



## January 2019 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY
<p>* Indicates item has &gt;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. <b>High sodium days (&gt;1200mg) are bold.</b> Menu is subject to change</p>	<p><b>1 No Meals Served</b></p> 	<p><b>2</b> Beef Picadillo (251) White/Brown Rice (36) Tuscan Vegetables (56) Whole Wheat Bread (160) Cinnamon Apples (4)</p>	<p><b>3</b> Chicken Bruschetta (394) Italian Pasta (1) Italian Green Beans (3) Oatmeal Bread (121) Mandarin Oranges (6)</p>
		Calories:517    Fat: 32% Sodium: 679mg    Carb: 62g	Calories: 587    Fat: 25% Sodium: 697mg    Carb: 71g
<p><b>7</b> Turkey Divan (321) Dirty Rice (137) Multigrain Roll (190) Mixed Fruit (10)</p>	<p><b>8</b> Chicken Parmesan (426) Penne Pasta (1) Italian Vegetables (26) Scali Bread (190) Harvest Fruit Cup (10)</p>	<p><b>9</b> Shepherd's Pie (283) Brussels Sprouts (12) Oatmeal Roll (121) Lemon Pudding (174) MOD: LS Pudding (174)</p>	<p><b>10</b> Roast Pork (71) Apple Gravy (111) Whipped Sweet Potato (33) Riviera Vegetables (16) Whole Wheat Bread (160) Strawberry Cup (4)</p>
Calories: 691    Fat:31% Sodium: 830mg    Carb:74g	Calories: 599    Fat: 17% Sodium: 825mg    Carb: 82g	Calories:831    Fat: 30% Sodium: 762mg    Carb:109g	Calories: 732    Fat: 27% Sodium: 567mg    Carb:98g
<p><b>14</b> Catch of the Day (40) Herb Sauce (76) Mashed Potatoes (62) Green and Wax Beans (3) Dinner Roll (160) Peaches (5)</p>	<p><b>15</b> Sausage (517*) Peppers and Onions (3) Pasta Alfredo (116) Sub Roll (162) Mixed Fruit (10)</p>	<p><b>16</b> Chicken Teriyaki (478) Asian Rice (92) Oriental Vegetables (26) Oatmeal Bread (121) Pineapple (1)</p>	<p><b>17</b> Macaroni and Cheese (403) Florentine Tomatoes (121) Fruit Loaf (160) Applesauce Cup (15)</p>
Calories: 677    Fat: 28% Sodium:518mg    Carb:85g	Calories: 647    Fat: 28% Sodium: 980mg    Carb: 83g	Calories:554    Fat: 22% Sodium:890mg    Carb: 71g	Calories: 810    Fat: 37% Sodium: 871mg    Carb:100g
<p><b>21 No Meals Served</b></p> 	<p><b>22</b> Beef Chili with Vegetables (176) White/Brown Rice (36) Dinner Roll (160) Strawberry Cup (4)</p>	<p><b>23</b> Beef and Broccoli (108) Bowtie Pasta (1) Oatmeal Roll (121) Pears (4)</p>	<p><b>24</b> Grilled Chicken (320) Peach Salsa (45) Parsley Mashed Potatoes (63) Peas and Carrots (80) Whole Wheat Bread (160) Hermit (108) MOD: Graham Wafer (85)</p>
	Calories:653    Fat:25% Sodium: 548mg    Carb: 96g	Calories: 690    Fat: 33% Sodium: 406mg    Carb:73g	Calories: 678    Fat: 22% Sodium: 948mg    Carb:92g
<p><b>28</b> LS Hot Dog (550*) Mustard (55) Baked Beans (36) Malibu Vegetables (59) Hot Dog Roll (210) Pineapple (1)</p>	<p><b>29</b> Beef and Cabbage Casserole (300) Genoa Vegetables (40) Dinner Roll (160) Peaches (5)</p>	<p><b>30</b> Fiesta Omelet (382) Cheese Sauce (187) Hash Browns (136) Vegetables with Chickpeas (52) Fruit Loaf (160) Applesauce Cup (15)</p>	<p><b>31</b> California Chicken Salad (337) Pasta Salad (1) Coleslaw (81) Whole Wheat Roll (160) Birthday Cake (209) MOD: LS Cake (209)</p>
Calories:765    Fat: 38% Sodium: 1092mg    Carb:88g	Calories: 569    Fat: 25% Sodium:677mg    Carb:75g	Calories: 805    Fat: 41% Sodium: 1104mg    Carb: 87g	Calories:764    Fat: 28% Sodium:960mg    Carb: 106g
<p><b>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.</b></p>			

**FRIDAY**

**4** Cheeseburger (387)  
Ketchup (82)  
Potato Wedges (27)  
Cabbage and  
Carrots (47)  
Hamburger Roll (230)  
Chocolate Chip Cookie (171)  
MOD: Graham Wafer (85)

Calories: 1059      Fat: 42%  
Sodium: 1116mg    Carb:106g

**11** Lasagna (370)  
Primavera Sauce (111)  
Mixed Vegetables (41)  
Multigrain Roll (190)  
Apple (2)

Calories: 636      Fat: 21%  
Sodium: 886mg    Carb: 101g

**18** Roast Turkey (360)  
Gravy (70)  
Cranberry Sauce (16)  
Mashed Potatoes (62)  
Winter Squash (13)  
Whole Wheat Bread (160)  
Brownie (132)  
MOD: Graham Wafer (85)

Calories: 884      Fat: 27%  
Sodium:985mg    Carb:133g

**25** American  
Chop Suey (211)  
California Vegetables (27)  
Multigrain Roll (190)  
Cinnamon Apples (4)

Calories: 884      Fat: 25%  
Sodium: 604mg    Carb:72g

**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.