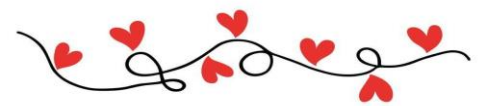




February 2025



Monday		Tuesday		Wednesday		Thursday		Friday	
3	Na ⁺	4	Sodium (mg): Na ⁺	5	Na	6	Na	7	Na
Chicken Salad	286	Turkey Divan	375	Stuffed Shells	414	Honey Mustard Chicken	475	Beef Taco	200
Potato Salad	72	Bow Tie Pasta	1	Alfredo Sauce	120	Confetti Rice	38	Spanish Rice	23
Broccoli Salad	15	Peas & Mushrooms	133	Roman Blend Veg	26	Glazed Carrots	83	Fiesta Blend Veg	41
Hamburger Roll	230	Oatmeal Bread	121	Multigrain Roll	190	WW Roll	160	Flour Tortilla	236
Peaches	5	Applesauce	50	Oreos	85	Dried Cranberries	4	Fresh Orange	0
Total Sodium: 732 Calories: 604 Carbs: 69		Total Sodium: 770 Calories: 705 Carbs: 87		Total Sodium: 960 Calories: 616 Carbs: 77		Total Sodium: 885 Calories: 698 Carbs: 123		Total Sodium: 624 Calories: 629 Carbs: 72	
10	Na	11	Na	12	Na	13	Na	14	Na
Beef Stroganoff	281	Sweet N Sour	5	Stuffed Chicken*	550	Hot Dog*	540	American Chop Suey	211
Egg Noodle	30	Meatballs	244	Roasted Red Potato	28	Baked Beans	37	Italian Blend Veg	26
Broccoli	12	Bow Tie Pasta	1	Mixed Veg	41	Cabbage & Carrots	47	Dinner Roll	210
Multigrain Bread	190	Oriental Blend Veg	26	Wheat Bread	120	Hot Dog Roll	210	Pears	4
Peaches	5	Oatmeal Roll	121	Mandarin Oranges	0	Mustard	55		
		Sliced Apples	10			Dessert Bar	155		
Total Sodium: 644 Calories: 796 Carbs: 81		Total Sodium: 531 Calories: 644 Carbs: 78		Total Sodium: 864 Calories: 677 Carbs: 81		Total Sodium: 1069 Calories: 765 Carbs: 84		Total Sodium: 576 Calories: 590 Carbs: 77	
17	Na	18	Na	19	Na	20	Na	21	Na
		Salmon	67	Meatloaf w/	131	Filet O Fish*	633	Shepards Pie	261
		Chili Garlic Sauce	72	Onion Gravy	105	Sandwich		California Blend Veg	27
		Rice Pilaf	130	Cheesy Mash	77	Potato Wedges	27	Oatmeal Roll	121
		Green Beans	3	Brussel Sprouts	12	Hot German Slaw	81	Banana	1
		Rye Bread	330	WW Bread	160	Hamburger Roll	230		
	Peaches	5	Pears	4	Peaches	5			
Total Sodium: 732 Calories: 591 Carbs: 76		Total Sodium: 613 Calories: 685 Carbs: 90		Total Sodium: 1101 Calories: 742 Carbs: 96		Total Sodium: 535 Calories: 751 Carbs: 107			
24	Na	25	Na	26	Na	27	Na	28	Na
Chicken Parmesan	426	Cheeseburger*	581	Chicken Stir-Fry	246	Lazy Man Stuffed	237	Roast Pork	71
Penne Pasta	1	Roasted Potatoes	28	Lo Mein	29	Pepper		w/ Gravy	113
Broccoli	12	Corn	1	Green Beans	3	Mixed Vegetables	41	Whipped Sweet Potato	33
WW Roll	160	Hamburger Roll	230	Snowflake Roll	260	Multigrain Roll	190	Roman Blend Veg	26
Mixed Fruit	10	Pineapple	1	Fresh Apple	2	Birthday Cake	240	Oatmeal Bread	121
		Ketchup	82					Mandarin Oranges	6
Total Sodium: 734 Calories: 580 Carbs: 77		Total Sodium: 1049 Calories: 783 Carbs: 99		Total Sodium: 665 Calories: 769 Carbs: 119		Total Sodium: 833 Calories: 691 Carbs: 81		Total Sodium: 495 Calories: 629 Carbs: 71	



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.

All Meals include:

Milk:
110 Calories
125mg Sodium
13g Carbs

Margarine:
36 Calories
47mg Sodium