

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Salisbury Steak w/Gravy Garlic Mashed Potatoes Peas & Mushrooms Lorna Doones Sandwich Roll	2	Frittata* O'Brien Potatoes Stewed Tomatoes Vanilla Pudding Diet=SF Vanilla Pudding Italian Bread	3	Chicken Picatta Pasta Green Beans Fruited Ambrosia Pumpernickel Bread	4	Teriyaki Beef Steamed Rice Roasted Broccoli Pineapple Fortune Cookie Whole Wheat Bread	5	Lemon Pepper Fish Lemon Herb Potatoes Mixed Vegetables Fresh Fruit Marble Rye Bread Tartar Sauce
Calories: 887 Total Sodium:996mg		Calories: 738 Diet: 668 Total Sodium:1155mg Diet:1110mg		Calories: 700 Total Sodium: 641mg		Calories: 859 Total Sodium: 817mg		Calories: 696 Total Sodium: 712mg	
8	Macaroni & Cheese Stewed Tomatoes Jardiniere Vegetables Yogurt Marble Rye Bread	9	Meatballs w/Onion Gravy Bowtie Pasta Scandinavian Veg. Pineapple Pumpernickel Bread	10	Marinated Pork Loin Cornbread Stuffing California Blend Veg. Baked Apples Whole Wheat Bread	11	BBQ Chicken* Mashed Potatoes Green Beans Chocolate Pudding Diet = SF Chocolate Italian Bread	12	Ham Salad* Pasta Salad Tomato & Onion Salad Fresh Fruit Pita Bread
Calories: 831 Total Sodium: 811mg		Calories: 670 Total Sodium: 518mg		Calories: 676 Total Sodium:955mg		Calories: 656 Diet: 596 Total Sodium:1174mg Diet:1199mg		Calories: 651 Total Sodium: 1193mg	
15	Chicken Stir-Fry* Steamed Rice Roasted Broccoli Fresh Fruit Pumpernickel Bread	16	Beef Bourguignon Garlic Mashed Potatoes Country Blend Veg. Mixed Fruit Italian Bread	17	Lasagna & Meatballs Marinara Sauce Peas & Carrots Baked Cinnamon Pears Whole Wheat Bread	18	Father's Day Meal Stuffed Chicken w/ Gravy Cranberry Stuffing Brussels Sprouts Tiramisu Cupcakes Diet = Cheesecake Mousse Dinner Roll	19	Juneteenth No Meal Served
Calories: 718 Total Sodium: 1193mg		Calories: 742 Total Sodium: 623mg		Calories: 688 Total Sodium: 1138mg		Calories: 928 Diet: 772 Total Sodium:1169mg Diet:1174mg			
22	Garlic Brown Sugar Chicken Mashed Potatoes Honey Glazed Carrots Vanilla Mousse Whole Wheat Bread	23	Ziti with Meat Sauce* Mozzarella Cheese California Vegetables Green Beans Fresh Fruit Italian Bread	24	High Sodium Meal Hot Dog* Baked Beans Coleslaw Baked Apples Mustard Hot Dog Bun	25	Vegetarian Chili w/ Cheese Roasted Potatoes Country Blend Veg. Birthday Cake Diet = Small Piece Cake Marble Rye Bread	26	Beef Enchilada* w/Cheese Spanish Rice Chuckwagon Corn Pineapple Pita Bread Sour Cream
Calories: 703 Total Sodium: 952mg		Calories: 720 Total Sodium: 931 mg		Calories: 841 Total Sodium: 1457mg		Calories: 853 Diet: 762 Total Sodium:970mg Diet:859mg		Calories: 728 Total Sodium: 1179mg	
29	High Sodium Meal Bahn Mi Pork w/ BBQ Sauce Carrots Coleslaw Baked Cinnamon Pears Sandwich Roll Mayo	30	Lentil Stew w/ Cheddar Cheese Steamed White Rice Jardiniere Vegetables Fruited Ambrosia Marble Rye Bread	MENUS ARE SUBJECT TO CHANGE YOUR \$3.00 DONATION IS APPRECIATED!					
Calories: 784 Total Sodium:1422mg		Calories: 834 Total Sodium: 837mg		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 dietary needs.					
mg = milligrams *Indicates higher sodium entrees >500mg Totals include 125mg of sodium for milk									

508-852-3205
Ext.266

JUNE 2026

ESWA Nutrition Program
www.eswa.org