

March 2021 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Greek Meatballs (328) Orzo Rice (427) Tuscan Vegetables (56) Multigrain Bread (190) Apple Sauce (15)	2 Orange Tarragon Chicken (423) Fluffy Rice (36) Spring Vegetable Blend (57) Oatmeal Roll (121) Mixed Fruit (10)	3 Turkey Stew with Vegetables (587*) Garlic Mashed Potatoes (53) Multigrain Bread (190) Pears (4)	4 Pot Roast (254) Red Bliss Potatoes (4) Mixed Vegetables (41) Wheat Bread (115) Orange (0)	5 Broccoli Bake (387) Hash Browns (136) Tomato Florentine (121) Fruit Loaf (120) Strawberry Cup (4)
Calories: 779 Fat: 30% Sodium: 1188mg Carb: 94g	Calories: 587 Fat: 26% Sodium: 819mg Carb: 70g	Calories: 637 Fat: 24% Sodium: 1005mg Carb: 90g	Calories: 689 Fat: 34% Sodium: 586mg Carb: 80g	Calories: 944 Fat: 43% Sodium: 940mg Carb: 105g
8 Beef & Lentil Chili (244) Brown Rice (36) Snowflake Roll (180) Chocolate Pudding (191) MOD: SF Pudding (191)	9 American Chop Suey (211) Italian Green Beans (3) Scali bread (190) Mandarin Oranges (6)	10 Portuguese Chicken (360) Rice Pilaf (134) Glazed Carrots (83) Multigrain Roll (190) Pineapple (1)	11 Beef & Broccoli (108) Mashed Potatoes (52) Oatmeal Roll (121) Brownie (132) MOD: Graham Wafers (85)	12 Seafood Newburg (635*) Penne Pasta (1) Genoa Blend (40) Snowflake Roll (180) Strawberry Cup (4)
Calories: 730 Fat: 26% Sodium: 843mg Carb: 91g	Calories: 553 Fat: 26% Sodium: 582mg Carb: 71g	Calories: 610 Fat: 20% Sodium: 940mg Carb: 85g	Calories: 861 Fat: 36% Sodium: 585mg Carb: 92g	Calories: 724 Fat: 40% Sodium: 1032mg Carb: 97g
15 Turkey A La King (215) Confetti Rice (43) Brussel Sprouts (12) Wheat Roll (160) Pears (4)	16 Mexican Chicken (413) Spanish Rice (22) Country Blend Vegetables (32) Dinner Roll (210) Peaches (5)	17 Corned Beef (624*) Mustard (55) Red Bliss Potatoes (4) Cabbage & Carrots (47) Raisin Bread (110) Pistachio Cookie (170) MOD: Graham Wafer (85)	18 Meatloaf (131) Onion Gravy (110) Au Gratin Potatoes (154) Garden Peas (82) Multigrain Bread (190) Mandarin Oranges (6)	19 Lasagna Roll Ups (290) Tomato Basil Sauce (55) Broccoli (12) Oatmeal Bread (121) Pineapple (1)
Calories: 596 Fat: 25% Sodium: 605mg Carb: 69g	Calories: 543 Fat: 18% Sodium: 854mg Carb: 74g	Calories: 649 Fat: 31% Sodium: 1182mg Carb: 82g	Calories: 743 Fat: 31% Sodium: 846mg Carb: 89g	Calories: 536 Fat: 21% Sodium: 651mg Carb: 80g
22 Roast Turkey (303) Gravy (70) Cranberry Sauce (3) Parsley Mashed Potatoes (53) Winter Squash (11) Wheat Roll (160) Mixed Fruit (10)	23 Chicken Cacciatore (446) Italian Pasta (1) Jardiniere Blend Vegetables (39) Scali Bread (190) Strawberry Cup (4)	24 Shepherd's Pie (271) Peas & Mushrooms (133) Oatmeal Roll (121) Pears (4)	25 Broccoli & Cheese Stuffed Chicken (410) Malibu Blend Vegetables (59) Lyonnaise Potatoes (112) Multigrain Bread (190) Birthday Cake (209) MOD: LS Cake (209)	26 Tuna Salad (408) Pasta Salad (56) Coleslaw (81) Wheat Bread (115) Peaches (5)
Calories: 758 Fat: 21% Sodium: 782mg Carb: 125g	Calories: 697 Fat: 21% Sodium: 852mg Carb: 100g	Calories: 768 Fat: 27% Sodium: 701mg Carb: 102g	Calories: 783 Fat: 29% Sodium: 1151mg Carb: 105g	Calories: 552 Fat: 28% Sodium: 836mg Carb: 67g
29 Roast Pork (71) Apple Gravy (111) Garlic Mashed Potatoes (53) Italian Blend Vegetables (26) Wheat Roll (160) Applesauce (14)	30 BBQ Pork Rib (410) Whipped Sweet Potatoes (33) Green & Wax Beans (3) Oatmeal Bread (121) Pineapple (1)	31 Apricot Chicken (359) Rice Florentine (112) Winter Squash (11) Multigrain Roll (190) Mixed Fruit (10)	Milk: 100 Calories 125mg Sodium, 12gm Carb Margarine: 36 Calories 47mg Sodium, 0gm Carb Daily totals include entrée, bread, dessert, milk, margarine and soup.	* 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.
Calories: 712 Fat: 30% Sodium: 606mg Carb: 85g	Calories: 578 Fat: 23% Sodium: 723mg Carb: 77g	Calories: 656 Fat: 22% Sodium: 855mg Carb: 90g	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.