

February 2021 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Fish Sandwich (150) Tarter Sauce (261) O'Brien Potatoes (117) Beets (162) Hamburger Roll (230) Mandarin Oranges (6)	2 American Chop Suey (211) Italian Blend Vegetables (26) Multigrain Bread (190) Peaches (5)	3 Cajun Chicken (377) Dirty Rice (137) Chickpea Blend (52) Whole Wheat Bread (160) Mandarin Oranges (6)	4 Hot Dog (550*) Mustard (55) Baked Beans (36) Cabbage & Carrots (47) Hot Dog Roll (210) Apple (2)	5 Stuffed Shells (390) Tomato Sauce (55) Brussel Sprouts (12) Oatmeal Roll (121) Sugar Cookie (290) MOD: Graham Wafer (85)
Calories: 735 Fat: 32% Sodium: 1098mg Carb: 94g	Calories: 606 Fat: 23% Sodium: 604mg Carb: 86g	Calories: 548 Fat: 23% Sodium: 904mg Carb: 67g	Calories: 771 Fat: 37% Sodium: 1072mg Carb: 93g	Calories: 718 Fat: 33% Sodium: 1039mg Carb: 92g
8 Potato Pollock (150) Tarter Sauce (261) Roasted Potatoes (33) Spring/Summer Blend Vegetables (57) Dinner Roll (160) Mixed Fruit (10)	9 Broccoli & Cheese Omelet (210) Hash Browns (136) Peppers & Onions (38) Fruit Loaf (160) Apple Sauce (15)	10 Chicken Bruschetta (394) Whipped Sweet Potato (33) Tahitian Vegetables (38) Oatmeal Bread (121) Banana (1)	11 Meatloaf (131) Gravy (110) Lyonnaise Potatoes (112) Mixed Vegetables (41) Wheat Bread (115) Mandarin Oranges (6)	12 Roast Pork (71) Rosemary Gravy (124) Cheesy Mashed Potatoes (90) Mixed Vegetables (41) Oatmeal Roll (121) Red Velvet Cake (230) MOD: Graham Wafer (85)
Calories: 730 Fat: 26% Sodium: 843mg Carb: 91g	Calories: 641 Fat: 34% Sodium: 731mg Carb: 83g	Calories: 594 Fat: 17% Sodium: 759mg Carb: 88g	Calories: 633 Fat: 32% Sodium: 686mg Carb: 76g	Calories: 922 Fat: 40% Sodium: 848mg Carb: 97g
15 No Meals Served  Happy Presidents Day	16 Shepherd's Pie (283) Peas & Mushrooms (133) Whole Wheat Roll (160) Mixed Fruit (10)	17 Seafood Casserole (569) Penne Pasta (1) Green Beans (3) Multigrain Bread (190) Strawberry Cup (4)	18 Chicken Cordon Royale (550*) Garlic Mashed Potatoes (62) Malibu Vegetables (59) Dinner Roll (160) Pears (4)	19 Lasagna Roll Ups (370) Tomato Basil Sauce (55) Genoa Blend Vegetables (40) Dinner Roll (160) Peaches (5)
	Calories: 787 Fat: 26% Sodium: 758mg Carb: 107g	Calories: 689 Fat: 19% Sodium: 939mg Carb: 100g	Calories: 728 Fat: 32% Sodium: 1007mg Carb: 91g	Calories: 554 Fat: 16% Sodium: 852mg Carb: 87g
22 Lemon Chicken (330) Florentine Rice (112) Glazed Carrots (83) Oatmeal Roll (121) Orange (0)	23 Mexicali Chicken (413) Spanish Rice (22) Brussel Sprouts (12) Whole Wheat Bread (160) Mixed Fruit (10)	24 BBQ Rib (410) Roasted Potatoes (33) California Blend Vegetables (27) Honey Wheat Roll (135) Pineapple (1)	25 Roast Turkey (360) Gravy (70) Cranberry Sauce (16) Mashed Potatoes (62) Winter Squash (13) Multigrain Bread (190) Birthday Cake (209) MOD: LS Cake (209)	26 Macaroni & Cheese (403) Escalloped Tomatoes (143) Fruit Loaf (160) Strawberry Cup (4)
Calories: 666 Fat: 35% Sodium: 817mg Carb: 73g	Calories: 524 Fat: 19% Sodium: 789mg Carb: 68g	Calories: 587 Fat: 25% Sodium: 778mg Carb: 74g	Calories: 893 Fat: 19% Sodium: 1092mg Carb: 149g	Calories: 892 Fat: 33% Sodium: 882mg Carb: 122g
Milk: 100 Calories 125mg Sodium, 12gm Carb Margarine: 36 Calories 47mg Sodium, 0gm Carb	<p>* 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.</p> 			
Daily totals include entrée, bread, dessert, milk, margarine and soup.				
Menu subject to change without notice.				

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.