



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

Suggested Donation-\$2.50/meal Menu subject to change without notice. SF=Sugar Free WG=Whole Grain

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<h1>February</h1>				
5 Vegetable Soup ♦ (330) Spanish Chicken (461) Herbed Brown Rice (40) Green Beans (3) Multigrain Bread (150) Mandarin Oranges (7) ♦ congregate only 	6 WG Lasagna Rolls w/Meat Sauce (392) Tuscany Vegetable Blend (47) Parmesan Cheese (35) Garlic Roll (181) Hot Caramelized Peaches (75)	7 Roast Turkey w/Gravy* (503) Stuffing (66) Mashed Potatoes (135) Roman Veg.Blend (12) Cranberry Sauce (4) WW Dinner Roll (180) Banana (1)	1 Roast Pork w/ Sweet&Sour Sauce (94) Brown Wild Rice Blend (40) Brussel Sprouts (17) Oatmeal Bread (150) Butterscoth Pudding (200) MOD:SFChocChipCk (55) Calories: 743 Sodium: 655mg Carb: 88g	2 Swedish Chicken Meatballs w/Gravy (237) Parslied Bowtie Pasta (4) Fall Winter Vegetable Blend (14) WW Dinner Roll (180) Fresh Apple (2) Calories: 744 Sodium: 591mg Carb: 100g
12 Cheeseburger (454) Italian Roasted Potatoes (6) Scandinavian Vegetable Blend (41) Ketchup (82) WW Hamburger Roll (230) Fresh Pear (2) Calories: 798 Sodium: 969mg Carb: 97g	13 Orange Dijon Chicken (418) Served Over Lo Mein Noodles (61) Asian Veg. Blend (25) WW Dinner Roll (180) Tropical Fruit Mix (10) Calories: 667mg Sodium: 849mg Carb: 95g	14 Potato Crunch Fish (270) Vegetable Rice Pilaf (95) Zucchini&Tomatoes (56) Tartar Sauce (130) Wheat Bread (115) Valentine Cupcake (170) MOD:SFChocChipCk (55) Calories: 900 Sodium: 991mg Carb: 103g	15 Beef Burgundy (100) Whipped Sweet Potatoes (38) Peas w/Pearl Onions (68) Multigrain Bread (150) Brownie (100) MOD:Lorna Doones (100) Calories: 704 Sodium: 606mg Carb: 89g	16 No Milk Served Cheddar Frittata (334) w/Spinach&Tomatoes O'Brien Potatoes (31) Peppers&Onions (2) Fruit Loaf (170) Fruited Yogurt (75) Apple Juice (5) Calories: 759 Sodium: 664mg Carb: 106g
19 Sites Closed No Meals Served 	20 Chicken Pasta Primavera (350) Broccoli (12) Pumpernickel Bread (280) Hot Cinnamon Apples (64) Calories: 828 Sodium: 861mg Carb: 84g	21 Unstuffed Beef, Rice, & Pepper Casserole (229) Green Beans (3) WW Dinner Roll (180) Vanilla Pudding (200) MOD:LemonGrhm (95) Calories: 750 Sodium: 759mg Carb: 91g	22 Hot Dog w/ Beef Chili (420) Macaroni&Cheese (146) California Vegetable Blend (30) Ketchup(82)/Mustard(55) WW Hot Dog Roll (210) Banana (1) Calories:764 Sodium: 1098mg Carb: 90g	23 Baked Salmon w/Teriyaki Sauce (369) Fried Rice (4) Fiesta Vegetable Blend (15) Oatmeal Bread (150) Raisins (4) Calories: 692 Sodium: 696mg Carb: 93g
26 Stuffed Shells w/ Meat Sauce (492) Jardiniere Vegetable Blend (32) Parmesan Cheese (35) Garlic Roll (181) Hot Cinnamon Pears (64) Calories: 755 Sodium: 959 mg Carb: 89g	27 Omelette with Cheddar Cheese (424) Home Fries (62) Peppers&Onions (2) Fruit Loaf (102) DoubleChocChCk (164) MOD:SFChocChipCk (55) Calories:859 Sodium:909mg Carb: 90g	28 Greek Chicken* (616) Brown Rice w/Orzo & Carrots (78) Brussel Sprouts (17) WW Dinner Roll (180) Fresh Apple (2) Calories: 714 Sodium: 1047mg Carb: 99g	Nutrition Information is for the entire meal including bread, milk, & margarine. Each item is followed by the milli-grams of sodium in parentheses. Nutrition information is approximate 1% Milk=107 mg sodium Margarine=47 mg sodium	

"Catch of the Day"=fish type will vary each month

*Indicates food item w/>500mg sodium

♦=high sodium meal