


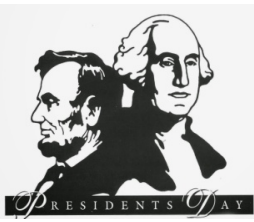



February 2019 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>* 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</p>	<p>Milk: 110 Calories 125mg Sodium, 12gm Carb</p> <p>Margarine: 36 Calories 47mg Sodium, 0gm Carb</p> 	<p>Daily totals include entrée, bread, dessert, milk, margarine, and soup.</p> <p>"Catch of the Day" will vary based on availability. Menu items may be obtained from different sources month to month, affecting their sodium content.</p>		<p>1 Pulled Pork (366) Baked Beans (36) Cabbage and Carrots (47) Hamburger Roll (230) Mixed Fruit (10)</p> <p>Calories: 665 Fat: 22% Sodium: 861mg Carb: 82g</p>
<p>4 Potato Pollock Filet (337) Tartar Sauce (261) Potato Wedges (27) Country Vegetables (32) Multigrain Roll (190) Mandarin Oranges (6)</p> <p>Calories: 884 Fat: 40% Sodium: 1025mg Carb: 98g</p>	<p>5 Cheeseburger (387) Ketchup (82) Baked Beans (36) Chuckwagon Vegetables(2) Hamburger Roll (230) Applesauce (15)</p> <p>Calories: 846 Fat: 33% Sodium: 924mg Carb: 97g</p>	<p>6 Swedish Meatballs (367) Egg Noodles (1) California Vegetables (27) Whole Wheat Roll (160) Mixed Fruit (10)</p> <p>Calories: 703 Fat: 32% Sodium: 737mg Carb: 83g</p>	<p>7 Cajun Chicken (377) Dirty Rice (137) Scandinavian Vegetables (42) Oatmeal Bread (121) Banana (1)</p> <p>Calories: 613 Fat: 21% Sodium: 850mg Carb: 83g</p>	<p>8 Meatloaf (131) Mushroom Gravy (148) Whipped Sweet Potato (33) Brussels Sprouts (12) Multigrain Bread (190) Oatmeal Raisin Cookie (108) MOD: Graham Wafer (85)</p> <p>Calories: 705 Fat: 31% Sodium: 794mg Carb: 89g</p>
<p>11 Turkey Divan with Broccoli (321) Red Bliss Potatoes (4) Dinner Roll (160) Cinnamon Apples (4)</p> <p>Calories: 626 Fat: 29% Sodium: 661mg Carb: 67g</p>	<p>12 Cheesy Beefaroni (326) Genoa Vegetables (40) Scali Bread (190) Strawberry Cup (4)</p> <p>Calories: 784 Fat: 32% Sodium: 732mg Carb: 100g</p>	<p>13 Portuguese Chicken (420) Roasted Potatoes (33) Green Beans (3) Whole Wheat Bread (160) Applesauce (15)</p> <p>Calories: 593 Fat: 25% Sodium: 804mg Carb: 75g</p>	<p>14 Roast Pork (71)  Rosemary Gravy (124) Parmesan Mashed Potatoes (90) Glazed Carrots (83) Multigrain Roll (190) Red Velvet Cupcake (209) MOD: LS Cake (209)</p> <p>Calories: 883 Fat: 29% Sodium: 939mg Carb: 116g</p>	<p>15 Sloppy Joe (221) Potato Wedges (27) Italian Vegetables (26) Hamburger Roll (230) Pineapple (1)</p> <p>Calories: 695 Fat: 29% Sodium: 677mg Carb: 90g</p>
<p>18 No Meals Served</p> 	<p>19 Seafood Newburg (569*) Florentine Rice (112) Peas (82) Potato Bread (120) Peaches (5)</p> <p>Calories: 627 Fat: 22% Sodium: 1060mg Carb: 78g</p>	<p>20 LS Hot Dog (550*) Mustard (55) German Potato Salad (85) Cabbage and Carrots (47) Hot Dog Roll (210) Mixed Fruit (10)</p> <p>Calories: 695 Fat: 41% Sodium: 1129mg Carb: 79g</p>	<p>21 Macaroni and Cheese (403) Escalloped Tomatoes (143) Fruit Loaf (160) Strawberry Cup (4)</p> <p>Calories: 892 Fat: 33% Sodium: 882mg Carb: 122g</p>	<p>22 Roast Turkey (360) Gravy (70) Cranberry Sauce (16) Parsley Mashed Potatoes (63) Winter Squash (13) Oatmeal Bread (121) Cinnamon Apples (4)</p> <p>Calories: 729 Fat: 22% Sodium: 819mg Carb: 116g</p>
<p>25 Beef Picadillo (251) Fluffy Rice(36) Riviera Vegetables(16) Dinner Roll (160) Chocolate Chip Cookie (171) MOD: Graham Wafer (85)</p> <p>Calories: 797 Fat: 36% Sodium: 806mg Carb: 96g</p>	<p>26 Hungarian Turkey Skillet (523*) Mashed Potatoes (62) Tuscan Vegetables (56) Wheat Bread (115) Applesauce (15)</p> <p>Calories: 637 Fat: 24% Sodium: 943mg Carb: 85g</p>	<p>27 Broccoli and Cheese Omelet (387) Hash Browns(136) Green Beans (3) Multigrain Roll (190) Pineapple (1)</p> <p>Calories: 693 Fat: 33% Sodium: 889mg Carb: 87g</p>	<p>28 Chicken Piccata (424) Italian Pasta (1) Jardinière Vegetables (39) Whole Wheat Bread (160) Birthday Cake (209) MOD: LS Cake (209)</p> <p>Calories: 781 Fat: 26% Sodium: 1005mg Carb: 103g</p>	
<p>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.</p>				