508-852-3205
Ext. 290

November 2026

ESWA Nutrition Program
www.eswa.org

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	**Sodium**	**3** *High Sodium Meal*	**Sodium**	**4**	**Sodium**	**5**	**Sodium**	**6**	**Sodium**
American Chop Suey	186	**Hot Dog***	540	**Chicken Pot Pie**	241	**Baked Potato**	7	**Meatballs**	260
Green Beans	0	Baked Beans	370	Mashed Potatoes	108	**w/ Veg. Chili & Cheese**	387	**w/ Onion Gravy**	85
Roasted California Blend	32	Coleslaw	162	Mixed Vegetables	30	Broccoli	16	Bowtie Pasta	8
Fresh Fruit	0	Baked Apples	14	Lorna Doone Cookies	147	Chocolate Mousse	230	Scandinavian Vegetables	30
Pumpernickel Bread	135	Hot Dog Bun	195	Biscuit	310	Whole Wheat Bread	138	Fruited Ambrosia	55
		Mustard	50			Sour Cream	9	Dinner Roll	113
Calories: 673		Calories: 841		Calories: 780		Calories: 749		Calories: 760	
Total Sodium: 480 mg		Total Sodium: 1457 mg		Total Sodium: 961 mg		Total Sodium: 908 mg		Total Sodium: 551 mg	
9	**Sodium**	**10**	**Sodium**	**11**		**12**	**Sodium**	**13**	**Sodium**
Garlic Herbed Chicken	497	**Shepherd's Pie**	255	**Veteran's Day**		**Meatloaf**	202	**Cracker Crumb Fish**	303
Rice Pilaf	70	Carrots	53			**with Gravy**	83	Lemon Seasoned Rice	149
Jardiniere Vegetables	18	Green Beans	0	*No Meal Served*		Garlic Mashed Potatoes	107	Mixed Vegetables	30
Pear Crisp	54	Fresh Fruit	0			Chuckwagon Corn	1	Mandarin Oranges	0
Diet = Applesauce	10	Marble Rye Bread	105			Blueberry Mousse	155	Pumpernickel Bread	135
Italian Bread	96					Whole Wheat Bread	138	Tartar Sauce	85
Calories: 677 Diet: 539		Calories: 736				Calories: 808		Calories: 740	
Total Sodium:621mg Diet:581mg		Total Sodium: 539 mg				Total Sodium: 811 mg		Total Sodium: 827 mg	
16	**Sodium**	**17**	**Sodium**	**18**	**Sodium**	**19**	**Sodium**	**20**	**Sodium**
Fritatta*	657	**Teriyaki Beef**	438	**Salisbury Steak w/Gravy**	323	**Ham Cheese Chicken Bake***	711	**Burgundy Pork***	768
O'Brien Potatoes	101	Steamed Rice	101	Garlic Mashed Potatoes	108	Red Bliss Potatoes	17	Herbed Potatoes	7
Stewed Tomatoes	6	Roasted Broccoli	15	Italian Blend Vegetables	36	Green Beans	0	Honey Glazed Carrots	70
Blueberries	0	Pineapple	0	Brownie	150	Birthday Cake	221	Applesauce	10
Marble Rye Bread	105	Fortune Cookie	0	Diet = Cookies	147	Diet = Half Piece Cake	110	Dinner Roll	113
		Whole Wheat Bread	138	Sandwich Roll	248	Italian Bread	96		
Calories: 698		Calories: 859		Calories: 868 Diet: 859		Calories: 745 Diet: 655		Calories: 709	
Total Sodium: 995 mg		Total Sodium: 817 mg		Total Sodium:989mg Diet:986mg		Total Sodium:1170 mg Diet:1060 mg		Total Sodium: 1107 mg	
23	**Sodium**	**24** *High Sodium Meal*	**Sodium**	**25**	**Sodium**	**26**		**27**	**Sodium**
Macaroni & Cheese	482	**Turkey***	592	**Marinated Pork Loin**	400			**White Bean Chicken Chili***	895
Stewed Tomatoes	6	**with Gravy**	150	Mashed Potatoes	108			Brown Rice	64
Mixed Vegetables	30	Cornbread Stuffing	300	Brussels Sprouts	9			Green Beans	0
Peaches	5	Winter Squash	75	Apple Crisp	63			Fresh Fruit	0
Italian Bread	96	Pumpkin Mousse	178	Diet = Applesauce	10			Whole Wheat Bread	138
		Dinner Roll	113	Biscuit	310				
Calories: 777		Calories: 748		Calories: 787 Diet:677		*No Meal Served*		Calories: 673	
Total Sodium: 713 mg		Total Sodium: 1475 mg		Total Sodium:1021mg Diet:983mg				Total Sodium: 1193 mg	
30	**Sodium**								
Chicken Stir Fry*	815	**MENU SUBJECT TO CHANGE**							
Rice Pilaf	70								
Corn Niblets	1	***Your $3.00 Donation***							
Fresh Fruit	0	***is Appreciated!***							
Pumpernickel Bread	135								
Calories: 668									
Total Sodium: 1148 mg									

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**