

October 2020 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
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.		1 Meatloaf (240) Onion Gravy (110) Roasted Potatoes (33) Scandinavian Blend Vegetables (42) Oatmeal Bread (121) Mixed Fruit (10) Calories: 591 Fat: 30% Sodium: 727mg Carb: 77g	2 Pollock (250) Supreme Sauce (111) Rice Florentine (112) Malibu Blend (59) Vegetables Dinner Roll (160) Mandarin Oranges (6) Calories: 539 Fat: 24.9% Sodium: 870mg Carb: 67g
5 Hot Dog (550*) Mustard (55) Baked Beans (36) Cabbage & Carrots (47) Hot Dog Roll (210) Mixed Fruit (10) Calories: 745 Fat: 38% Sodium: 1080mg Carb: 85g	6 Beef and Broccoli (108) Asian Rice (92) Whole Wheat Bread (160) Pears (4) Calories: 686 Fat: 36% Sodium: 536mg Carb: 69g	7 Chicken Parmesan (426) Italian Pasta (1) Genoa Blend (40) Multigrain Roll (190) Pineapple (1) Calories: 679 Fat: 22% Sodium: 830mg Carb: 90g	8 Beef Picadillo (251) Brown Rice (36) California Blend (27) Vegetables Oatmeal Bread (121) Peaches (5) Calories: 531 Fat: 32% Sodium: 612mg Carb: 65g	9 Roast Turkey (360) Gravy (70) Cranberry Sauce (16) Mashed Potatoes (62) Winter Squash (13) Snowflake Roll (180) Brownie (132) MOD: LS Cake (209) Calories: 783 Fat: 26% Sodium: 1005mg Carb: 134g
 Columbus Day	12 No Meals Served Calories: 806 Fat: 33% Sodium: 862mg Carb: 98g	13 Macaroni and Cheese (403) Tomato Florentine (121) Fruit Loaf (160) Mandarin Oranges (6) Calories: 728 Fat: 32% Sodium: 687mg Carb: 85g	14 Chicken Divan (281) Confetti Rice (43) Multigrain Roll (190) Banana (1) Calories: 856 Fat: 32% Sodium: 1097mg Carb: 111g	15 Turkey Stew (571*) with Vegetables Mashed Potatoes (62) Oatmeal Bread (121) Chocolate Chip Cookie (171) Mod: Graham Wafer (85) Calories: 636 Fat: 28% Sodium: 974mg Carb: 81g
19 Seafood Casserole (569*) Brown Rice (36) Spring/Summer (57) Blend Vegetables Wheat Bread (115) Mixed Fruit (10) Calories: 567 Fat: 23% Sodium: 960mg Carb: 68g	20 Chicken Cacciatore (446) Italian Pasta (1) Jardinière Blend (39) Vegetables Multigrain Roll (190) Peaches (5) Calories: 718 Fat: 30% Sodium: 711mg Carb: 99g	21 Swedish Meatballs (341) Mashed Potatoes (62) Scandinavian Vegetables (42) Oatmeal Bread (121) Vanilla Pudding (174) Mod: SF Pudding (174) Calories: 817 Fat: 33% Sodium: 911mg Carb: 103g	22 Roast Pork (71) Gravy (121) Red Bliss Potatoes (4) Brussel Sprouts (12) Whole Wheat Roll (160) Orange (0) Calories: 658 Fat: 32% Sodium: 539mg Carb: 74g	23 Lasagna Roll Ups (290) Supreme Sauce (111) Roman Vegetables (26) Scali Bread (190) Pineapple (1) Calories: 556 Fat: 25% Sodium: 791mg Carb: 80g
26 Cheeseburger (387) Ketchup (82) Roasted Potatoes (33) Cabbage and Carrots (47) Hamburger Roll (230) Pears (4) Calories: 590 Fat: 24% Sodium: 910mg Carb: 79g	27 Spinach Omelet (382) Hash Browns (136) Zucchini and Tomatoes (39) Fruit Loaf (160) Orange (0) Calories: 705 Fat: 35% Sodium: 889mg Carb: 90g	28 Broccoli and Cheese Stuffed Chicken (410) Confetti Rice (43) Oriental Vegetables (26) Oatmeal Bread (121) Birthday Cake (209) Mod: LS Cake (209) Calories: 748 Fat: 32% Sodium: 980mg Carb: 96g	29 Pot Roast (241) Gravy (110) Cheesy Mashed Potatoes (90) Italian Blend (26) Vegetables Multigrain Roll (190) Applesauce (20) Calories: 819 Fat: 35% Sodium: 849mg Carb: 95g	30 Bruschetta Chicken (394) Au Gratin Potatoes (154) Peas and Carrots (80) Whole Wheat Roll (160) Pineapple (1) Calories: 819 Fat: 35% Sodium: 849mg Carb: 95g
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.