<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>2</td>
<td>1</td>
<td>2</td>
<td>1</td>
</tr>
<tr>
<td><strong>Colby Jack Cheese</strong></td>
<td><strong>WG Breaded Chicken</strong></td>
<td><strong>Italian Pot Roast</strong></td>
<td><strong>Red Bliss Roasted Potatoes</strong></td>
<td><strong>Banana</strong></td>
</tr>
<tr>
<td>7**</td>
<td>8</td>
<td>9</td>
<td></td>
<td></td>
</tr>
<tr>
<td>High sodium meal day</td>
<td>Food item with &gt;500 mg sodium</td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

### Nutrition Information

- For the entire meal including bread, milk, & margarine. Each item is followed by milligrams (mg) of sodium in parentheses. Nutrition information is approximate.
- 1% Milk = 107 mg sodium
- Margarine = 30 mg sodium

### High Sodium Meals

- Margarine = 30 mg sodium
- 1% Milk = 107 mg sodium

### Meal Suggestions

- **Monday:** Baked Chicken with Scarpariello Sauce (382)
- **Tuesday:** 6 WG Lasagna Rolls with Meat Sauce (447)
- **Wednesday:** 7** Colby Jack Cheese (210)
- **Thursday:** 8** WG Breaded Chicken (190)
- **Friday:** 9 Roast Pork with Sweet'n Sour Sauce (279)

### Suggested Donations

- Suggested donation: $2.50/meal
- Menu subject to change without notice.

### Contact Information

- Please call the nutrition department for meal cancellations by 10 am two days before delivery: 508-584-1561.

### OCES Nutrition Program

- OCES NUTRITION PROGRAM October 2020
- Community Dining Menu

### Menus

- **Monday:** 12 Columbus Day - No Meals Served
- **Tuesday:** 19 Swedish Chicken
- **Wednesday:** 26 Cold Meal
- **Thursday:** 28 Chicken Marsala
- **Friday:** 30 Roast Pork with Newburg Sauce

### Calories

- Calories: 683
- Calories: 788
- Calories: 741
- Calories: 743
- Calories: 791

### Sodium

- Sodium: 613 mg
- Sodium: 597 mg
- Sodium: 605 mg
- Sodium: 613 mg
- Sodium: 597 mg

### Carbohydrates

- Carbohydrates: 101 g
- Carbohydrates: 95 g
- Carbohydrates: 102 g
- Carbohydrates: 109 g
- Carbohydrates: 93 g

### Fat

- Fat: 21 g
- Fat: 16 g
- Fat: 25 g
- Fat: 30 g
- Fat: 15 g

### Sugar

- Sugar: 0 g
- Sugar: 1 g
- Sugar: 0 g
- Sugar: 1 g
- Sugar: 0 g

### Protein

- Protein: 2 g
- Protein: 1 g
- Protein: 2 g
- Protein: 2 g
- Protein: 1 g

### Additional Information

- SF = Sugar Free, WG = Whole Grain, WW = Whole Wheat
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