

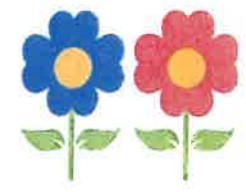


April 2020 Menu

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.</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 Cheeseburger (387) Ketchup (82) Roasted Potatoes (33) Cabbage and Carrots (47) Hamburger Roll (230) Pineapple (1)</p>	<p>2 American Chop Suey (211) Roman Vegetables (26) Scali Bread (190) Pears (4)</p>	<p>3 Macaroni & Cheese (403) Escalloped Tomatoes (143) Fruit Loaf (160) Mandarin Oranges (6)</p>
		<p>Calories: 788 Fat: 37% Sodium: 952mg Carb: 84g</p>	<p>Calories: 547 Fat: 26% Sodium: 603mg Carb: 70g</p>	<p>Calories: 816 Fat: 36% Sodium: 884mg Carb: 100g</p>
<p>6 Hot Dog (550*) Mustard (55)  Baked Beans (36) Spring Vegetables (57) Hot Dog Roll (210) Baseball Cookie (170) MOD: Graham Wafer (85)</p>	<p>7 Roast Turkey (360) Gravy (70) Cranberry Sauce (16) Mashed Potatoes (62) Winter Squash (13) Oatmeal Bread (121) LS Fruited Gelatin (1)</p>	<p>8 Pork Lo Mein with Noodles (254) Oriental Vegetables (26) Oatmeal Bread (121) Peaches (5)</p>	<p>9 Crustless Chicken Pot Pie with Vegetables (598*) Mashed Potatoes (62) Biscuit (340) Applesauce (20)</p>	<p>10 Catch of the Day (40) Lemon Dill Sauce (111) Dirty Rice (137) Carrots (77) Dinner Roll (160) Pineapple (1)</p>
<p>Calories: 920 Fat: 43% Sodium: 1250mg Carb: 98g</p>	<p>Calories: 715 Fat: 22% Sodium: 690mg Carb: 72g</p>	<p>Calories: 678 Fat: 26% Sodium: 578mg Carb: 89g</p>	<p>Calories: 1117 Fat: 42% Sodium: 1192mg Carb: 123g</p>	<p>Calories: 664 Fat: 31% Sodium: 698mg Carb: 79g</p>
<p>13 Curry Chicken (375) Rice Pilaf (134) Tuscan Vegetables (56) Whole Wheat Roll (160) Orange (0)</p>	<p>14 Roast Pork (71) Apple Gravy (111) Scalloped Potatoes (185) Brussels Sprouts (12) Honey Wheat Bread (135) Pears (4)</p>	<p>15 Shepherd's Pie (283) Mixed Vegetables (41) Whole Wheat Roll (160) Butterscotch Pudding (251) D MOD: LS Pudding (251)</p>	<p>16 Chicken L'Orange (391) Florentine Rice (112) Malibu Vegetables (59) Oatmeal Roll (121) Mandarin Oranges (6)</p>	<p>17 Stuffed Shells (390) Tomato Basil Sauce (55) Italian Vegetables (26) Scali Bread (190) Mixed Fruit (10)</p>
<p>Calories: 690 Fat: 26% Sodium: 1130mg Carb: 87g</p>	<p>Calories: 667 Fat: 23% Sodium: 690mg Carb: 72g</p>	<p>Calories: 873 Fat: 29% Sodium: 907mg Carb: 118g</p>	<p>Calories: 564 Fat: 27% Sodium: 861mg Carb: 66g</p>	<p>Calories: 567 Fat: 21% Sodium: 843mg Carb: 85g</p>
<p>20 No Meals Served Patriot's Day</p> 	<p>21 Sweet & Sour Meatballs (214) Fluffy Rice (36) Fall Vegetables (15) Snowflake Roll (180) Applesauce (20)</p>	<p>22 Chicken Cordon Bleu (550*) Roasted Potatoes (33) Peas & Mushrooms (133) Multigrain Roll (190) Pineapple (1)</p>	<p>23 Meatloaf (240) Rosemary Gravy (124) Whipped Sweet Potatoes (33) Malibu Vegetables (59) Oatmeal Bread (121) Orange (0)</p>	<p>24 Turkey Divan (321) Bow Tie Pasta (1) Whole Wheat Roll (160) Hermit (108) MOD: Graham Wafer (85)</p>
	<p>Calories: 601 Fat: 32% Sodium: 637mg Carb: 72g</p>	<p>Calories: 746 Fat: 31% Sodium: 1079mg Carb: 92g</p>	<p>Calories: 616 Fat: 29% Sodium: 749mg Carb: 86g</p>	<p>Calories: 707 Fat: 29% Sodium: 762mg Carb: 78g</p>
<p>27 Potato Pollock Filet (337) Tartar Sauce (261) Au Gratin Potatoes (154) Hot German Slaw (81) Multigrain Bread (190) Mandarin Oranges (6)</p>	<p>28 Chicken & Green Bean Stir-Fry (207) Spaghetti (1) Multigrain Roll (190) Pineapple (1)</p>	<p>29 Pot Roast (241) Brown Gravy (110) Mashed Potatoes (62) Spring Vegetables (57) Oatmeal Bread (121) Banana (1)</p>	<p>30 Buttermilk Chicken (459) Red Bliss Potatoes (4) Glazed Carrots (83) Whole Wheat Bread (160) Birthday Cake (209) MOD: LS Cake (209)</p>	
<p>Calories: 841 Fat: 40% Sodium: 1201mg Carb: 89g</p>	<p>Calories: 601 Fat: 20% Sodium: 571mg Carb: 82g</p>	<p>Calories: 844 Fat: 34% Sodium: 764mg Carb: 103g</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>