

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community Living.		MENU KEY: High Sodium items (>500mg) are marked with asterisk* <u>High Sodium Days</u> are >1200mg. The number in parenthesis next to item is the sodium content in milligrams (mg) SF = Sugar Free; WG = Whole Grain		1 Cheese Ravioli w/ Vodka Sauce (536*) Italian Zucchini & Carrots (49) Mixed Fruit (0) WG Bread (125) Milk (103) Sodium 813, Calories 603
4 Chicken Piccata (212) Garlic Linguini (77) Tarragon Carrots (79) Fresh Orange (0) White Bread (125), Milk (103) Sodium 521, Calories 449	5 TACO TUESDAY Beef Taco w/ Cheese (221) Yellow Rice (34) Fire Roasted Corn (2) Mandarin Orange (6) Flour Tortilla (320), Milk (103) Sodium 685, Calories 875	6 Mushroom Lemon Chicken (230) ½ Baked Potato (4) Catalina Vegetables (41) Clementine (1) White Bread (125), Milk (103) Sodium 504, Calories 394	7 BIRTHDAY CAKE Pulled Pork (40) Yellow Rice & Black Beans (40) Broccoli, Peppers, Onions (9) Chocolate Cake (320) / SF Cookie WG Bread (125), Milk (103) Sodium 637, Calories 767	8 Lemon Crumb White Fish (367) Sour Cream Chive Mash Potatoes (83) Cauliflower & Red Peppers (49) Rice Crispy Treat (105) / SF Cookie White Bread (125), Milk (103) Sodium 832, Calories 483
11 Southwestern Chicken Strips (453) Tex-Mex Rice (29) Black Beans & Corn (60) Tropical Fruit (5) WG Bread (125), Milk (103) Sodium 774, Calories 640	12 Shepherd's Pie (259) Mashed Potatoes (76) Buttered Carrots (96) Fresh Orange (0) White Bread (125), Milk (103) Sodium 659, Calories 721	13 ETHNIC MEAL - POLISH Lazy Man's Beef Galumpki (189) Roasted Cauliflower (21) Vanilla Pudding (115) / SF Pudding WG Bread (125), Milk (103) Sodium 553, Calories 649	14 Chimichurri Chicken (192) Adobo Potatoes (33) Stewed Italian Tomatoes (137) Banana (1) White Bread (125), Milk (103) Sodium 592, Calories 525	15 Lasagna Rollette (490) w/ Marinara (135) Broccoli (15) Oatmeal Cookie (105) / SF Cookie WG Bread (125), Milk (103) Sodium 973, Calories 652
18 Turkey Chili (375) ½ Baked Sweet Potato (29) Cumin Brussels Sprouts (27) Choc Chip Cookie (132) / SF Cookie WG Bread (125), Milk (103) Sodium 791, Calories 786	19 Beef Stroganoff (206) Egg Noodles (17) Peas & Carrots (80) Clementine (1) White Bread (125), Milk (103) Sodium 532, Calories 605	20 Chicken w/ Lemon Cream (190) Harvest Wild Rice (21) Monte Carlo Vegetables (20) Brownie Cookie (115) / SF Cookie WG Bread (125), Milk (103) Sodium 573, Calories 567	21 BBQ Pulled Pork (515*) Garlic Linguini (2) Broccoli (15) Banana (1) White Bread (125), Milk (103) Sodium 761, Calories 711	22 White Fish Stew (259) Steamed Potatoes (27) Brussels Sprouts (19) Mixed Fruit (0) WG Bread (125), Milk (103) Sodium 533, Calories 477
25 Chicken Jambalaya (342) Red Beans & Rice (113) 5 Way Vegetables (27) Mandarin Oranges (6) WG Bread (125), Milk (103) Sodium 716, Calories 560	26 Cheeseburger (221) Herb Roasted Potatoes (30) Broccoli (15), Banana (1) Hamburger Bun (240), Milk (103) w/ Ketchup (85) Sodium 695, Calories 772	27 Chicken w/ Spinach Artichoke Sauce (189), Mediterranean Rice (43) Braised Spinach (98) Choc Chip Cookie (132) / SF Cookie WG Bread (125), Milk (103) Sodium 689, Calories 561	28 Margherita Chicken w/ Basil Cream (316) Sour Cream Chive Mash Potatoes (83) Carrots & Broccoli (53) Tropical Fruit (5) WG Bread (125), Milk (103) Sodium 685, Calories 527	29 Panko White Fish w/ Tomato Cream (287) Garlic Parsley Potatoes (32) 3 Way Vegetables (40) Oatmeal Cookie (105) / SF Cookie WG Bread (125), Milk (103) Sodium 692, Calories 496