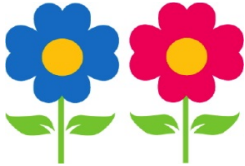




March 2019 Menu

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. "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 style="text-align: center;">D = Dairy</p>		<p>1 Pot Roast (241) Mashed Potatoes (62) D Peas and Carrots (80) Oatmeal Bread (121) Apple (2)</p> <p style="text-align: right;">Calories: 793 Fat: 33% Sodium: 678mg Carb: 99g</p>
<p>4 Potato Pollock Filet (337) Tartar Sauce (261) Potato Wedges (27) Fall Vegetables (15) Dinner Roll (160) Mixed Fruit (10)</p> <p style="text-align: right;">Calories: 860 Fat: 41% Sodium: 982mg Carb: 91g</p>	<p>5 Beef and Pepper Casserole (293) Country Vegetables (32) Whole Wheat Roll (160) Cinnamon Apples (4)</p> <p style="text-align: right;">Calories: 543 Fat: 26% Sodium: 661mg Carb: 71g</p>	<p>6 Stuffed Shells (390)D Tomato Basil Sauce (55) Jardiniere Vegetables (39) Multigrain Bread (190) Peaches (5)</p> <p style="text-align: right;">Calories: 596 Fat: 21% Sodium: 851mg Carb: 89g</p>	<p>7 Spanish Soup (32) Cilantro Chicken (339) Rice Pilaf (134) Green Beans (3) Oatmeal Roll (121) Orange (0)</p> <p style="text-align: right;">Calories: 661 Fat: 30% Sodium: 801mg Carb: 79g</p>	<p>8 COLD PLATE Tuna Salad (408) Tri-Color Pasta Salad (1) Coleslaw (81) Wheat Bread (115) Pears (4)</p> <p style="text-align: right;">Calories: 548 Fat: 28% Sodium: 781mg Carb: 66g</p>
<p>11 Roast Turkey (360) Gravy (70) Cranberry Sauce Mashed Potato (62)D Winter Squash (13) Snowflake Roll (160) Hermit (108) MOD: Graham Wafer (85)</p> <p style="text-align: right;">Calories: 800 Fat: 22% Sodium: 961mg Carb: 127g</p>	<p>12 American Chop Suey (211) Broccoli (12) Scali Bread (190) Mixed Fruit (10)</p> <p style="text-align: right;">Calories: 562 Fat: 25% Sodium: 595mg Carb: 73g</p>	<p>13 Chicken Coq Au Vin (387) Parsley Mashed Potatoes (63)D Malibu Vegetables (59) Multigrain Bread (190) Applesauce (20)</p> <p style="text-align: right;">Calories: 639 Fat: 23% Sodium: 891mg Carb: 88g</p>	<p>14 Corned Beef (624*) Boiled Potatoes (51) Cabbage and Carrots (47)  Raisin Bread (110) Pistachio Cookie (170) LS Pudding (110) D</p> <p style="text-align: right;">Calories: 706 Fat: 34% Sodium: 1174mg Carb: 87g</p>	<p>15 Broccoli Bake (387) D Hashbrowns (136) Fruit Loaf (160) Peaches (5)</p> <p style="text-align: right;">Calories: 876 Fat: 48% Sodium: 860mg Carb: 85g</p>
<p>18 Roast Pork (71) Apple Gravy (111) Red Bliss Potatoes (4) Brussels Sprouts (12) Whole Wheat Bread (160) Banana (1)</p> <p style="text-align: right;">Calories: 689 Fat: 30% Sodium: 531mg Carb: 84g</p>	<p>19 Buttermilk Chicken (459) D Whipped Sweet Potato (33) California Vegetables (27) Oatmeal Bread (121) Cinnamon Apples (4)</p> <p style="text-align: right;">Calories: 555 Fat: 23% Sodium: 816mg Carb: 70g</p>	<p>20 Rigatoni Pasta (1) Meat Sauce (123) Italian Vegetables (26) Dinner Roll (160) Pineapple (1)</p> <p style="text-align: right;">Calories: 629 Fat: 23% Sodium: 483mg Carb: 87g</p>	<p>21 LS Hot Dog (550*) Mustard (55) Baked Beans (36) Cabbage and Carrots (47) Hot Dog Roll (210) Lemon Pudding (174) MOD: LS Pudding(174)D</p> <p style="text-align: right;">Calories: 843 Fat: 39% Sodium: 1244mg Carb: 97g</p>	<p>22 Potato Pollock Filet (337) Tartar Sauce (261) Au Gratin Potatoes (154)D Mixed Vegetables (41) Whole Wheat Bread (160) Mandarin Oranges (6)</p> <p style="text-align: right;">Calories: 851 Fat: 40% Sodium: 1131mg Carb: 93g</p>
<p>25 Meatloaf (131) Rosemary Gravy (124) Cheesy Mashed Potatoes (90) D Green Beans (3) Multigrain Bread (190) Pears (4)</p> <p style="text-align: right;">Calories: 740 Fat: 31% Sodium: 714mg Carb: 94g</p>	<p>26 Apple Cider Beef Stew (240) Mashed Potatoes (62)D Oatmeal Roll (121) Applesauce (20)</p> <p style="text-align: right;">Calories: 728 Fat: 35% Sodium: 615mg Carb: 84g</p>	<p>27 Sweet and Sour Meatballs (214) Asian Rice (92) Oriental Vegetables (26) Wheat Bread (115) Pineapple (1)</p> <p style="text-align: right;">Calories: 601 Fat: 31% Sodium: 620mg Carb: 75g</p>	<p>28 Chicken Parmesan (361) Penne Pasta (1) Tahitian Vegetables (38) Multigrain Bread (190) Birthday Cake (209) MOD: LS Cake (209)</p> <p style="text-align: right;">Calories: 697 Fat: 18% Sodium: 971mg Carb: 99g</p>	<p>29 Catch of the Day (40) Lemon Dill Sauce (111) Confetti Rice (43) Roman Vegetables (26) Whole Wheat Bread (160) Mixed Fruit (10)</p> <p style="text-align: right;">Calories: 613 Fat: 32% Sodium: 562mg Carb: 68g</p>
<p>Without your suggested voluntary donation of \$2.25 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>				