


March 2020 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Swedish Meatballs (367) Penne Pasta (1) Green Beans (3) Multigrain Roll (190) Orange (0)	3 Orange Tarragon Chicken (423) Fluffy Rice (36) Spring Vegetables (57) Oatmeal Roll (121) Mixed Fruit (10)	4 Turkey Stew with Vegetables (571*) Garlic Mashed Potatoes (62) Multigrain Bread (190) Pears (4)	5 Pot Roast (241) Brown Gravy (110) Red Bliss Potatoes (4) Mixed Vegetables (41) Whole Wheat Bread (160) Mandarin Oranges (6)	6 Broccoli Bake (387) Hash browns (136) Florentine Tomatoes (121) Fruit Loaf (160) Applesauce (20)
Calories: 747 Fat: 31% Sodium: 733mg Carb: 91g	Calories: 587 Fat: 26% Sodium: 819mg Carb: 70g	Calories: 638 Fat: 24% Sodium: 999mg Carb: 90g	Calories: 731 Fat: 37% Sodium: 734mg Carb: 82g	Calories: 901 Fat: 47% Sodium: 996mg Carb: 88g
9 Cheeseburger (387) Ketchup (82) Roasted Potatoes (33) Scandinavian Vegetables (42) Hamburger Roll (230) Chocolate Pudding (191) MOD: LS Pudding (191)	10 American Chop Suey (211) Italian Green Beans (3) Scali Bread (190) Mandarin Oranges (6)	11 Portuguese Chicken (420) Rice Pilaf (134) Oriental Vegetables (26) Multigrain Roll (190) Pineapple (1)	12 Beef and Broccoli (108) Mashed Potatoes (62) Oatmeal Bread (121) Brownie (132) MOD: Graham Wafer (85)	13 Seafood Newburg (569*) Penne Pasta (1) Genoa Vegetables (40) Snowflake Roll (180) Banana (1)
Calories: 857 Fat: 38% Sodium: 1137mg Carb: 87g	Calories: 553 Fat: 26% Sodium: 582mg Carb: 71g	Calories: 628 Fat: 25% Sodium: 943mg Carb: 79g	Calories: 861 Fat: 37% Sodium: 595mg Carb: 92g	Calories: 670 Fat: 18% Sodium: 963mg Carb: 94g
16 Turkey A La King (215) Confetti Rice (43) Brussels Sprouts (12) Whole Wheat Roll (160) Pears (4)	17 Corned Beef (624*) Boiled Potatoes (4) Cabbage and Carrots (47) Raisin Bread (110) Holiday Cookie (170) MOD: Graham Wafer (85)	18 Mexicali Chicken (173) Spanish Rice (22) Country Vegetables (32) Dinner Roll (160) Peaches (5)	19 Meatloaf (131) Brown Gravy (110) Au Gratin Potatoes (154) Peas (82) Multigrain Bread (190) Mandarin Oranges (6)	20 Lasagna Roll Up (370) Tomato Basil Sauce (55) Broccoli (12) Oatmeal Bread (121) Pineapple (1)
Calories: 596 Fat: 25% Sodium: 606mg Carb: 69g	Calories: 500 Fat: 29% Sodium: 1127mg Carb: 69g	Calories: 604 Fat: 20% Sodium: 564mg Carb: 84g	Calories: 743 Fat: 31% Sodium: 845mg Carb: 89g	Calories: 536 Fat: 19% Sodium: 731mg Carb: 84g
23 Roast Turkey (360) Gravy (70) Cranberry Sauce (16) Mashed Potatoes (62) Winter Squash (13) Whole Wheat Roll (160) Mixed Fruit (10)	24 Chicken Cacciatore (446) Italian Pasta (1) Jardinière Vegetables (39) Scali Bread (190) Apple (1)	25 Shepherd's Pie (283) Peas and Mushrooms (133) Oatmeal Roll (121) Pears (4)	26 Broccoli & Cheese Stuffed Chicken (410) Lyonnaise Potatoes (112) Malibu Vegetables (59) Multigrain Bread (190) Birthday Cake (209) MOD: LS Cake (209)	27 Salmon (67) Lemon Dill Sauce (111) Red Bliss Potatoes (4) California Vegetables (27) Wheat Bread (115) Peaches (5)
Calories: 760 Fat: 21% Sodium: 863mg Carb: 125g	Calories: 661 Fat: 22% Sodium: 850mg Carb: 90g	Calories: 768 Fat: 27% Sodium: 713mg Carb: 102g	Calories: 783 Fat: 29% Sodium: 1152mg Carb: 105g	Calories: 525 Fat: 24% Sodium: 501mg Carb: 66g
30 Roast Pork (71) Apple Gravy (111) Garlic Mashed Potatoes (62) Italian Vegetables (26) Whole Wheat Roll (160) Applesauce (20)	31 Apricot Chicken (359) Rice Florentine (112) Glazed Carrots (83) Multigrain Roll (190) Mixed Fruit (10)		Milk: 100 Calories 125mg Sodium, 12gm Carb Margarine: 36 Calories 47mg Sodium, 0gm Carb Daily totals include entrée, bread, dessert, milk, margarine and soup. Menu subject to change without notice.	* Indicates item has >500mg Sodium. The sodium (mg) content of each item is in parentheses 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.
Calories: 715 Fat: 30% Sodium: 622mg Carb: 85g	Calories: 619 Fat: 24% Sodium: 926mg Carb: 80g			

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.

* Menu items may be obtained from different sources month to month, affecting their sodium content.