribbean Chicken	375	Tossed Salad w/ Dressing	124						
Dirty Rice	137	American Chop Suey	211						
Tuscany Blend	56	Peas & Portabellas	133						
Oatmeal Bread	121	Garlic Roll	160						
Mandarin Oranges	6	Pears	4						
Total Sodium:	695	Total Sodium:	631						
Calories:	439	Carbs:	66						
		Carbs:	72						

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.