

| MONDAY | | TUESDAY | | WEDNESDAY | | THURSDAY | | FRIDAY | |
|--|--|--|---|---|--|--|--|--|---|
| <u>MENU SUBJECT TO CHANGE</u> <i>Your \$3.00 Donation is Appreciated!</i> | | 1 Greek Chicken Steamed White Rice Carrots Mandarin Oranges Pumpernickel Bread Calories: 696 Total Sodium: 823mg | Sodium 409 101 53 0 135 | 2 Meatloaf with Gravy Garlic Mashed Potatoes Corn Fresh Fruit Whole Wheat Bread Calories: 770 Total Sodium: 658mg | Sodium 285 108 1 0 138 | 3 <u>High Sodium Meal</u> Hot Dog* Baked Beans Coleslaw Baked Apples Hot Dog Bun Mustard Calories: 834 Total Sodium: 1446mg | Sodium 540 370 152 14 195 50 | 4 Holiday - No Meals Served  | |
| | | 7 Salisbury Steak with Gravy Mashed Potatoes Glazed Carrots Fresh Fruit Sandwich Roll Calories: 827 Total Sodium: 873mg | Sodium 240 85 108 70 0 248 | 8 Egg Frittata* Stewed Tomatoes O'Brien Potatoes Fruited Ambrosia Whole Wheat Bread Calories: 787 Total Sodium: 1114mg | Sodium 657 6 101 55 138 | 9 Chicken Picatta Garlic Mashed Potatoes Roasted Broccoli Lemon Pudding Diet = Tapioca Pudding Pumpernickel Bread Calories: 720 (Diet:670) Total Sodium: 882mg (Diet:837mg) | Sodium 319 108 15 180 135 135 | | |
| 14 Macaroni & Cheese Stewed Tomatoes Mixed Vegetables Fresh Fruit Pumpernickel Bread Calories: 656 Total Sodium: 547mg | Sodium 250 6 30 0 135 | 15 BBQ Chicken* Au Gratin Potatoes Capri Blend Veg Mandarin oranges Marble Rye Bread Calories: 671 Total Sodium: 1135mg | Sodium 603 285 17 0 105 | 16 Teriyaki Beef Steamed Rice Broccoli Pineapple Fortune Cookie Whole Wheat Bread Calories: 802 Total Sodium: 818mg | Sodium 438 101 16 0 0 138 | 17 Marinated Pork Loin Herbed Stuffing Rstd Brussels Sprouts Vanilla Mousse Pumpernickel Bread Calories: 774 Total Sodium: 1128mg | Sodium 400 305 9 155 135 | 18 Chicken Cranberry Salad Three Bean Salad Coleslaw Chocolate Pudding Diet Choc. Pudding Hot Dog Bun Calories: 900 (Diet: 840) Total Sodium: 1104mg (Diet:1129mg) | Sodium 197 280 173 135 160 195 |
| 21 Vegetable Cheese Bake Herbed Potatoes Jardiniere Vegetables Mixed Fruit Pumpernickel Bread Calories: 854 Total Sodium: 721mg | Sodium 416 7 18 20 135 | 22 <u>High Sodium Meal</u> Banh Mi Pork w/Sauce* Carrots Coleslaw Baked Cinnamon Pears Sandwich Roll Mayo Calories: 784 Total Sodium: 1422mg | Sodium 770 53 152 5 248 70 | 23 Chicken Vegetable Stir Fry* Rice Pilaf Summer Corn Fresh Fruit Marble Rye Bread Calories: 732 Total Sodium: 1122mg | Sodium 815 70 5 0 105 | 24 Beef Bourguignon Garlic Mashed Potatoes Rstd Broccoli & Carrots Birthday Cake Diet = 1/2 Piece Cake Italian Bread Calories: 908 (Diet:818) Total Sodium: 909mg (Diet:799mg) | Sodium 252 108 33 221 110 96 | 25 Lentil Stew w/ Cheese Steamed Rice Peas & Carrots Rice Krispy Treat Marble Rye Bread Calories: 787 Total Sodium: 898mg | Sodium 252 180 100 12 105 105 |
| 28 Honey Mustard Pork* Herbed Potatoes Rstd Brussels Sprouts Jello Marble Rye Bread Calories: 792 Total Sodium: 1068mg | Sodium 817 7 9 6 105 | 29 Beef Chili Brown Rice Mixed Vegetables Fresh Fruit Pumpernickel Bread Calories: 687 Total Sodium: 654mg | Sodium 300 64 30 0 135 | 30 Garlic Brown Sugar Chicken Lemon Seasoned Potatoes Green Beans Fruited Ambrosia Whole Wheat Bread Calories: 700 Total Sodium: 853mg | Sodium 356 179 0 55 138 | 31 Ziti with Meat Sauce* Roman Blend Veg. Baked Apples Italian Bread Calories: 668 Total Sodium: 772mg | Sodium 528 9 14 96 | Breakdown includes 125mg of sodium for milk served daily * Higher sodium entrée >500mg mg = milligrams High sodium meal = > 1200mg | |

508-852-3205 Ext.290
ESWA Nutrition Program

JULY 2025

www.eswa.org