

May 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>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>1 American Chop Suey (211) Peas and Mushrooms (133) Dinner Roll (160) Pears (4)</p>	<p>2 Roast Pork (71) Brown Gravy (121) Garlic Mashed Potatoes (62) Tarragon Carrots (77) Multigrain Bread (190) Mixed Fruit (10)</p>	<p>3 Mexicali Chicken (173) Spanish Rice (22) Mexicali Corn (6) Whole Wheat Bread (160) Pineapple (1)</p>
		<p>Calories: 619 Fat: 23% Sodium: 680mg Carb: 81g</p>	<p>Calories: 749 Fat: 31% Sodium: 703mg Carb: 90g</p>	<p>Calories: 645 Fat: 19% Sodium: 534mg Carb: 96g</p>
<p>6 Hungarian Turkey Skillet (523*) Penne Pasta (1) Mixed Vegetables (41) Dinner Roll (160) Mandarin Oranges (6)</p>	<p>7 Shepherd's Pie (283) Malibu Vegetables (59) Oatmeal Roll (121) Pears (4)</p>	<p>8 Soup of the Day (330) Cajun Chicken (377) Dirty Rice (137) Whole Wheat Roll (160) Banana (1)</p>	<p>9 Pasta (1) Bolognese Sauce (163) Italian Vegetables (26) Scali Bread (190) Cinnamon Apples (4)</p>	<p>10 Roast Turkey(360) Gravy (124)  Cranberry Sauce (10) Mashed Potatoes (62) Winter Squash (13) Multigrain Bread (190) Strawberry Shortcake (176) MOD: Strawberry Cup (4)</p>
<p>Calories: 669 Fat: 22% Sodium: 903mg Carb: 89g</p>	<p>Calories: 735 Fat: 29% Sodium: 639mg Carb: 97g</p>	<p>Calories: 685 Fat: 20% Sodium: 1177mg Carb: 93g</p>	<p>Calories: 645 Fat: 28% Sodium: 556mg Carb: 79g</p>	<p>Calories: 921 Fat: 23% Sodium: 1113mg Carb: 148g</p>
<p>13 Potato Pollock Filet (337) Tartar Sauce (261) O'Brien Potatoes (117) Brussels Sprouts (12) Wheat Bread (115) Peaches (5)</p>	<p>14 Hot Dog (550*) Mustard (55) Baked Beans (36) Cabbage and Carrots (47) Hot Dog Roll (210) Applesauce (20)</p>	<p>15 Beef and Broccoli (108) Fluffy Rice (36) Multigrain Roll (190) Chocolate Pudding (191) MOD: LS Pudding (191)</p>	<p>16 Macaroni and Cheese (403) Escalloped Tomatoes (143) Fruit Loaf (160) Strawberry Cup (4)</p>	<p>17 Chicken Divan with Broccoli (281) Red Bliss Potatoes (4) Oatmeal Roll (121) Mixed Fruit (10)</p>
<p>Calories: 781 Fat: 39% Sodium: 1019mg Carb: 86g</p>	<p>Calories: 734 Fat: 39% Sodium: 1090mg Carb: 83g</p>	<p>Calories: 774 Fat: 37% Sodium: 697mg Carb: 80g</p>	<p>Calories: 892 Fat: 33% Sodium: 882mg Carb: 122g</p>	<p>Calories: 637 Fat: 33% Sodium: 588mg Carb: 69g</p>
<p>20 American Chop Suey (211) Peas and Mushrooms (133) Scali Bread (190) Mandarin Oranges (6)</p>	<p>21 Turkey Stew with Vegetables (571*) Mashed Potatoes (62) Whole Wheat Roll (160) Pears (4)</p>	<p>22 Swedish Meatballs (367) Penne Pasta (1) Malibu Vegetables (29) Dinner Roll (160) Orange (0)</p>	<p>23 COLD PLATE Tuna Salad (408) Tri-Color Pasta Salad (58) Coleslaw (81) Multigrain Roll (190) Oatmeal Raisin Cookie (170) MOD: Graham Wafer (85)</p>	<p>24 Pot Roast (241) Whipped Sweet Potatoes (33) Green Beans (3) Oatmeal Bread (121) Mixed Fruit (10)</p>
<p>Calories: 596 Fat: 23% Sodium: 712mg Carb: 78g</p>	<p>Calories: 618 Fat: 25% Sodium: 969mg Carb: 87g</p>	<p>Calories: 740 Fat: 31% Sodium: 759mg Carb: 90g</p>	<p>Calories: 766 Fat: 35% Sodium: 1079mg Carb: 88g</p>	<p>Calories: 702 Fat: 34% Sodium: 580mg Carb: 81g</p>
<p>27 No Meals Served</p>	<p>28 Apricot Chicken (359) Florentine Rice (112) California Vegetables (27) Potato Bread (120) Lemon Pudding (174) MOD: LS Pudding (174)</p>	<p>29 Meatloaf (240) Mushroom Gravy (148) Mashed Potatoes (62) Glazed Carrots (83) Whole Wheat Bread (160) Birthday Cake (209) MOD: LS Cake (209)</p>	<p>30 Chicken Parmesan (426) Penne Pasta (1) Broccoli (12) Dinner Roll (160) Applesauce (20)</p>	<p>31 Spinach and Cheese Omelet (392) Hash browns (136) Zucchini and Tomatoes (39) Fruit Loaf (160) Mandarin Oranges (6)</p>
	<p>Calories: 683 Fat: 28% Sodium: 964mg Carb: 84g</p>	<p>Calories: 766 Fat: 26% Sodium: 1074mg Carb: 47g</p>	<p>Calories: 580 Fat: 18% Sodium: 791mg Carb: 77g</p>	<p>Calories: 722 Fat: 39% Sodium: 905mg Carb: 84g</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>				<p>Milk: 110 Calories 125mg Sodium, 12gm Carb Margarine: 36 Calories 47mg Sodium, 0gm Carb</p>

