



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
3 Closed for Labor Day No Meals Served 	4 Hot Dog (360) w/Beef Chili (60) Macaroni&Cheese (123) Spring Summer Vegetable Blend (65) Ketchup(82) Mustard(55) WW Hotdog Roll (210) Fresh Apple (2) Calories: 711 Sodium:1093mg Carb: 92g	5 Spanish Chicken (461) Pineapple-Cilantro Brown Rice (6) Chef's Choice Vegetable Blend (51) Garlic Roll (181) Fruit Mix (10)  Calories: 707 Sodium: 847 mg Carb: 100g	6 Stuffed Shells w/ Meat Sauce (492) Green Beans (3) Parmesan Cheese (35) Multigrain Bread (150) Hot Caramelized Pears (75) Calories:706 Sodium:893mg Carb: 89g	7 Potato Crunch Fish (270) Sweet Potato Wedges (267) Peppers&Onions (2) Lemon Juice Packet (1) Wheat Bread (115) DoubleChoc.ChCk (164) MOD:SFChocChCk (55) Calories: 907 Sodium:956mg Carb: 109g
10 BBQ Pork Patty (280) O'Brien Potatoes (31) Broccoli (12) WW Hamburger Roll (250) Vanilla Cupcake (170) MOD:Vanilla Bites (50)  Calories: 719 Sodium: 881mg Carb: 93g	11 Chicken Paprikash* (675) Brown Rice w/Orzo and Red Pepper (48) Fiesta Vegetable Blend (15) Wheat Bread (115) Banana (1) Calories: 792 Sodium:992mg Carb: 107g	12 No Milk Served Cheddar Cheese Frittata (236) Pancakes (313) Spinach (110) SF Syrup (30) Snack Loaf (170) Fruited Yogurt (75) Cantaloupe (14) Calories: 772 Sodium:978mg Carb: 105g	13 Turkey Salad on Lettuce Bed (490) Tricolor Pasta Salad (52) Tossed Garden Salad (29) Lite Italian Dressing (20) Mini Kaiser Roll (200) Fresh Pear (2) Calories: 708 Sodium:930mg Carb: 96g	14 Homestyle Beef Stew (143) Roasted Red Bliss Potatoes (6) Carrots (67) WW Dinner Roll (180) PumpkinCkw/Craisins (135) MOD:Lorna Doones (100) Calories: 877 Sodium:668 mg Carb: 118g
17 WG Lasagna Rolls with Meat Sauce (392) Fall Winter Vegetable Blend (14) Parmesan Cheese (35) Garlic Roll (181) Lemon Square (105) MOD:SFLEmonCk (60) Calories: 712 Sodium: 864mg Carb: 84g	18 Vegetable Soup** (293) Swedish Chicken Meatballs Served Over Parslied Egg Noodles (241) Garden Veg.Blend (2) Multigrain Bread (150) Hot Cinnamon Peaches (64) Calories:824 Sodium: 827mg Carb: 90g	19 Grilled Teriyaki Salmon Strips (304) Fried Brown Rice (4) Peas & Carrots (75) Fortune Cookie (5) WW Dinner Roll (180) Fresh Orange (0) Calories: 706 Sodium:705 mg Carb: 107g	20 Chicken, Broccoli, &Penne Alfredo* (669) Jardiniere Vegetable Blend (19) Wheat Bread (115) Banana (1)  Calories: 663 Sodium:989mg Carb: 99g	21 Homemade Meatloaf with Gravy (139) Whipped Sweet Potatoes (31) Green Beans (3) Multigrain Bread (150) Lemon Blueberry Bites (60) Calories: 741 Sodium:520mg Carb: 86g
24 Chicken a l'Orange (327) Lo Mein Noodles (61) Fiesta Vegetable Blend (15) WW Dinner Roll (180) Fruit Mix (10) Calories:702 Sodium:730 mg Carb: 105g	25 WG Breaded Pollock (190) Tater Tots (341) Tuscany Vegetable Blend (47) Tartar Sauce (130) Oatmeal Bread (150) Fresh Apple (2) Calories: 742 Sodium:997mg Carb: 93g	26 Minestrone Soup** (330) Shepherd's Pie (175) Broccoli (12) Multigrain Bread (150) Brownie (100) MOD:SFChocChCk (55) Calories: 825 Sodium:905mg Carb: 89g	27 Pork Loin with Sherry-Apple Sauce (143) Butternut Squash (2) Brussel Sprouts (17) Rye Bread (150) Vanilla Pudding (220) MOD:Vanilla Bites (50) Calories: 773 Sodium: 669mg Carb: 90g	28 Chicken Salad on Lettuce Bed (453) Pasta Salad Vinaigrette (8) Purple Cabbage Slaw (56) Pita Half (146) Banana (1)  Calories: 705 Sodium:801 mg Carb: 105g



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

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