



"Celebrating 40 Years of Caring"

Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>For weather emergencies and cancellations, please check 1420 AM WBSM radio.</b></p> <p>For Reservations/ Cancellations, call (508) 742-9195 or (508) 742-9192 AT LEAST 24 hours in advance.</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><b>1</b> Sodium (mg): Na<sup>+</sup></p> <p>Roast Pork w/ Gravy 192 Garlic Mashed Potato 62 Tarragon Carrots 77 Multigrain Bread 190 Mixed Fruit 10</p> <p>Total Sodium: 531 Calories: 603 Carbs: 77</p>	<p><b>2</b> Sodium (mg): Na<sup>+</sup></p> <p>Mexicali Chicken 173 Spanish Rice 22 Mexicali Corn 6 WW Bread 160 Fresh Pineapple 1</p> <p>Total Sodium: 363 Calories: 509 Carbs: 84</p>	<p><b>3</b> Sodium (mg): Na<sup>+</sup></p> <p>Hungarian Turkey *523 Skillet Penne Pasta 1 Asparagus 41 Garlic Roll 160 Mandarin Oranges 6</p> <p>Total Sodium: 731 Calories: 524 Carbs: 76</p>
		<p><b>6</b> A</p> <p>Shepherd's Pie 283 Brussel Sprouts 12 Oatmeal Roll 121 Pears 4</p> <p>Total Sodium: 419 Calories: 589 Carbs: 84</p>	<p><b>7</b> A</p> <p>Unsalted Saltines 22 Kale &amp; Lentil Soup 352 Cajun Chicken 217 Dirty Rice 137 WW Roll 160 Banana 1</p> <p>Total Sodium: 889 Calories: 481 Carbs: 83</p>	<p><b>8</b> A</p> <p>Spaghetti w/ Bolognese Sauce 163 Italian Blend 26 Garlic Roll 160 Melon Cup 4</p> <p>Total Sodium: 354 Calories: 499 Carbs: 66</p>
<p><b>13</b> B</p> <p>Hot Dog *550 Mustard 55 Baked Beans 36 Cabbage &amp; Carrots 47 WW HD Roll 210 Applesauce 20</p> <p>Total Sodium: 918 Calories: 589 Carbs: 69</p>	<p><b>14</b> B</p> <p>Tossed Salad w/ Dressing 124 Beef Strips &amp; Broccoli 108 White/Brown Rice 36 MG Roll 190 Chocolate Pudding 191 Diet: D. Pudding 100</p> <p>Total Sodium: 649 Calories: 670 Carbs: 71</p>	<p><b>15</b> B</p> <p>Mac n' Cheese 403 Escalloped Tomatoes 143 Green Beans 3 Fruit Loaf 115 Strawberry Cup 4</p> <p>Total Sodium: 668 Calories: 771 Carbs: 117</p>	<p><b>16</b> B</p> <p>Chicken Divan w/ Broccoli Florets 281 Red Bliss Potatoes 4 Oatmeal Roll 121 Mixed Fruit 10</p> <p>Total Sodium: 416 Calories: 492 Carbs: 56</p>	<p><b>17</b> B</p> <p>American Chop Suey 211 Peas &amp; Mushrooms 133 Dinner Roll 190 Mandarin Oranges 6</p> <p>Total Sodium: 540 Calories: 450 Carbs: 65</p>
<p><b>20</b> A</p> <p>Turkey Stew with Vegetables *571 Sour Cream &amp; Chive Mash. Potato 62 WW Roll 160 Pears 4</p> <p>Total Sodium: 797 Calories: 472 Carbs: 74</p>	<p><b>21</b> A</p> <p>Swedish Meatballs 321 Egg Noodles 35 Malibu Blend 59 Snowflake Roll 180 Fresh Orange 0</p> <p>Total Sodium: 595 Calories: 576 Carbs: 74</p>	<p><b>22</b> A</p> <p>Tuna Salad on Shredded Lettuce 408 Tri-Color Pasta 3 Cole Slaw 58 MG Roll 81 Oatmeal Raisin Cookie 190 Diet: Graham Wafer 210</p> <p>Total Sodium: 949 Calories: 676 Carbs: 92</p>	<p><b>23</b> A</p> <p>Beef Pot Roast 241 Whip. Sweet Potato 33 Green Beans 3 Oatmeal Bread 121 Mixed Fruit 10</p> <p>Total Sodium: 408 Calories: 556 Carbs: 68</p>	<p><b>24</b> A</p> <p>Apricot Chicken 359 Rice Florentine 112 California Veg. 27 Potato Bread 120 Lemon Pudding 174 Diet: D. Pudding 100</p> <p>Total Sodium: 792 Calories: 537 Carbs: 70</p>
<p><b>27</b> No Meals Served</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><b>28</b> B</p> <p>Meatloaf w/ Mushroom Gravy 240 Parslied Whip. Potato 110 Glazed Carrots 62 WW Bread 83 Strawberry Cup 160 4</p> <p>Total Sodium: 792 Calories: 657 Carbs: 115</p>	<p><b>29</b> B</p> <p>Cream of Broccoli Soup 212 Grilled Chicken Parm. 357 Penne Pasta 1 Garlic Roll 160 Mini Carrot Cake 209 Diet: LS Cake 210</p> <p>Total Sodium: 958 Calories: 622 Carbs: 91</p>	<p><b>30</b> B</p> <p>Spinach &amp; Cheese Omelet 392 Hash Browns 136 Zucchini &amp; Tomato 39 Fruit Muffin 115 Mandarin Oranges 6</p> <p>Total Sodium: 688 Calories: 556 Carbs: 71</p>	<p><b>31</b> B</p> <p>BBQ Pulled Pork 484 Au Gratin Potatoes 154 Chuckwagon Blend 2 WW HB Roll 230 Banana 1</p> <p>Total Sodium: 870 Calories: 623 Carbs: 94</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.