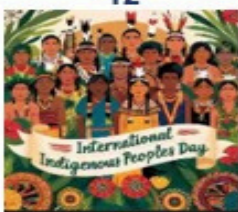


To Cancel or Resume meals, call: (978) 345-8501
Menu Subject to Change

Asterisk Indicates item is >500 mg Sodium
Suggested voluntary donation: \$3.00

Monday			Tuesday			Wednesday			Thursday			Friday		
Reduce the Carbohydrate content of a meal by saving the Bread, and/or Dessert for a snack. Reduce the Sodium content of a meal by saving the Bread, & Non-Fruit Dessert for a snack. To Cancel or Resume meals, call: (978) 345-8501 Nutrition Questions: Contact Alex Welch RD at 978-868-6081									1 Pot Roast (200) Beets (140) Butternut Sp.(145) Biscuit (280) Cookie (60)			2 Omelet (310) Turky Sausage (280) Rst'd Potato (5) Ratatouille (115) Fruit Loaf (170) Fruit (5)		
									Cal 590	Pro 40	Na 985	Cal 910	Pro 35	Na 1125
5 Chicken & Black Beans*(650) Rice (5) MG Bread (150) Cookie (65)			6 Meatloaf/Grvy (210) Whip Potato (25) Veg Soup (155) Bread (180) R&D Pudding (150)			7 Hot Dog*(540) Bk'd Beans (265) Pears (5) Coleslaw (15) Roll (270)			8 Brd'd Fish (270) Sw. Potato (25) Cauliflower (135) WW Bun (250) Applesauce (15)			9 Stuffed Shells &Marinara*(570) Capri Veg (20) Oat Bread (150) Mandarins (10)		
Cal 715	Pro 35	Na 1030	Cal 820	Pro 45	Na 880	Cal 890	Pro 30	Na 1360	Cal 820	Pro 35	Na 1115	Cal 590	Pro 30	Na 1015
12  No Meal Delivery			13 Brie & Apple Chicken*(790) Rice Pilaf (40) Beets (140) LS Bread (0) Pineapple (5)			14 Beef & (385) Vegetable Stew Whip Potato (25) Combread (180) R&D Gelatin (15)			15 B-day: Cold Ckix Salad (395) Broc Chz Soup (145) Bean Salad (215) Pita (160) Cake (175), D Dessert			16 Ravioli & Turkey Bolognese*(555) Broccoli (10) Garlic Roll (240) Fruit (5)		
Cal 730			Cal 730			Cal 725			Cal 910			Cal 785		
Pro 35			Pro 35			Pro 35			Pro 45			Pro 50		
Na 1180			Na 1180			Na 765			Na 1250			Na 1075		
19 Turkey/Gravy* (765) Whip Potato (25) Green Beans (5) LS Bread (0) Fruit (5)			20 American Chop Suey (395) Cr.Spinach Sp 115 Garlic Roll (240) R&D Pudding (190)			21  Training Summit No Meal Delivery			22 Special: Pork & Apples (215) Butternut (15) B.Sprouts (20) Baked Good(225) Dinner Roll (260)			23 Garlic Lemon Fish (250) Rice&Beans (75) Spinach (215) Oat Bread (150) Applesauce (15)		
Cal 510			Cal 780			Cal 665			Cal 850			Cal 730		
Pro 35			Pro 40			Pro 30			Pro 40			Pro 40		
Na 960			Na 1100			Na 1260			Na 890			Na 860		
26 Beef Chili (365) R&D Blueberry Crisp (105) Combread (180) Corn Salad (85)			27 Chicken Pot Pie*(530) Whip Potato(25) Biscuit (280) Fruit (5)			28 Ham & Cheese*(770) Potato Leek Sp (140) Garden Salad (35) LS Bread (0) Yogurt/Juice (75)			29 Beef & Broccoli*(540) Brown Rice (25) WW Bread (165) Fruit (5)			30 Macaroni & Cheese*(650) Stewed Tomatoes (30) MG Bread (150) Fruit (5)		
Cal 885			Cal 650			Cal 620			Cal 715			Cal 690		
Pro 35			Pro 30			Pro 30			Pro 40			Pro 25		
Na 895			Na 1005			Na 1175			Na 900			Na 1015		

To Reserve or Cancel a meal, please call the senior center meal site manager by 10 am the day before the meal is served.

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MOC