



Monday		Tuesday		Wednesday		Thursday		Friday	
3 Sodium (mg): Na ⁺		4 Sodium (mg): Na ⁺		5 Sodium (mg): Na ⁺		6 Sodium (mg): Na ⁺		7 Sodium (mg): Na ⁺	
Hot Dog	*550	Unsalted Saltines	12	Beef Picadillo	251	Turkey Divan	321	Fiesta Omelet	382
Mustard	55	Cream of Carrot & Celery Soup	130	White/Brown Rice	36	Cheesy Mashed Potato	90	Hash Browns	136
Baked Beans	36	Chicken Drumstick	290	Scandinavian Blend	42	Multigrain Bread	190	Florentine Tomatoes	121
Cabbage/Carrots	47	Red Bliss Potatoes	4	WW Bread	160	Hermit Cookie	108	Fruit Loaf	115
WW Hot Dog Roll	210	Oatmeal Roll	121	Fresh Pineapple	1	Diet: Graham Wafer	85	Strawberry Cup	4
Applesauce	20	Mandarin Oranges	6						
Total Sodium:	918	Total Sodium:	563	Total Sodium:	490	Total Sodium:	708	Total Sodium:	758
Calories: 589	Carbs: 69	Calories: 495	Carbs: 62	Calories: 440	Carbs: 64	Calories: 623	Carbs: 76	Calories: 600	Carbs: 93
10 B		11 B		12 B		13 B		14 B	
Cheeseburger	387	Chicken Chow Mein	253	Tossed Salad w/ Dressing	124	Roast Turkey w/ Gravy	430	Potato Pollock	150
Ketchup	82	Asian Rice	92	American Chop Suey	211	Sour Cream & Chive Mashed Potatoes	94	Tartar Sauce	261
Roasted Potatoes	33	WW Roll	160	Chickpea Blend	57	Winter Squash	13	Lyonnais Potatoes	112
Glazed Carrots	83	Pineapple	1	Snowflake Roll	180	Oatmeal Bread	121	Green & Wax Beans	3
WW Hamburger Bun	230			Strawberry Cup	4	Tapioca Pudding	130	WW Roll	160
Fresh Orange	0					Diet: D. Pudding	100	Applesauce	4
Total Sodium:	814	Total Sodium:	507	Total Sodium:	575	Total Sodium:	804	Total Sodium:	706
Calories: 658	Carbs: 73	Calories: 418	Carbs: 56	Calories: 563	Carbs: 89	Calories: 654	Carbs: 99	Calories: 543	Carbs: 72
17 A		18 A		19 A		20 Special Meal		21 A	
Lasagna Roll Ups	370	German Beef Stroganoff	278	Chicken Bruschetta	394	Lobster Mac n' Cheese	*541	Beef Chili	176
Italian Blend	41	Egg Noodles	35	Whipped Sweet Potato	33	Tomato Florentine	121	Fluffy Rice	36
Snowflake Roll	180	Mixed Veg	41	Tahitian Veg	38	Whole Wheat Roll	160	Roman Blend	26
Mixed Fruit	4	Multigrain Bread	190	Oatmeal Bread	121	Mini Key Lime Pie	90	Garlic Roll	160
		Strawberry Cup	4	Fresh Orange	0	Diet: Pistachio Pudding	100	Banana	1
Total Sodium:	595	Total Sodium:	547	Total Sodium:	323	Total Sodium:	912	Total Sodium:	399
Calories: 375	Carbs: 67	Calories: 785	Carbs: 94	Calories: 431	Carbs: 65	Calories: 769	Carbs: 91	Calories: 508	Carbs: 81
24 B		25 B		26 B		27 B		28 B	
BBQ Pulled Pork	484	Oyster Crackers	133	Meatloaf w/ Rosemary Gravy	131	Chicken Teriyaki	478	Turkey Stew w/ Veg	*571
Parsley Mash. Potatoes	63	NE Clam Chowder	286	Roasted Potatoes	62	Asian Rice	92	Penne Pasta	1
Beans Bonanza	39	"Catch of the Day" w/ Lemon Vinaigrette	67	Brussel Sprouts	12	Oriental Veg.	26	Garlic Roll	160
Wheat Bread	115	Malibu Veg.	59	Multigrain Bread	190	Oatmeal Bread	121	Mandarin Oranges	6
Fresh Apple	2	WW Roll	160	Mini Chocolate Fudge Cake	310	Pears	4		
		Strawberry Cup	4	Diet: LS Cake	210				
Total Sodium:	702	Total Sodium:	719	Total Sodium:	828	Total Sodium:	721	Total Sodium:	738
Calories: 497	Carbs: 75	Calories: 653	Carbs: 83	Calories: 701	Carbs: 103	Calories: 382	Carbs: 51	Calories: 444	Carbs: 66
<p>For weather emergencies and cancellations, please check 1420 AM WBNS radio.</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>IT'S SUMMER!</p>	
<p>For Reservations/ Cancellations, call (508) 742-9195 or (508) 742-9192 AT LEAST 24 hours in advance.</p>									

Meals are based on a No-Added Salt (3-4 g) 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.