

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
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 Pineapple Teriyaki Pulled Pork (731*), Adobo Potatoes (33) Cumin Roasted Broccoli (13), Apple (2) White Bread (125), Milk (103)		2 Cilantro Lime Pulled Chicken (240), Jasmine Rice (85) Roasted Corn Salsa (2) Mixed Fruit (0) White Bread (125), Milk (103)		3 Apricot Walnut Chicken Salad (135), Potato Salad (132) Coleslaw (80) SF Chocolate Pudding (115) WG Bread (125), Milk (103)	
								Sodium 1007, Calories 555		Sodium 555, Calories 629		Sodium 690, Calories 891	
4 Hot Dog (550*) ½ Baked Sweet Potato (29) Brussels Sprouts (19) SF Lemon Cookie (70) Hot Dog Bun (270), Milk (103)		5 Spinach Chicken Feta Salad (164), Pea & Corn Orzo Pasta Salad (139), Roasted Brussels Sprouts Salad (112), Banana (1) White Bread (125), Milk (103)		6 Egg Salad (320) Potato Salad (132) Monte Carlo Vegetable Salad (60) Mixed Fruit (0) WG Bread (125), Milk (103)		7 Cold Peanut Noodles (140) w/ Pulled Chicken (135) Mediterranean Kale Salad (128) Apple (2) White Bread (125), Milk (103)		8 Tuna Pasta Salad (451) Cucumber Dill Salad (82) Mixed Fruit (0) WG Bread (125) Milk (103)		9 Apple Walnut Chicken Salad (135), Pesto Bow Tie Pasta Salad (184), Carrot Raisin Salad (119), Fresh Orange (0) White Bread (125), Milk (103)		10 BBQ Turkey Salad (560*), Harvest Pasta Salad (139), Pickled Cucumber & Onion Salad (12), SF Pudding (115), WG Bread (125), Milk (103)	
Sodium 1041, Calories 792		Sodium 644, Calories 777		Sodium 739, Calories 850		Sodium 633, Calories 683		Sodium 761, Calories 542		Sodium 666, Calories 1014		Sodium 1053, Calories 778	
11 Shrimp & Brussels Sprouts Salad (191), Vidalia Onion Orzo Pasta Salad (95), Mediterranean Kale Salad (128), Apple (2) White Bread (125), Milk (103)		12 Citrus Chicken Salad (104) Veggie Quinoa Salad (159) Pea & Carrot Salad (82) Tropical Fruit (5) WG Bread (125), Milk (103)		13 Spaghetti & Meatballs w/ Red Sauce (576*) Broccoli (15) Banana (1) White Bread (125), Milk (103)		14 Chicken Apricot Salad (246) Potato Salad (132) Roasted Corn Salsa (2) Clemetine (1) WG Bread (125), Milk (103)		15 Chicken Lettuce Taco Salad (282) w/ Ranch (237), Summer Pasta Salad (133), Cucumbers & Tomatoes for salad (3), Pineapple (0), White Bread (125), Milk (103)		16 Turkey Bolognese w/ Penne (73), Brussels Sprouts (19) SF Chocolate Chip Cookie (75) WG Bread (125), Milk (103)		17 BBQ Chicken Salad (334), Summer Pasta Salad (133), Greek Cucumber Salad (108), SF Choc Pudding (115) White Bread (125), Milk (103)	
Sodium 644, Calories 704		Sodium 577, Calories 646		Sodium 820, Calories 711		Sodium 609, Calories 729		Sodium 808, Calories 679		Sodium 395, Calories 693		Sodium 918, Calories 618	
18 BBQ Salmon & Onion Salad (89), Potato Salad (132) Coleslaw (80) SF Lemon Cookie (70) White Bread (125), Milk (103)		19 Cheeseburger (221) w/ 1 oz. BBQ sauce (148), Herb Roasted Potatoes (30), Broccoli (15) Orange (0) Hamburger Bun (240), Milk (103)		20 Chicken Parmesan (629*) Rigatoni w/ Red Sauce (81) 5 Way Vegetables (27) Pears (0) White Bread (125), Milk (103)		21 Teriyaki Turkey Salad (600*) Sweet Potato Salad (120) Tomato Cucumber Salad (22) Mixed Fruit (0) WG Bread (125), Milk (103)		22 Apricot Chicken Salad (246), Orzo Pasta Salad w/ Tomato Provolone (286), Three Bean Salad (236), Banana (1) White Bread (125), Milk (103)		23 Chicken w/ Spinach Artichoke Sauce (189), Rice Pilaf (62) Braised Spinach (98) SF Oatmeal Cookie (80) WG Bread (125), Milk (103)		24 Spinach Feta Chicken Salad (164), Potato Salad (132) White Bean Salad (306), Tropical Fruit (5) White Bread (125), Milk (103)	
Sodium 599, Calories 654		Sodium 757, Calories 753		Sodium 965, Calories 782		Sodium 970, Calories 672		Sodium 998, Calories 852		Sodium 656, Calories 473		Sodium 835, Calories 713	
25 Chicken Pot Pie w/ Vegetables (339) Mashed Potatoes (76) Clementine (1) White Bread (125), Milk (103)		26 Citrus Chicken Salad (104) Artichoke Couscous Salad (252) Cucumber Dill Salad (82) SF Lemon Cookie (70) WG Bread (125), Milk (103)		27 HIGH SODIUM DAY Seafood Salad (802*) Wild Rice Walnut Salad (30) Broccoli Kale Slaw (190) Banana (1) White Bread (125), Milk (103)		28 BBQ Chicken (434) Paprika Steamed Potatoes (30) Corn on the cob (6) Tropical Fruit (5) WG Bread (125), Milk (103)		29 Fiesta Chicken Salad (237) Three Bean Salad (236) Tomato Cucumber Salad (22) Orange (0) White Bread (125), Milk (103)		30 White Bean Chicken Chili (322) Herb Roasted Potatoes (30) Brussels Sprouts (19) Applesauce (10) WG Bread (125), Milk (103)		31 Chicken Pasta Salad (288) Roasted Veggie Salad (53) SF Choc Chip Cookie (75) White Bread (125), Milk (103)	
Sodium 643, Calories 468		Sodium 736, Calories 759		Sodium 1250, Calories 894		Sodium 703, Calories 587		Sodium 723, Calories 570		Sodium 608, Calories 634		Sodium 644, Calories 643	