



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
			Nutrition Information 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	1 Chicken Dijon (418) Brown Rice Pilaf (110) Chef's Choice Vegetable Mix (51) Multigrain Bread (150) Cantaloupe Cubes (15) <hr/> Calories: 697 Sodium:898mg Carb: 94g
4 Cheeseburger (458) Roasted Red Bliss Potatoes (6) Carrots (43) Ketchup (82) WW Hamburger Roll (250) Fresh Orange (0) <hr/> Calories: 709 Sodium: 989mg Carb: 87g	5 Swedish Chicken Meatballs w/Gravy (237) Parslied Egg Noodles (4) Brussel Sprouts (17) Pumpernickel Bread (280) Fresh Pear (2) <hr/> Calories: 703 Sodium:694 mg Carb: 94g	6 Vegetable Soup** (440) Tuna Salad on Lettuce Bed (120) Pasta Salad Vinaigrette (8) Purple Cabbage Slaw (56) Mini Kaiser Roll (200) Vanilla Bites (50) <hr/> Calories: 942 Sodium: 1028mg Carb: 120g	7 Chicken Scallopini (351) Brown Rice w/Orzo (56) Tuscany Vegetable Blend (47) WW Dinner Roll (180) Lemon Pudding (200) MOD:SF Lemon Ck (60) <hr/> Calories: 701 Sodium: 988mg Carb: 92g	8 Pot Roast w/Gravy (52) Roasted Sweet Potatoes (41) Peas (58) Oatmeal Bread (150) Fresh Nectarine (0) <hr/> Calories: 671 Sodium:455mg Carb: 77g
11 WG Lasagna Rolls w/Meat Sauce (472) Fall Winter Vegetable Blend (14) Parmesan Cheese (35) WW Dinner Roll (180) Hot Caramelized Peaches (75) <hr/> Calories: 720 Sodium:930mg Carb: 94g	12 Chicken Marsala (459) Parslied Penne Pasta (4) Fiesta Vegetable Blend (15) Garlic Roll (181) Fresh Apple (2) <hr/> Calories: 702 Sodium:815mg Carb: 100g	13 Potato Crunch Fish (270) Brown Wild Rice Blend (40) Zucchini w/Red Bell Peppers (2) Tartar Sauce (130) Cracked Wheat Bread (150) Butterscotch Pudding (200) MOD:SFOatmealCk (65) <hr/> Calories:762 Sodium:993g Carb: 93g	14 Sliced Turkey on Lettuce Bed* (560) Red Bliss Potato Salad (57) Summer Corn (3) Salad (3) Mini Kaiser Roll (200) Fresh Pear (2) <hr/> Calories:718 Sodium:977mg Carb: 100g	15 Hawaiian Pork Roast (477) Whipped Sweet Potatoes (33) Riviera Veg.Blend (5) Wheat Bread (115) Raspberry Filled Ck (195) MOD:Lorna Doones (100) <hr/> Calories: 881 Sodium:980mg Carb: 113g
18 No Milk Served Swiss Cheese Omelette (296) Home Fries (62) Peppers&Onions (2) Fruit Loaf (170) Orange Juice (0) Fruited Yogurt (75) <hr/> Calories: 769 Sodium: 653mg Carb: 107g	19 Minestrone Soup** (330) American Chop Suey (275) Green Beans (2) Parmesan Cheese (115) Wheat Bread (115) Hot Cinnamon Pears (64) <hr/> Calories:879 Sodium:975mg Carb: 99g	20 Macaroni & Cheese (366) Broccoli (12) Rye Bread (150) Hot Caramelized Apples (76) <hr/> Calories:769 Sodium:759mg Carb: 125g	21 Baked Salmon w/Mango Salsa (80) Sweet Potato Wedges (267) Scandinavian Vegetable Blend (41) Oatmeal Bread (150) Brownie (100) MOD:SFChocChCk (55) <hr/> Calories: 845 Sodium:792mg Carb: 97g	22 Spanish Chicken (461) Pineapple-Cilantro Brown Rice (6) Crinkle Cut Carrots (43) Multigrain Bread (150) Pumpkin Cookie with Craisins&ChocChips (140) MOD:Lemon Grhms (95) <hr/> Calories: 778 Sodium:954mg Carb: 110g
25 Shepherd's Pie (112) Brussel Sprouts (17) Oatmeal Bread (150) Chocolate Cupcake (170) MOD: Apple Cinnamon Grahams (85) <hr/> Calories: 758 Sodium:603mg Carb: 78g	26 Pork Stir Fry (369) Mexicali Brown Rice (48) Spring Summer Vegetable Blend (65) Cracked Wheat Bread (150) Fruited Oatmeal Bar (85) <hr/> Calories: 822 Sodium: 871mg Carb: 87g	27 Egg Salad on Lettuce Bed (130) Tricolor Pasta Salad (52) Tossed Garden Salad (29) Italian Dressing (170) Mini Kaiser Roll (200) Fresh Peach (0) <hr/> Calories:736 Sodium:737mg Carb: 81g	28 Chicken Parmesan* (722) Parslied Rotini Pasta (4) Italian Vegetable Blend (19) Wheat Bread (115) Banana (1) <hr/> Calories:758 Sodium:1016mg Carb: 104g	29 Roast Turkey w/Gravy (469) Stuffing Garnish (66) Baked Potato Half (4) Green Beans (2) Sour Cream (13) Cran. Sauce(4) WW Dinner Roll (180) Fresh Orange (0) <hr/> Calories:667 Sodium:893mg Carb: 89g

** Community dining only unless available for home delivered

*indicates food item with >500mg sodium

❖=high sodium day

Sun Safety

There are many ways to be physically active outdoors—swimming, gardening, walking, dancing, or playing tennis. No matter which activity you choose, be sure to play it safe in the sun! **Go4Life** has the following tips to keep your skin healthy:

- **Limit your time in the sun.** Try to stay out of the sun between 10 a.m. and 4 p.m. when the sun's rays are the strongest. Don't be fooled by cloudy skies. The sun's rays pass through clouds. You also can get sunburned if you're in the water, so be careful when in a pool, lake, or the ocean.
- **Use sunscreen.** Put sunscreen on 15-30 minutes before you go outside. Use a sunscreen with an SPF (sun protective factor) number of 15 or higher. It's best to choose sunscreens with "broad spectrum" on the label. "Water resistant" sunscreen stays on your skin even if you get wet or sweat a lot, but it isn't waterproof.
- **Reapply sunscreen.** You'll need to reapply your sunscreen about every 2 hours, and you'll need to put it on more often if you're swimming, sweating, or rubbing your skin with a towel. Pay special attention to your face, nose, ears, and shoulders.
- **Wear protective clothing.** A hat with a wide brim can shade your neck, ears, eyes, and head. Look for sunglasses that block 99 to 100 percent of the sun's rays. If you have to be in the sun, wear a lightweight, long-sleeved shirt and long pants.
- **Drink plenty of liquids, especially if it's hot outside.** Water and fruit juices are good options. Avoid caffeine and alcohol.



Quick Tip

Use a lip balm with sunscreen. For more tips, see the *Skin Care and Aging AgePage*.
www.nia.nih.gov/health

VISIT

www.nia.nih.gov/Go4Life

- Read more tips for adding physical activity to your day.
- Print useful tools.
- Share your exercise story.



National Institute on Aging