


## April 2019 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Potato Pollock Filet (337) Tartar Sauce (261) Au Gratin Potatoes (154) Mixed Vegetables (41) Whole Wheat Bread (160) Mandarin Oranges (6)	<b>2</b> Sausage, Peppers and Onions (520*) Pasta Alfredo (116) <b>D</b> Sub Roll (160) Peaches (5)	<b>3</b> Honey Ginger Chicken (393) Pineapple Rice (35) Oriental Vegetables (26) Whole Wheat Roll (160) Apple (2)	<b>4</b> Roast Turkey (360) Gravy (70) Cranberry Sauce (16) Mashed Potatoes (62) <b>D</b> Winter Squash (13) Oatmeal Bread (121) Cookie (171) MOD: Graham Wafer (85)	<b>5</b> Cheese Lasagna (359) Chickpea Blend Vegetables (52) Dinner Roll (160) Mandarin Oranges (6)
Calories: 861    Fat: 40% Sodium: 1130mg    Carb: 94g	Calories: 642    Fat: 28% Sodium: 975mg    Carb: 82g	Calories: 613    Fat: 25% Sodium: 788mg    Carb: 82g	Calories: 987    Fat: 28% Sodium: 985mg    Carb: 146g	Calories: 470    Fat: 28% Sodium: 749mg    Carb: 64g
<b>8</b> Beef Bolognese (163) Pasta (1) Italian Vegetables (26) Multigrain Roll (190) Strawberry Cup (4)	<b>9</b> Chicken Pot Pie with Vegetables (598*) Parsley Mashed Potatoes (63) Biscuit (340) Mixed Fruit (10)	<b>10</b> Pulled Pork (307) Whipped Sweet Potato (33) Broccoli (12) Hamburger Roll (230) Cinnamon Apples (4)	<b>11</b> Soup of the Day (330) Curry Chicken (375) Couscous (39) Whole Wheat Bread (160) Strawberry Cup (4)	<b>12</b> Catch of the Day (40) Herb Sauce (76) Confetti Rice (43) Roman Vegetables (26) Multigrain Bread (190) Applesauce (20)
Calories: 762    Fat: 24% Sodium: 556mg    Carb: 108g	Calories: 1128    Fat: 51% Sodium: 1183mg    Carb: 125g	Calories: 574    Fat: 25% Sodium: 758mg    Carb: 74g	Calories: 697    Fat: 17% Sodium: 1080mg    Carb: 101g	Calories: 614    Fat: 32% Sodium: 567mg    Carb: 68g
<b>15 No Meals Served</b> Patriot's Day 	<b>16</b> Braised Beef (241) Red Bliss Potatoes (4) Italian Green Beans (3) Oatmeal Bread (121) Pineapple (1)	<b>17</b> LS Hot Dog (550*) <b>Mustard (55)</b> <b>Baked Beans (36)</b> <b>Cabbage and Carrots (47)</b> <b>Hot Dog Roll (210)</b> <b>Chocolate Pudding (191)<b>D</b></b> MOD: LS Pudding (191) <b>D</b>	<b>18</b> Honey Mustard Chicken (481) Roasted Potatoes (33) Glazed Carrots (83) Oatmeal Bread (121) Orange (0)	<b>19</b> Broccoli and Cheese Omelet (387) Hashbrowns (136) Zucchini and Tomatoes (39) Fruit Loaf (160) Mixed Fruit (10)
	Calories: 681    Fat: 35% Sodium: 542mg    Carb: 77g	Calories: 815    Fat: 40% Sodium: 1261mg    Carb: 92g	Calories: 607    Fat: 25% Sodium: 890mg    Carb: 78g	Calories: 736    Fat: 38% Sodium: 904mg    Carb: 87g
<b>22</b> Beef and Cabbage Casserole (300) Florentine Rice (112) Multigrain Roll (190) Pears (4)	<b>23</b> Cheeseburger(387) Ketchup (82) Potato Wedges (27) Jardiniere Vegetables (39) Hamburger Roll (230) Strawberry Cup (4)	<b>24</b> Soup of the Day (330) <b>Turkey and Cheese Sandwich (887*)</b> <b>Mustard (55)</b> <b>Cinnamon Apples (4)</b>	<b>25</b> Chicken Bruschetta (394) Fluffy Rice (36) Tahitian Vegetables (38) Whole Wheat Bread (160) Birthday Cake (209) MOD: LS Cake (209)	<b>26</b> Macaroni and Cheese (403) Escalloped Tomatoes (143) Fruit Loaf (160) Pineapple (1)
Calories: 603    Fat: 27% Sodium: 778mg    Carb: 77g	Calories: 905    Fat: 36% Sodium: 941mg    Carb: 102g	Calories: 666    Fat: 28% Sodium: 1448mg    Carb: 79g	Calories: 664    Fat: 22% Sodium: 1009mg    Carb: 91g	Calories: 845    Fat: 35% Sodium: 879mg    Carb: 109g
<b>29</b> Potato Pollock Filet (337) Tartar Sauce (261) Confetti Rice (43) Brussels Sprouts (12) Wheat Bread (115) Peaches (5)	<b>30</b> Caribbean Chicken (381) Dirty Rice (137) Tuscan Vegetables (56) Oatmeal Bread (121) Mandarin Oranges (6)	* 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. <b>High sodium days (&gt;1200mg) are bold.</b>  Menu is subject to change without notice.	<b>Milk: 110 Calories</b> <b>125mg Sodium, 12gm Carb</b> <b>Margarine: 36 Calories</b> <b>47mg Sodium, 0gm Carb</b>	
Calories: 768    Fat: 42% Sodium: 945mg    Carb: 80g	Calories: 586    Fat: 22% Sodium: 873mg    Carb: 77g			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 <b>\$2.25 per meal</b> many people would go hungry. Please give. <b>Checks are preferred.</b> For cancellations of home delivered meals, call the Nutrition Office at 1-508-324-4619 <b>no later than 10:30 a.m. on the day before delivery.</b>				