

January 2021 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			1 No Meals Served 
4 Spaghetti & Meatballs(497) Tomato Basil Sauce (55) Genoa Blend (40) Multigrain Bread (190) Orange (0) Calories: 672 Fat: 24% Sodium: 954mg Carb: 91g	5 Macaroni & Cheese (403) Escalloped Tomatoes (143) Fruit Loaf (160) Strawberry Cup (6) Calories: 892 Fat: 33% Sodium: 882mg Carb: 122g	6 Mexican Chicken(413) Mexican Rice (41) Mixed Vegetables (22) Oatmeal Roll (121) Pineapple (1) Calories: 554 Fat: 18% Sodium: 769mg Carb: 76g	7 Sloppy Joe (221) Roasted Potatoes (33) Italian Blend Vegetables (26) Hamburger Roll (230) Orange (0) Calories: 639 Fat: 26% Sodium: 682mg Carb: 85g	8 Roast Turkey (360) Cranberry Sauce (16) Gravy (70) Mashed Potatoes(62) Winter Squash (13) Multigrain Roll (190) Strawberry Shortcake (176) Calories: 915 Fat: 22% Sodium: 1059mg Carb: 150g
11 Pork Lo Mein (254) Oriental Blend Vegetables (26) Whole Wheat Bread (160) Mixed Fruit (10) Calories: 701 Fat: 25% Sodium: 622mg Carb: 94g	12 American Chop Suey (211) Broccoli (47) Scali Bread (190) Pears (4) Calories: 551 Fat: 26% Sodium: 589mg Carb: 71g	13 Fiesta Omelet (382) Hash Browns (136) Spring Vegetables (57) Multigrain Bread (190) Mixed Fruit (10) Calories: 647 Fat: 30% Sodium: 947mg Carb: 84g	14 Chicken Marsala (439) Mashed Potatoes (62) Mixed Vegetables (41) Oatmeal Roll (121) Banana Pudding (174) MOD: SF Banana Pudding Calories: 755 Fat: 25% Sodium: 1008mg Carb: 102g	15 Hotdog (550) Mustard (55) Baked Beans (36) Cabbage & Carrots (47) Hotdog Roll (210) Peaches (5) Calories: 739 Fat: 39% Sodium: 1075mg Carb: 84g
18 No Meals Served 	19 Salmon (67) Herb Sauce (76) Confetti Rice (43) California Blend Vegetables (27) Multigrain Roll (190) Strawberry Cup (4) Calories: 646 Fat: 24% Sodium: 579mg Carb: 89g	20 Cheese Burger (387) Ketchup (82) Hash Browns (136) Hot German Slaw (81) Hamburger Roll (230) Peaches (5) Calories: 790 Fat: 33% Sodium: 1093mg Carb: 80g	21 Roast Pork (71) Apple Gravy (111) Parsley Mashed Potatoes (63) Winter Squash (13) Oatmeal Bread (121) Brownie (4) MOD: Graham Wafer (85) Calories: 885 Fat: 34% Sodium: 682mg Carb: 107g	22 Greek Meatballs (328) Penne (1) Peas and Mushrooms (133) Multigrain Bread (190) Mandarins (6) Calories: 710 Fat: 28% Sodium: 830mg Carb: 89g
25 Beef and Lentil Chili (176) Brown Rice (36) Snowflake Roll (180) Pineapple (1) Calories: 606 Fat: 27% Sodium: 565mg Carb: 82g	26 Broccoli and Cheese Stuffed Chicken (410) Fluffy Rice (36) Malibu Blend Vegetables (41) Multigrain Roll (190) Strawberry Cup (4) Calories: 731 Fat: 24% Sodium: 871mg Carb: 99g	27 Shepard's Pie (283) Mixed Vegetables (41) Whole Wheat Roll (160) Pears (4) Calories: 761 Fat: 28% Sodium: 659mg Carb: 104g	28 Chicken Picatta (424) Bowtie Pasta (1) Brussel Sprouts (12) Whole Wheat Roll (16) Birthday Cake (209) MOD: LS Cake (209) Calories: 705 Fat: 21% Sodium: 977mg Carb: 98g	29 Meatloaf (131) Gravy (110) Mashed Potatoes (62) Glazed Carrots (83) Oatmeal Bread (121) Banana (1) Calories: 759 Fat: 29% Sodium: 679mg Carb: 106g

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.