

Ext. 290

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU SUBJECT TO CHANGE Your \$3.00 Donation is Appreciated!	1 Spaghetti & Meatballs Marinara Sauce Green Beans Italian Bread Fresh Fruit Calories: 732 Total Sodium: 1196mg	2 Jambalaya* Rice Pilaf Green Peas Pineapple Marble Rye Bread Calories: 707 Total Sodium: 846mg	3 Honey Mustard Pork* Red Bliss Potatoes Roasted Brussels Sprouts Baked Cinnamon Pears Marble Rye Bread Calories: 747 Total Sodium: 1078mg	4 Vegetable Cheese Bake Seasoned Potatoes Jardiniere Vegetables Chocolate Mousse Italian Bread Calories: 876 Total Sodium: 892mg
	7 Burgundy Pork* Rice Pilaf Peas & Onions Pineapple Pumpernickel Bread Calories: 705 Total Sodium: 1131mg	8 High Sodium Meal Hot Dog* Baked Beans Coleslaw Baked Apples Hot Dog Bun Mustard Calories: 841 Total Sodium: 1457mg	9 Braised Beef Gemelli Pasta Roasted Broccoli Lemon Pudding Diet = Vanilla Pudding Italian Bread Calories: 902 (Diet:852) Total Sodium:622mg (Diet:567mg)	10 Ranch Chicken* Herbed Potatoes Spinach Fresh Fruit Pumpernickel Bread Calories: 720 Total Sodium: 909mg
14 Butter Chicken* Seasoned Rice Winter Blend Vegetables Rice Krispy Treat Italian Bread Calories: 688 Total Sodium: 1155mg	15 Salisbury Steak Garlic Mashed Potatoes Tuscany Vegetables Fresh Fruit Sandwich Roll Calories: 780 Total Sodium: 839mg	16 American Chop Suey Roasted California Veg. Baked Apples Lorna Doone Cookies Whole Wheat Bread Calories: 736 Total Sodium: 643mg	17 Holiday Meal Maple Glazed Ham* Sr Crm/Chive Mashed Pot Carrots Chocolate Cake Diet = Half Piece Cake Marble Rye Bread Calories:829 (Diet:1187) Total Sodium:656mg (Diet:1115mg)	18 Lemon Pepper Haddock Rice Pilaf Herbed Carrots Fruited Ambrosia Whole Wheat Bread Calories: 662 Total Sodium: 680mg
21 Patriot's Day <i>No Meals Served</i>	22 Greek Chicken Seasoned Potatoes Summer Blend Veg. Mandarin Oranges Pumpernickel Bread Calories: 689 Total Sodium: 793mg	23 Meatloaf with Gravy Garlic Mashed Potatoes Chuckwagon Corn Pear Crisp Diet = Applesauce Whole Wheat Bread Calories: 872 (Diet:735) Total Sodium:710mg (Diet:681mg)	24 Shepherd's Pie Roasted Carrots Green Beans Birthday Cake Diet = Half Piece Cake Marble Rye Bread Calories: 812 (Diet: 721) Total Sodium:759mg (Diet:649mg)	25 High Sodium Meal Turkey Supreme* Herbed Stuffing Roasted Brussels Sprouts Fresh Fruit Italian Bread Calories: 704 Total Sodium:1440mg
28 Egg Frittata* O'Brien Potatoes Mixed Vegetables Peaches Marble Rye Bread Calories: 666 Total Sodium: 1023mg	29 Teriyaki Beef Steamed Rice Broccoli Chocolate Mousse Fortune Cookie Whole Wheat Bread Calories: 857 Total Sodium: 1047mg	30 Chicken Picatta Lemon Seasoned Rice Roman Blend Vegetables Vanilla Pudding Diet Vanilla Pudding Pumpernickel Bread Calories: 702 (Diet:632) Total Sodium:916mg (Diet:871mg)	Meals are based on a No Added Salt (3,000-4,000 milligram diet) for healthy older adults. If you have a special concern regarding sodium, contact our Nutritionist for guidance on managing your intake to meet your dietary requirements. mg = milligrams *Indicates higher sodium entrees >500mg High Sodium Meal = >1200mg	