



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3 WARM GARLIC BREAD</p> <p>Chicken Strips with Marsala (588)* Herbed Ziti (1) Italian Style Vegetables (40) Garlic Bread (239) Cookie / Diet Dessert: SF Cookie 1% Milk</p> <p>Sodium 1047, Cal 719, Carb 103</p>	<p>4 TACO TUESDAY</p> <p>Taco Mix (270) Fiesta Corn (1), Yellow Rice (23) Shr. Lettuce (3), Shr. Cheese (93) Sour Cream (9), Salsa (~182) Tortilla Chips (46) Peaches (6), 1% Milk (100)</p> <p>Sodium 732, Cal 775, Carb 101</p>	<p>5</p> <p>Butternut Mac & Cheese (207) Broccoli (9) Oatnut Bread (150) Pudding with Whipped Cream (210) Diet Dessert: Sugar Free Pudding 1% Milk (100)</p> <p>Sodium 685, Cal 757, Carb 105</p>	<p>6 HOLIDAY MEAL</p> <p>HIGH SODIUM MEAL</p> <p>Ham (775)* w/ Cherry Sauce (33) Sweet Potatoes (42), Wax Beans (2) Wheat Bread, 1% Milk Jellybean Cake (~310) Diet Dessert: Angel Food Cake (229)</p> <p>Sodium 1376, Cal 799, Carb 114</p>	<p>7</p> <p>Jumbo Ravioli (190) with Cream Sauce (45) Green Beans (2) California Blend Vegetables (17) Wheat Bread (115) Canned Pears (4), 1% Milk (100)</p> <p>Sodium 473, Cal 475, Carb 80</p>
<p>10</p> <p>Breaded Chicken Patty w/ Dijon (789)* Sweet Potatoes (42) Mixed Vegetables (43) Dinner Roll (150) Pineapple (1) 1% Milk (100)</p> <p>Sodium 1124, Cal 705, Carb 112</p>	<p>11</p> <p>Shepherd's Pie (258) with Gravy (76) Green Beans (2) Wheat Bread (115) Canned Peaches (5) 1% Milk (100)</p> <p>Sodium 555, Cal 556, Carb 75</p>	<p>12</p> <p>Chicken Stew (331) Tuscan Blend Vegetables (48) Mini Biscuit (170) Cookie (~105) 1% Milk (100)</p> <p>Sodium 709, Carb 508, Carb 58</p>	<p>13</p> <p>Crab Cake (410), Tartar Sauce (261) Red Roasted Potatoes (5) Coleslaw (169) Wheat Bread (115) Mixed Fruit (10) 1% Milk (100)</p> <p>Sodium 1070, Cal 751, Carb 79</p>	<p>14 SALAD BAR</p> <p>Salad Bar with Croutons (99), Shredded Cheese (93), Ranch (100) Cheese Pizza (476) California Blend Vegetables (17) Oatnut Bread (150), 1% Milk (100) Baked Apple Crisp w/ Whip / SF Crisp</p> <p>Sodium 1164, Cal 1133, Carb 120</p>
<p>17 NO MEAL SERVICE</p> <p>PATRIOTS DAY</p>	<p>18 WARM GARLIC BREAD</p> <p>Italian Meatballs (216) with Spaghetti Sauce (25), Penne (1) Italian Blend Vegetables (50) Garlic Bread (239) Spiced Pear (6) 1% Milk (100)</p> <p>Sodium 636, Cal 679, Carb 92</p>	<p>19</p> <p>Diced Chicken with Divan (302) Mashed Potatoes (126) Green Beans (2) Mini Biscuit (170) Tropical Fruit (10) 1% Milk (100)</p> <p>Sodium 709, Cal 676, Carb 85</p>	<p>20 ETHNIC MEAL</p> <p>Asian-inspired Sticky Pork (~381) White Rice (4) Broccoli & Mushrooms (52) Wheat Bread (115) Pineapple (1) 1% Milk (100)</p> <p>Sodium 653, Cal 787, Carb 79</p>	<p>21 SALAD of the DAY</p> <p>Tossed Salad(4), French Dressing(100) Salmon w/ Stuffing & Dill Sauce (210) Rice Florentine (131) Wheat Bread 115), 1% Milk (100) Cookie(~115) Diet Dessert: SF Cookie</p> <p>Sodium 775, Cal 733, Carb 77</p>
<p>24</p> <p>Swedish Meatballs (347) Egg Noodles (6) Scandinavian Vegetables (31) Wheat Dinner Roll (210) Pineapple (1) 1% Milk (100)</p> <p>Sodium 696, Cal 653, Carb 91</p>	<p>25</p> <p>Breaded Chicken Breast (610)* with Country Gravy (98) Au Gratin Potatoes (240) Green Beans (2) Mixed Fruit (5) 1% Milk (100), Wheat Bread (115)</p> <p>Sodium 1170, Cal 578, Carb 62</p>	<p>26</p> <p>Beef Burgundy (297) Butternut Squash w/ Cinnamon (97) Cauliflower (17) Wheat Roll (210) Spiced Pears (6) 1% Milk (100)</p> <p>Sodium 726, Cal 603, Carb 75</p>	<p>27 BIRTHDAY CAKE</p> <p>Homemade Meatloaf (266) with Brown Gravy (152) Garlic Mashed Potatoes (117) Wax Beans (3) White Bread (105), 1% Milk Birthday Cake (~330)/Angel Fd. Cake</p> <p>Sodium 1073, Cal 862, Carb 97</p>	<p>28 SOUP of the DAY</p> <p>Beef Vegetable Soup (~78) with LS Crackers (56) Jumbo Ravioli, Florentine Sauce (386) Brussels Sprouts (17) Wheat Bread (115), 1% Milk (100) Fruited Jello w/ Whip (65) / SF Jello</p> <p>Sodium 818, Cal 774, Carb 87</p>
<p>Sodium content (mg) listed in parentheses next to food/drink item. *Denotes item with 500+ mg sodium. Margarine adds an extra 36 mg sodium, 25 calories.</p> <p>Total Carbs listed are from the Modified Menu with dessert not high in carb.</p> <p>MEALS SUBJECT TO CHANGE WITHOUT NOTICE.</p>				
<p>Suggested, Confidential, Voluntary Donation of \$2.50/meal. Funding provided by MA Executive Office of Elder Affairs & Administration for Community Living.</p>				