




December 2018 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Potato Pollock Filet (337) Tartar Sauce (261) Potato Wedges (27) Italian Vegetables (26) Whole Wheat Bread (160) Applesauce (20) Calories: 882 Fat: 40% Sodium: 1033mg Carb: 96g	4 Chicken Cacciatore (446) Italian Pasta (1) Peas (82) Scali Bread (190) Pears (4) Calories: 656 Fat: 21% Sodium: 895mg Carb: 85g	5 COLD PLATE Cream of Tomato Soup (173) Egg Salad (373) German Potato Salad (85) Coleslaw (81) Whole Wheat Roll (160) Mixed Fruit (10) Calories: 637 Fat: 33% Sodium: 1054mg Carb: 84g	6 Apple Cider Beef Stew with Vegetables (240) Mashed Potatoes (62) D Oatmeal Roll (121) Peaches (5) Calories: 773 Fat: 35% Sodium: 600mg Carb: 85g	7 Meatloaf (131) Mushroom Gravy (148) Whipped Sweet Potatoes (33) Green Beans (3) Multigrain Bread (190) Banana (1) Calories: 731 Fat: 27% Sodium: 678mg Carb: 102g
10 Turkey Tetrizzini (419) D Pasta (1) Carrots (77) Dinner Roll (160) Strawberry Cup (4) Calories: 836 Fat: 14% Sodium: 833mg Carb: 144g	11 American Chop Suey (211) Genoa Vegetables (40) Whole Wheat Roll (160) Mixed Fruit (10) Calories: 593 Fat: 24% Sodium: 593mg Carb: 79g	12 Portuguese Chicken (420) Scalloped Potatoes (185) Tomatoes and Kale (121) Wheat Bread (115) Mandarin Oranges (6) Calories: 563 Fat: 26% Sodium: 1019mg Carb: 65g	13 Vegetarian Chili with Vegetables (215) White/Brown Rice (36) Multigrain Roll (190) Banana (1) Calories: 673 Fat: 18% Sodium: 614mg Carb: 113g	14 Baked Ham (931) Plum Sauce (52) Red Bliss Potatoes (4) Malibu Vegetables (59) Oatmeal Bread (121) Pumpkin Pie (110) MOD: LS Pie (110) Calories: 572 Fat: 30% Sodium: 1449mg Carb: 68g
17 Catch of the Day (60) Lemon Dill Sauce (111) Confetti Rice (43) Mixed Vegetables (41) Snowflake Roll (160) Applesauce (20) Calories: 551 Fat: 24% Sodium: 607mg Carb: 75g	18 Greek Meatballs (354) D Rice Pilaf (134) Fall Vegetables (15) Whole Wheat Bread (160) Pears (4) Calories: 656 Fat: 36% Sodium: 839mg Carb: 72g	19 Bok Choy Soup (99) Honey Ginger Chicken (393) Vegetable Lo Mein (28) Oriental Vegetables (26) Multigrain Roll (190) Pineapple (1) Calories: 788 Fat: 17% Sodium: 909mg Carb: 117g	20 Vegetable Lasagna (370) D Italian Vegetables (26) Dinner Roll (160) Rice Pudding (160) D MOD: LS Pudding (160) D Calories: 627 Fat: 21% Sodium: 888mg Carb: 95g	21 Roast Turkey (90) Gravy (70) Cranberry Sauce (16) Mashed Potatoes (62) D Winter Squash (13) Oatmeal Bread (121) Apple (2) Calories: 817 Fat: 17% Sodium: 546mg Carb: 129g
24 LS Hot Dog (550*) Mustard (55) Baked Beans (36) Cabbage and Carrots (47) Hot Dog Roll (210) Strawberry Cup (4) Calories: 807 Fat: 35% Sodium: 1074mg Carb: 103g	25 No Meals Served 	26 Macaroni and Cheese (403) D Escalloped Tomatoes (143) Fruit Loaf (160) Mandarin Oranges (6) Calories: 816 Fat: 36% Sodium: 884mg Carb: 100g	27 BBQ Pork Patty (410) Potato Wedges (27) Country Vegetables (32) Rye Bread (300) Birthday Cake (209) MOD: LS Cake (209) Calories: 793 Fat: 27% Sodium: 1150mg Carb: 108g	28 Apricot Chicken (359) Parsley Mashed Potatoes (63) D Beets (162) Oatmeal Bread (121) Mixed Fruit (10) Calories: 634 Fat: 22% Sodium: 887mg Carb: 86g
31 Potato Pollock Filet (337) Tartar Sauce (261) Florentine Rice (112) Malibu Vegetables (41) Whole Wheat Bread (160) Cinnamon Apples (4) Calories: 798 Fat: 41% Sodium: 1087mg Carb: 85g			* Indicates item has >500mg Sodium. The sodium (mg) content of each item is in parenthesis next to the item. The daily totals are listed below each day. Milk and margarine are included in the daily totals but are not listed daily. High sodium days (>1200mg) are bold. Menu is subject to change without notice.	Milk: 110 Calories 125mg Sodium, 12gm Carb Margarine: 36 Calories 47mg Sodium, 0gm Carb Daily totals include entrée, bread, dessert, milk, margarine, and soup. "Catch of the Day" will vary based on availability. Menu items may be obtained from different sources month to month, affecting their sodium content.
Without your suggested voluntary donation of \$2.00 per meal many people would go hungry. Please give. Checks are preferred. For cancellations of home delivered meals, call the Nutrition Office at 1-508-324-4619 no later than 10:30 a.m. on the day before delivery.				