



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p>Locally prepared by Delaney's Market, following the nutrition and portion guidelines from the Massachusetts Executive Office of Elder Affairs.</p>	<p>Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community Living.</p>	<p>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</p>	<p>1</p> <p>Pulled Pork (67), Garlic Linguini (5), Broccoli & Corn (14) Banana (1) White Bread (125), Milk (103)</p> <p>Sodium 315, Calories 789</p>	<p>2</p> <p>White Fish Stew (259), Steamed Potatoes (27), Roasted Brussels Sprouts (19), Oatmeal Cookie (105) / SF Cookie, WG Bread (125), Milk (103)</p> <p>Sodium 638, Calories 507</p>
<p>5</p> <p>Chicken Jambalaya (342), Red Beans & Rice (113), 5 Way Vegetables (27) Mandarin Oranges (6) WG Bread (125), Milk (103)</p> <p>Sodium 716, Calories 560</p>	<p>6 Ethnic Meal - Chinese</p> <p>Pork Bowl (40) with Ginger Fried Rice (69), Steamed Broccoli (15), Banana (1) White Bread (125), Milk (103)</p> <p>Sodium 353, Calories 587</p>	<p>7</p> <p>Spinach Artichoke Stuffed Chicken (333) w/ Basil Cream Sauce (59), Mediterranean Rice (43), Braised Spinach (98), Choc Chip Cookie (132) / SF Cookie, WG Bread (125), Milk (103)</p> <p>Sodium 893, Calories 617</p>	<p>8</p> <p>Beef Shepherd's Pie w/ Corn (259), Mashed Potatoes (76) Carrots (96) Fresh Orange (0) White Bread (125), Milk (103)</p> <p>Sodium 659, Calories 721</p>	<p>9</p> <p>Panko White Fish (218) w/ Tomato Dijon Sauce (69), Garlic Parsley Steamed Potatoes (32), 3 Way Vegetables (40), Oatmeal Cookie (105) / SF Cookie WG Bread (125), Milk (103)</p> <p>Sodium 692, Calories 496</p>
<p>12</p> <p>Hawaiian Chicken (149), Sesame Jasmine White Rice (89), Broccoli (15), Fresh Apple (2), White Bread (125) Milk (103)</p> <p>Sodium 483, Calories 544</p>	<p>13 TACO TUESDAY</p> <p>Beef Taco (131), Yellow Rice (34), Fire Roasted Corn (2), Shredded Cheese (90), Tropical Fruit (5), Flour Tortilla (320), Milk (103)</p> <p>Sodium 684, Calories 894</p>	<p>14</p> <p>Latino Pulled Pork (122), White Rice & Black Beans (113), Corn, Peppers, Onions (7), Fresh Orange (0), White Bread (125), Milk (103)</p> <p>Sodium 467, Calories 709</p>	<p>15</p> <p>Garlic Paprika Pulled Chicken (212), Garlic Dill Steamed Potatoes (29), Monte Carlo Vegetables (41), Oatmeal Cookie (105) / SF Cookie, WG Bread (125), Milk (103)</p> <p>Sodium 615, Calories 523</p>	<p>16</p> <p>White Fish w/ Spinach Artichoke Sauce (334), Garlic Orecchiette (1), Brussels Sprouts (19), Brownie Cookie (115) / SF Cookie, White Bread (125), Milk (103)</p> <p>Sodium 697, Calories 646</p>
<p>19</p> <p>Cilantro Lime Short Ribs (91), Basmati Rice (4), Monte Carlo Vegetables (41), Fresh Apple (2), White Bread (125), Milk (103)</p> <p>Sodium 366, Calories 645</p>	<p>20 BIRTHDAY CAKE</p> <p>Chicken w/ Stir Fry Sauce (154), Paprika White Rice (21), Broccoli, Peppers, Onions (9), White Cake (210), WG Bread (125), Milk (103)</p> <p>Sodium 613, Calories 673</p>	<p>21</p> <p>Meatballs w/ Tuscan Sauce (663*), Spaghetti (9), Wax Beans (4), Fresh Tropical Fruit (5) White Bread (125), Milk (103)</p> <p>Sodium 909, Calories 755</p>	<p>22</p> <p>Margherita Chicken w/ Basil Cream (317), Sour Cream & Chive Mashed Potatoes (83), Carrots & Broccoli (53), Banana (1) WG Bread (125), Milk (103)</p> <p>Sodium 681, Calories 572</p>	<p>23</p> <p>Latino Seafood Stew (475), Yellow Rice (34), Buttered Broccoli (15), Chocolate Pudding (110) / SF Pudding, White Bread (125), Milk (103)</p> <p>Sodium 752, Calories 465</p>
<p>26 Holiday – NO MEAL SERVICE</p>  <p>Memorial Day - CLOSED</p>	<p>27</p> <p>BBQ Chicken (431), Buttered Corn (6), Broccoli (15), Chocolate Chip Cookie (132) / SF Cookie, White Bread (125), Milk (103)</p> <p>Sodium 811, Calories 588</p>	<p>28</p> <p>Cheeseburger (221), Warm German Potato Salad (100), Spring Peas & Carrots (80), Fresh Orange (0), Hamburger Bun (240), Milk (103), Ketchup Pkt (85)</p> <p>Sodium 829, Calories 777</p>	<p>29</p> <p>Chicken Scallopini (171), White Rice Pilaf (62), Roasted Cauliflower (21), Oatmeal Cookie (105) / SF Cookie, White Bread (125), Milk (103)</p> <p>Sodium 588, Calories 500</p>	<p>30</p> <p>Almond Encrusted White Fish w/ Garlic Cream Sauce (419), Brown Rice & Black Beans (162), Monte Carlo Vegetables (41), Tropical Fruit (5) WG Bread (125), Milk (103)</p> <p>Sodium 852, Calories 733</p>