


## November 2020 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2 Shepherd's Pie (283)</b> Carrot Coins (77) Whole Wheat Roll (160) Strawberry Cup (4)	<b>3 Beef and Cabbage Casserole (300)</b> Red Bliss Potatoes (4) Dinner Roll (160) Mixed Fruit (10)	<b>4 Mini Raviolis (202)</b> Pesto Sauce (70) Genoa Blend (40) Whole Wheat Roll (160) Orange (0)	<b>5 Caribbean Chicken (381)</b> Hawaiian Rice (35) Italian Vegetables (26) Multigrain Bread (190) Pears (4)	<b>6 Hot Dog (550*)</b> Mustard (55) Hash Browns (136) Cabbage and Carrots (47) Hot Dog Roll (210) Applesauce (20)
Calories: 748    Fat: 28% Sodium: 702mg    Carb: 101g	Calories: 595    Fat: 23% Sodium: 647mg    Carb: 83g	Calories: 591    Fat: 30% Sodium: 727mg    Carb: 77g	Calories: 612    Fat: 20% Sodium: 808mg    Carb: 84g	Calories: 723    Fat: 25% Sodium: 1190mg    Carb: 79g
<b>9 Potato Pollock (150)</b> Tartar Sauce (261) Whipped Sweet Potatoes (33) Fall Vegetables (15) Fruit Loaf (120) Peaches (5)	<b>10 Chicken Cacciatore (446)</b> Italian Pasta (1) Peas and Mushrooms (133) Scali Bread (190) Pineapple (1)	<b>11 No Meals Served</b>  	<b>12 Roast Pork (71)</b> Rosemary Gravy (124) Au Gratin Potatoes (154) Green Beans (3) Whole Wheat Bread (160) Pistachio Pudding (110)	<b>13 Greek Meatballs (328)</b> Rice Pilaf (134) Malibu Blend Vegetables (59) Multigrain Bread (190) Banana (1)
Calories: 765    Fat: 33% Sodium: 755mg    Carb: 100g	Calories: 674    Fat: 20% Sodium: 944mg    Carb: 90g	Calories: 633    Fat: 31% Sodium: 624mg    Carb: 91g	Calories: 731    Fat: 36% Sodium: 795mg    Carb: 70g	Calories: 719    Fat: 32% Sodium: 884mg    Carb: 92g
<b>16 Crustless Chicken Pot Pie (273)</b> Mashed Potatoes (62) Biscuit (340) Applesauce (20)	<b>17 American Chop Suey (211)</b> Broccoli (12) Multigrain Roll (190) Mixed Fruit (10)	<b>18 BBQ Pork Rib (410)</b> Baked Beans (36) Hot German Slaw (81) Dinner Roll (160) Peaches (5)	<b>19 Cherry Glazed Chicken (359)</b> Rice Florentine (112) Tuscany Blend Vegetables (56) Oatmeal Bread (121) Pears (4)	<b>20 Roast Turkey (360)</b> Rosemary Gravy (124) Mashed Potatoes (62) Winter Squash (13) Multigrain Roll (190) Apple Crisp (22) MOD: LS Cake (170)
Calories: 707    Fat: 32% Sodium: 868mg    Carb: 85g	Calories: 592    Fat: 24% Sodium: 595mg    Carb: 78g	Calories: 459    Fat: 18% Sodium: 692mg    Carb: 62g	Calories: 559    Fat: 27% Sodium: 824mg    Carb: 66g	Calories: 724    Fat: 25% Sodium: 943mg    Carb: 105g
<b>23 Cheese Burger (387)</b> Ketchup (82) Roasted Potatoes (33) Cabbage and Carrots (47) Hamburger Roll (230) Strawberry Cup (4)	<b>24 Sausage, Peppers and Onions (520*)</b> Pasta Alfredo (116) Sub Roll (162) Applesauce (20)	<b>25 Curry Chicken (375)</b> Lentil Rice (36) Brussel Sprouts (12) Whole Wheat Roll (160) Orange (0)	<b>26 No Meals Served</b>  	<b>27 Catch of the Day (180)</b> Lemon Dill Sauce (111) Roasted Potatoes (33) Roman Vegetables (26) Rye Bread (300) Birthday Cake (209) MOD: LS Cake (170)
Calories: 836    Fat: 38% Sodium: 954mg    Carb: 97g	Calories: 637    Fat: 28% Sodium: 991mg    Carb: 81g	Calories: 552    Fat: 22% Sodium: 755mg    Carb: 70g	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.	Calories: 670    Fat: 21% Sodium: 1031mg    Carb: 101g  * 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. <b>High sodium days (&gt;1200mg) are bold.</b>
<b>30 Macaroni and Cheese (403)</b> Scalloped Tomatoes (143) Fruit Loaf (120) Pineapple (1)				
Calories: 815    Fat: 34% Sodium: 839mg    Carb: 105g				

**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.