
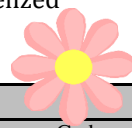
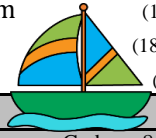

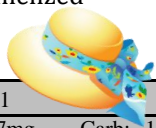





Please call the nutrition department for meal cancellations by  
10 am **two days** before delivery-508-584-1561.

Community Dining Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2</b> Chicken Meatballs w/Marinara Sauce (301) Penne Pasta (4) Tuscany Vegetable Blend (47) Parmesan Cheese (35) Multigrain Bread (150) Fresh Nectarine (0) Calories: 730 Sodium: 921mg Carb: 99g	<b>3</b> Hot Dog w/ Beef Chili (360) (60) Macaroni & Cheese (123) Broccoli (12) Ketchup (82)/Mustard(55) WW Hotdog Roll (210) Watermelon (2) Calories: 651 Sodium: 1058mg Carb: 76g	<b>4</b> Holiday No Meals Served  <b>INDEPENDENCE DAY</b> Calories: 716 Sodium: 1007mg Carb: 92g	<b>5</b> Beef Stew (143) Roasted Sweet Potatoes (41) Green Beans (3) Oatmeal Bread (150) Honey Dew Melon (15) Calories: 725 Sodium: 507mg Carb: 82g	<b>6</b> Chicken Bruschetta (320) Herbed Brown Rice (14) Peas (58) WW Dinner Roll (180) Chocolate Pudding (200) MOD:SF Chocolate Chip Cookie (55) Calories: 796 Sodium: 734mg Carb: 100g
<b>9</b> Unstuffed Beef, Rice & Pepper Casserole (229) Carrots (43) Multigrain Bread (150) Hot Caramelized Pears (75)  Calories: 714 Sodium: 651mg Carb: 78g	<b>10</b> Chicken Scallopini (351) Parslied Rotini Pasta (4) Jardiniere Vegetable Blend (32) Cracked Wheat Bread (150) Brownie (100) MOD:SF Oatmeal Ck (65) Calories: 700 Sodium: 791mg Carb: 89g	<b>11</b> BBQ Pork Patty (280) Mashed Potatoes (135) Brussel Sprouts (17) WW Hamburger Roll (250) Vanilla Cupcake (170) MOD: Apple Cinnamon Bear Grahams (85) Calories: 716 Sodium: 1007mg Carb: 92g	<b>12</b> Vegetable Soup** (293) Tuna Salad on Lettuce Bed (120) Pasta Salad Vinaigrette (8) Spinach Salad with Mandarin Oranges (67) Mini Kaiser Roll (200) Mixed Fruit (10) Calories: 773 Sodium: 851mg Carb: 99g	<b>13</b> Italian Pot Roast (191) Baked Potato Half (4) Chef's Choice Vegetable Blend (51) Sour Cream (13) Garlic Roll (181) Pineapple (1)  Calories: 715 Sodium: 597mg Carb: 86g
<b>16</b> Greek Chicken* (616) Parslied Bowtie Pasta (4) Fiesta Vegetable Blend (15) Oatmeal Bread (150) Fig Bar (35) MOD:SF Lemon Ck (60) Calories: 835 Sodium: 973mg Carb: 112g	<b>17</b> WG Alaskan Pollock (190) Brown Rice & Vegetable Pilaf (95) Zucchini (2) Tartar Sauce (130) Multigrain Bread (150) Fresh Apple (2) Calories: 734 Sodium: 723mg Carb: 100g	<b>18</b> American Chop Suey (275) Broccoli (12) Parmesan Cheese (35) Cracked Wheat Bread (150) Butterscotch Pudding (200) MOD: Lorna Doones (100)  Calories: 784 Sodium: 827mg Carb: 93g	<b>19</b> Roast Pork w/Apple Glaze (59) Whipped Sweet Potatoes (62) Jardiniere Vegetable Blend (32) Rye Bread (150) Cantaloupe (14) Calories: 780 Sodium: 471mg Carb: 104g	<b>20</b> Chicken Salad on Lettuce Bed (453) Tricolor Pasta Salad (52) Summer Corn Salad (146) Pita Half (3) Fresh Orange (0) Calories: 756 Sodium: 809mg Carb: 100g
<b>23</b> Macaroni & Cheese (366) Roman Vegetable Blend (12) Oatmeal Bread (150) Hot Caramelized Peaches (75)  Calories: 751 Sodium: 757mg Carb: 122g	<b>24</b> WG Lasagna Rolls w/Meat Sauce (392) Italian Vegetable Blend (19) Parmesan Cheese (35) WW Dinner Roll (180) Hot Cinnamon Apples (64) Calories: 715 Sodium: 845mg Carb: 81g	<b>25</b> Spanish Chicken (461) Herbed Brown Rice (40) Green Beans (2) Multigrain Bread (150) Double Chocolate Chip Cookie (91) MOD:SF Choc Chip Ck (55) Calories: 700 Sodium: 897mg Carb: 88g	<b>26</b> Turkey Salad on Lettuce Bed (490) German Potato Salad (73) Riviera Salad (81) Mini Kaiser Roll (200) Fruit Crunch Bar (80) MOD: Apple Cinnamon Bear Grahams (85) Calories: 832 Sodium: 1079mg Carb: 102g	<b>27</b> Minestrone Soup** (330) Salmon with Dill Sauce (86) Lemon Orzo w/Vegetables (2) Peas & Carrots (75) WW Dinner Roll (180) Fresh Pear (2) Calories: 792 Sodium: 836mg Carb: 113g
<b>30</b> Sloppy Joe (333) Italian Roasted Potatoes (6) Broccoli (2) WW Hamburger Roll (230) Fresh Apple (2) Calories: 800 Sodium: 738 mg Carb: 101g	<b>31 No Milk Served</b> Swiss Cheese Omelette (386) Home Fries (62) Peppers & Onions (2) Ketchup (82) Fruit Loaf (170) Fruited Yogurt (75) Orange Juice (0) Calories: 743 Sodium: 687 Carb: 110g	<b>Nutrition Information</b> is for the entire meal including bread, milk, & margarine. Each item is followed by the milligrams of sodium in parentheses. Nutrition information is approximate 1% Milk=107 mg sodium Margarine=47 mg sodium		

\*\*community dining only unless available for home delivered meals ❖high sodium meal day \*food item with >500mg/sodium