



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 ⁺
American Chop Suey 211 Italian Veg. Blend 26 Multigrain Roll 190 Peaches 5	Cajun Chicken 377 Dirty Rice 137 Chickpea Blend 52 WW Bread 160 Mandarin Oranges 6	Hot Dog *550 Mustard 55 Relish 81 Baked Beans 36 Cabbage & Carrots 47 Hot Dog Roll 210 Fresh Apple 2	Stuffed Shells w/ Tomato Sauce 390 Brussels Sprouts 12 Oatmeal Roll 121 Sugar Cookie 108 Diet: Graham Wafer 85	Fish Sandwich 190 Tartar Sauce 261 Roasted Potatoes 33 Spring Veg. Blend 57 HB Roll 230 Mixed Fruit 10
Total Sodium: 432 Calories: 460 Carbs: 68	Total Sodium: 732 Calories: 402 Carbs: 54	Total Sodium: 981 Calories: 638 Carbs: 83	Total Sodium: 685 Calories: 436 Carbs: 69	Total Sodium: 781 Calories: 605 Carbs: 81
8	9	10	11 Special Meal	12
Broccoli & Cheese 387 Omelet Hashbrowns 136 Peppers & Onions 3 Fruit Loaf 160 Applesauce 14	Chicken Bruschetta 394 Tahitian Veg. Blend 26 Whipped Sweet Potato 33 Oatmeal Bread 121 Banana 1	Meatloaf w/ Gravy 350 Lyonnise Potatoes 112 Mixed Vegetables 41 Wheat Bread 115 Mandarin Oranges 6	Roast Pork w/ Rosemary Gravy 195 Cheesy Mash. Potatoes 90 Glazed Carrots 83 Oatmeal Roll 121 Red Velvet Cake 230 Diet: Strawberry Cup 4	Shepherd's Pie 283 Peas & Mushrooms 133 WW Roll 160 Mixed Fruit 10
Total Sodium: 700 Calories: 603 Carbs: 78	Total Sodium: 587 Calories: 449 Carbs: 75	Total Sodium: 624 Calories: 416 Carbs: 61	Total Sodium: 718 Calories: 767 Carbs: 83	Total Sodium: 586 Calories: 641 Carbs: 94
15 No Meals Served 	16	17	18	19
	Chicken Cordon Royale *550 Garlic Mash. Potato 62 Malibu Blend 59 Dinner Roll 160 Pears 4	Seafood Casserole 569 Penne Pasta 1 Green Beans 3 Multigrain Bread 190 Strawberry Cup 4	Lemon Chicken 330 Florentine Rice 112 Glazed Carrots 83 Oatmeal Roll 121 Fresh Orange 0	Veg. Lasagna Roll-Up 359 Tomato Basil Sauce 55 Genoa Veg. Blend 40 Dinner Roll 160 Peaches 5
	Total Sodium: 835 Calories: 582 Carbs: 78	Total Sodium: 767 Calories: 544 Carbs: 88	Total Sodium: 645 Calories: 520 Carbs: 60	Total Sodium: 630 Calories: 408 Carbs: 74
22	23	24	25	26
Mexicali Chicken 173 Spanish Rice 22 Brussels Sprouts 12 WW Bread 160 Mixed Fruit 10	BBQ Pork Rib 280 Roasted Potatoes 33 California Veg. Blend 27 Honey Wheat Roll 135 Pineapple 1	Roast Turkey w/ Gravy 430 Cranberry Sauce (2) 16 Mashed Potato 62 Winter Squash 13 Multigrain Bread 190 Mini Cheesecake 209 Diet: Low Sugar Cake 210	Greek Meatballs 328 Rice Pilaf 134 Tuscan Veg. Blend 56 Multigrain Roll 190 Mandarin Oranges 6	Mac & Cheese 403 Escalloped Tomatoes 143 Broccoli Florets 12 Fruit Loaf 160 Strawberry Cup 4
Total Sodium: 377 Calories: 439 Carbs: 66	Total Sodium: 476 Calories: 411 Carbs: 64	Total Sodium: 920 Calories: 747 Carbs: 136	Total Sodium: 715 Calories: 497 Carbs: 61	Total Sodium: 722 Calories: 778 Carbs: 114
	Come Join Us On Tuesdays for our Ethnic Meal Series! 	For weather emergencies and cancellations, please check 1420 AM WBSM radio. For Reservations/ Cancellations, call: (508) 742-9195 or (508) 742-9192 AT LEAST 24 hours in	All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium	We recommend that Home Delivered Meal clients with diabetes reserve some meal items for a snack. Congregate Meal participants may take home packaged bread, desserts and milk.

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.