





April 2021 Menu



| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|---|---|
| Meals Include: Milk: 100 calories 125 mg Sodium 12g Carbs Margarine: 36 Calories 47 mg Sodium | *Indicates item has >500mg of is next to each item The daily totals are listed below each day. Milk and margarine are included in the daily totals but not listed daily. High sodium day (>1200mg) are bold. Menu subject to change |  | 1 Fiesta Omelette 382 Mixed Veg 41 Hash Browns 136 Cranberry Orange Loaf 120 Peaches 5 Calories: 703 Fat: 32% Sodium: 856 mg Carb: 92.7g | 2 Salmon 67 Confetti Rice 43 Honey Ginger Glaze 73 Broccoli 12 Oatmeal Bread 121 Cheesecake 220 SF Cupcake 209 Calories: 776 Fat: 34% Sodium: 708 mg Carb: 79 g |
| 5 Macaroni & Cheese 404 Escaloped Tomatoes 143 Fruit Loaf 160 Mandarin Oranges 6 Calories: 816 Fat: 33% Sodium: 8mg Carb: 100g | 6 Hot Dog 550* Mustard 55 Baked Beans 36 Cabbage & Carrots 47 Hot Dog Roll 210 Peaches 6 Calories: 703 Fat: 28% Sodium: 1028mg Carb: 83g | 7 Crustless Turkey Pot Pie 221 Mashed Potatoes 52 Biscuit 340 Apple Sauce 15 Calories: 703 Fat: 28% Sodium: 800mg Carb: 86g | 8 Pork Lo Mein 254 Oriental Blend Vegetables 26 Oatmeal Bread 121 Packaged Cookie 170 Calories: 842 Fat: 31% Sodium: 742 mg Carb: 101g | 9 Curry Chicken 375 Tahitian Vegetable 38 Rice Pilaf 134 WW Roll 160 Orange 0 Calories: 563 Fat: 22% Sodium: 879 mg Carb: 72g |
| 12 Catch of the Day 40 Lemon Dill Sauce 111 Dirty Rice 137 Carrots 77 Dinner Roll 210 Pineapple 1 Calories: 673 Fat: 31% Sodium: 748mg Carb: 80g | 13 Chicken L'Orange 391 Rice Florentine 112 Green Beans 3 Oatmeal Roll 121 Peaches 5 Calories: 569 Fat: 26% Sodium: 804mg Carb: 66g | 14 Shepherd's Pie 271 Mixed Vegetables 41 WW Roll 160 Pears 4 Calories: 761 Fat: 28% Sodium: 648mg Carb: 103g | 15 Roast Pork 71 Apple Gravy 111 Scalloped Potatoes 185 Brussel Sprouts 12 Honey Wheat Bread 135 Cinnamon Apple Sauce 15 Calories: 668 Fat: 33% Sodium: 700mg Carb: 73g | 16 Sweet & Sour Meatballs 214 Rice 36 Winter Blend 15 Snowflake Roll 260 Butterscotch Pudding 251 Calories: 761 Fat: 32% Sodium: 948mg Carb: 94g |
| 19  | 20 Stuffed Shells 390 Tomato Basil Sauce 55 Italian Blend Veg 26 Scali Bread 310 Mixed Fruit 10 Calories: 647 Fat: 20% Sodium: 963mg Carb: 98g | 21 Barber Chicken Cordon Bleu 550* Roasted Potatoes 33 Peas & Mushrooms 133 Multigrain Roll 190 Mandarin Oranges 6 Calories: 717 Fat: 32% Sodium: 1084mg Carb: 83g | 22 Meatloaf 240 Whipped Sweet Potato 33 Rosemary Gravy 124 Jadeniere Blend 39 Oatmeal Bread 121 Apple 2 Calories: 640 Fat: 27% Sodium: 730mg Carb: 92g | 23 Turkey Divan with Broccoli 321 Bow Tie Pasta 1 WW Roll 160 Hermit 108 SF Graham Wafer 85 Calories: 707 Fat: 29% Sodium: 762mg Carb: 77g |
| Patriot's Day No Meals Served | Calories: 647 Fat: 20% Sodium: 963mg Carb: 98g | Calories: 717 Fat: 32% Sodium: 1084mg Carb: 83g | Calories: 640 Fat: 27% Sodium: 730mg Carb: 92g | Calories: 707 Fat: 29% Sodium: 762mg Carb: 77g |
| 26 Potato Pollock 150 Tarter Sauce 261 Au Gratin Potatoes 154 Green Beans 3 Multigrain Bread 190 Pineapple 1 Calories: 775 Fat: 33% Sodium: 931mg Carb: 95g | 27 Chicken a La King 183 Egg Noodles 35 Peas & Carrots 80 Multigrain Roll 190 Mandarin 6 Calories: 695 Fat: 21% Sodium: 667mg Carb: 81g | 28 Pot Roast 254 Whipped Potatoes 52 Gravy 110 Spring/Summer Veg 57 Oatmeal Bread 121 Banana 1 Calories: 844 Fat: 34% Sodium: 767mg Carb: 102g | 29 Buttermilk Chicken 459 Red Bliss Potatoes 4 Glazed Carrots 83 WW Bread 160 Birthday Cake 209 LS Cake 209 Calories: 707 Fat: 17% Sodium: 1087mg Carb: 101g | 30 Beef Chili 176 Rice 36 Snowflake Roll 260 Pears 4 Calories: 630 Fat: 27% Sodium: 648mg Carb: 83g |

Menu is 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.

If you want to cancel a meal, call no later than 10:30 a.m. on the day before delivery.