



"Celebrating 40 Years of Caring"



Monday	Tuesday	Wednesday	Thursday	Friday
 <p>BACK TO SCHOOL!</p>	All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium	For weather emergencies and cancellations, please check 1420 AM WBSM radio.	1 Sodium (mg): Na ⁺ Mac n' Cheese 404 Green Beans 3 Oatmeal Roll 121 Pears 4 Total Sodium: 532 Calories: 569 Carbs: 74	2 Sodium (mg): Na ⁺ Pollock w/ 180 Herb Sauce 76 Roasted Potatoes 33 Riviera Veg. Blend 16 Snowflake Roll 260 Mixed Fruit 10 Total Sodium: 575 Calories: 436 Carbs: 69
		For Reservations/ Cancellations, call (508) 742-9195 or (508) 742-9192 AT LEAST 24 hours in		
5 No Meals Served 	6 Chicken Teriyaki 478 Pineapple Rice 158 Oriental Veg. Blend 26 Wheat Bread 115 Iced Brownie 160 Diet: Low-Sugar Cookie 200 Total Sodium: 815 Calories: 569 Carbs: 76	7 Omelet w/ 387 Broccoli Cheese Sauce Hash Browns 136 Escaloped Tomatoes 143 Fruit Loaf 160 Pears 4 Total Sodium: 830 Calories: 764 Carbs: 78	8 Roast Turkey 303 w/ Gravy 70 Mashed Potato 52 Winter Squash 11 Oatmeal Bread 121 Banana 1 Total Sodium: 559 Calories: 559 Carbs: 98	9 Sausage w/ *520 Peppers & Onions 1 Pasta Alfredo 116 Sub Roll 162 Applesauce  14 Total Sodium: 813 Calories: 488 Carbs: 67
12 BBQ Pork Ribs 280 Whipped Sweet Potato 33 Corn 1 Oatmeal Bread 121 Fresh Orange 0 Total Sodium: 456 Calories: 456 Carbs: 79	13 Chicken Fajitas 275 Refried Beans 327 Peppers & Onions 3 6" Tortilla 236 Peaches  Total Sodium: 846 Calories: 435 Carbs: 60	14 American Chop Suey 211 Broccoli 12 WW Roll 160 Chocolate Chip Cookie 171 Diet: Graham Wafers 85 Total Sodium: 554 Calories: 670 Carbs: 87	15 Baked Salmon w/ 67 Lemon Dill Sauce 111 Confetti Rice 43 Zucchini/Summer Squash 3 Multigrain Bread 190 Pineapples 1 Total Sodium: 416 Calories: 452 Carbs: 62	16 Cheeseburger 384 Ketchup 82 Potato Wedges 27 Jardinière Veg. Blend 39 HB Roll 230 Mandarin Oranges 6 Total Sodium: 767 Calories: 673 Carbs: 67
19 Turkey a La King w/ Pasta 215 Broccoli/Cauliflower 15 Dinner Roll 210 Applesauce 14 Total Sodium: 453 Calories: 474 Carbs: 40	20 Kale Soup 173 Portuguese Chicken 420 Arroz de Tomate 22 WW Roll 160 Mixed Fruit 10  Total Sodium: 785 Calories: 488 Carbs: 65	21 Roast Pork 71 Apple Gravy 111 Red Bliss Potatoes 4 Brussels Sprouts 12 Multigrain Bread 190 Chocolate Pudding 191 Diet: Low-Sugar Pudding 100 Total Sodium: 678 Calories: 640 Carbs: 77	22 Meatloaf w/ 240 Mushroom Gravy 148 Egg Noodles 35 Country Vegetables 32 Oatmeal Bread 121 Mandarin Oranges 6 Total Sodium: 582 Calories: 474 Carbs: 66	23 Hot Dog *550 Baked Beans 36 Cabbage & Carrots 47 Mustard 55 HD Roll 210 Pears 4 Total Sodium: 902 Calories: 587 Carbs: 69
26 Cheese Lasagna 359 Roman Veg. Blend 26 WW Roll 160 Fresh Apple 2 Total Sodium: 546 Calories: 366 Carbs: 63	27 Seafood Stew w/ Shrimp 475 Yellow Rice 22 Mixed Vegetables 26 Oatmeal Bread 121 Peaches  Total Sodium: 649 Calories: 376 Carbs: 54	28 Swedish Meatballs 341 Egg Noodles 35 California Vegetables 27 Multigrain Roll 190 Iced Banana Cake 260 Diet: Low-Sugar Cake 210 Total Sodium: 853 Calories: 760 Carbs: 94	29 Chicken White Bean Chili 121 White/Brown Rice 36 Snowflake Roll 260 Mandarin Oranges 6 Total Sodium: 423 Calories: 373 Carbs: 60	30 Salisbury Steak w/ 386 Mushroom Gravy Garlic Whipped Potato 53 Glazed Carrots 77 Wheat Bread 115 Mixed Fruit 10 Total Sodium: 641 Calories: 598 Carbs: 67

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.