

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Harvest Stuffed Chicken w/ Harvest Cream Sauce (489), Steamed Garlic & Dill Potatoes (29), Broccoli (15), Tropical Fruit (5), WG Bread (125), Milk (103) Sodium 767, Calories 545	3 Meatballs w/ Tuscan Sauce (663*), Spaghetti (9), Wax Beans (4), Fresh Orange (0), White Bread (125), Milk (103) Sodium 904, Calories 766	4 BBQ Beef Brisket (658*), ½ Baked Potato (4), Roasted Brussels Sprouts (19), Pudding (110) / SF Pudding, WG Bread (125), Milk (103) Sodium 1019, Calories 540	5 Turkey Breast w/ Gravy (592*), Mashed Potatoes (76), Green Beans (4), Clementine (1), White Bread (125), Milk (103) Sodium 900, Calories 454	6 White Fish w/ Spinach Artichoke Sauce (334), Harvest Rice Pilaf (82), Catalina Blend Vegetables (41), Chocolate Chip Cookie (132) / SF Cookie, WG Bread (125), Milk (103) Sodium 816, Calories 591
9 Chicken Piccata (440), Garlic Linguini (5), Tarragon Carrots (79), Fresh Orange (0), White Bread (125), Milk (103) Sodium 524, Calories 570	10 TACO TUESDAY Beef Taco (131), Yellow Rice (34), Fire Roasted Corn (2), Shredded Cheese (90), Mandarin Oranges (6), Flour Tortillas (320), Milk (103) Sodium 685, Calories 875	11 Chicken w/ Mushroom Lemon Sauce (230), Egg Noodles (17), Catalina Blend Vegetables (41), Tropical Fruit (5), White Bread (125), Milk (103) Sodium 521, Calories 585	12 BIRTHDAY CAKE Pulled Pork (40), Yellow Rice & Beans (40), Broccoli, Peppers, Onions (9), Chocolate Cake (320) / SF Cookie, WG Bread (125), Milk (103) Sodium 637, Calories 767	13 Lemon Crumb White Fish (367), Sour Cream & Chive Mashed Potato (83), Roasted Cauliflower & Red Peppers (49), Rice Krispy Treat (105) / SF Cookie, White Bread (125), Milk (103) Sodium 832, Calories 483
16 Southwestern Chicken Strips (453), TexMex Rice (29), Black Beans & Corn (60), Tropical Fruit (5), WG Bread (125), Milk (103) Sodium 937, Calories 798	17 Shepard's Pie w/ Corn (259), Mashed Potatoes (76), Buttered Carrots (96), Fresh Orange (0), White Bread (125), Milk (103) Sodium 659, Calories 721	18 ETHNIC - POLISH Lazy Man's Beef Galumpki (189), Roasted Cauliflower (21), Vanilla Pudding (115) / SF Pudding, WG Bread (125), Milk (103) Sodium 553, Calories 649	19 JUNETEENTH HOLIDAY  HOLIDAY – CLOSED Sodium 763, Calories 597	20 White Fish w/ Puttanesca Sauce (425), Gamelli Pasta (0), Green Beans (4), Oatmeal Cookie (105) / SF Cookie, WG Bread (125), Milk (103) Sodium 763, Calories 597
23 Turkey Chili (375), Sour Cream & Chive Mashed Potatoes (83), Cumin Roasted Brussels Sprouts (27), Chocolate Chip Cookie (132) / SF Cookie, WG Bread (125), Milk (103) Sodium 844, Calories 726	24 Beef Stroganoff (206), Egg Noodles (17), Peas & Carrots (80), Tropical Fruit (5), White Bread (125), Milk (103) Sodium 537, Calories 638	25 Baked Chicken w/ Lemon Cream Sauce (190), Harvest Wild Rice (21), Brownie Cookie (115) / SF Cookie, WG Bread (125), Milk (103) Sodium 554, Calories 528	26 BBQ Pulled Pork (515*), Garlic Linguini (5), Broccoli & Corn (14), Banana (1), White Bread (125), Milk (103) Sodium 763, Calories 858	27 White Fish Stew (259), Steamed Potatoes (27), Roasted Brussels Sprouts (19), Mixed Fruit (0), WG Bread (125), Milk (103) Sodium 533, Calories 477
30 Chicken Jambalaya (342), Red Beans & Rice (113), 5 Way Vegetables (27), Mandarin Oranges (6), WG Bread (125), Milk (103) Sodium 716, Calories 560	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		Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community Living.	 Locally prepared by Delaney's Market, following the nutrition and portion guidelines from the Massachusetts Executive Office of Elder Affairs.