


To cancel please call: 508-573-7246

SEPTEMBER 2021

Menu Subject to Change

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p><b>Sodium (Na+) is listed in milligrams next to each menu item.</b></p> <p><b>All Meals include 1% Milk (110 Calories, 125mg Na+)</b></p>		<p><b>Meals are based on a No Added Salt Diet (3,000-4,000mg)</b></p> <p><b>Higher sodium items are marked with an asterisk* (&gt;500mg)</b></p>		<p>1</p> <p>Turkey Corn Stew 464</p> <p>Green Beans 3</p> <p>Wheat Dinner Roll 105</p> <p>Fruit cup 5</p>		<p>2</p> <p>Roast Pork 73</p> <p>Apple Gravy 24</p> <p>Cinnamon Sweet Potato 36</p> <p>Mixed Veggies 88</p> <p>Rye Bread 150</p> <p>Applesauce 10</p>		<p>3</p> <p>Chicken Meatballs 210</p> <p>Tomato Basil Sauce 58</p> <p>Cavatappi Pasta 1</p> <p>California Blend Veg 22</p> <p>Italian Bread 230</p> <p>Lorna Doones 147</p>	
				<p>Total Sodium(mg): 702</p> <p>Calories: 466</p>		<p>Total Sodium(mg): 496</p> <p>Calories: 619</p>		<p>Total Sodium(mg): 793</p> <p>Calories: 655</p>	
				<p>6</p> <p><b>Labor Day Holiday</b></p> <div style="text-align: center;">  </div> <p><b>No Meal Delivery</b></p>		<p>7</p> <p>Chicken Leg w/BBQ sauce 236</p> <p>Side Mac and Cheese 249</p> <p>Broccoli/Cauliflower 10</p> <p>Wheat Dinner Roll 105</p> <p>Dessert of the Day 300</p> <p>D: Chocolate Grahams 95</p>		<p>8</p> <p><b>COLD PLATE</b></p> <p>Chicken salad over lettuce 389</p> <p>Potato Salad 95</p> <p>Green Bean Salad 118</p> <p>Multigrain Bread 164</p> <p>Fresh Fruit 1</p>	
<p>Total Sodium(mg): 1025</p> <p>Calories: 1010</p>		<p>Total Sodium(mg): 892</p> <p>Calories: 564</p>		<p>Total Sodium(mg): 432</p> <p>Calories: 786</p>		<p>Total Sodium(mg): 1101</p> <p>Calories: 705</p>			
<p>13</p> <p>American Chop Suey 288</p> <p>Italian Blend Veg 41</p> <p>Wheat Dinner Roll 105</p> <p>Fresh Fruit 1</p>		<p>14</p> <p>Grilled Chicken Marsala 346</p> <p>Egg Noodles 4</p> <p>Spinach 65</p> <p>Multigrain Bread 164</p> <p>Vanilla Yogurt 75</p>		<p>15</p> <p>Sliced BBQ Roast Pork 223</p> <p>Red Bliss Potatoes 5</p> <p>California Blend Veg 22</p> <p>Wheat Bread 170</p> <p>Dessert of the Day 300</p> <p>Diet: Applesauce cup 5</p>		<p>16</p> <p>Chicken Jambalaya 249</p> <p>Brown Rice 4</p> <p>Mixed Veggies 88</p> <p>Dinner Roll 132</p> <p>Fruit Cup 5</p>		<p>17</p> <p>Classic Meatloaf 204</p> <p>Mushroom Gravy 83</p> <p>Garlic Mashed potatoes 66</p> <p>Herbed Carrots 64</p> <p>Wheat Bread 170</p> <p>Fruit Cup 5</p>	
<p>Total Sodium (mg): 560</p> <p>Calories: 637</p>		<p>Total Sodium (mg): 779</p> <p>Calories: 571</p>		<p>Total Sodium(mg): 845</p> <p>Calories: 764</p>		<p>Total Sodium (mg): 603</p> <p>Calories: 654</p>		<p>Total Sodium(mg): 717</p> <p>Calories: 738</p>	
<p>20</p> <p>Chicken Fajita 275</p> <p>Red &amp; Green Peppers 27</p> <p>Corn 1</p> <p>Four Tortilla 220</p> <p>Snack N loaf 115</p> <p>D: Maple Waffle Grahams 95</p>		<p>21</p> <p>Beef and Lentil Chili 262</p> <p>Brown Rice 4</p> <p>Broccoli 10</p> <p>Wheat Bread 170</p> <p>Fruit Cup 5</p>		<p>22</p> <p>Grilled Chicken Breast 320</p> <p>Pesto Cream Sauce 44</p> <p>Multicolor Rotini 1</p> <p>Spinach 65</p> <p>Multigrain Bread 164</p> <p>Fruit Cup 5</p>		<p>23</p> <p><b>COLD PLATE</b></p> <p>Salmon over mixed greens 84</p> <p>Israeli Cous Cous Salad 42</p> <p>Cauliflower&amp;Red Pepper Salad 116</p> <p>Marble Rye 127</p> <p>Fresh Fruit 1</p>		<p>24</p> <p>Roast Turkey 330</p> <p>Cran Orange Sauce 20</p> <p>Sour Cr &amp;Chive Potatoes 89</p> <p>Peas and Onions 42</p> <p>Wheat Dinner Roll 105</p> <p>Dessert of the Day 300</p>	
<p>Total Sodium (mg): 763</p> <p>Calories: 615</p>		<p>Total Sodium(mg): 576</p> <p>Calories: 627</p>		<p>Total Sodium(mg): 724</p> <p>Calories: 570</p>		<p>Total Sodium(mg): 495</p> <p>Calories: 694</p>		<p>Total Sodium(mg): 1011</p> <p>Calories: 687</p>	
<p>27</p> <p>Cheese Lasagna Rollup 290</p> <p>Alfredo Sauce 211</p> <p>Italian Green Beans 3</p> <p>Dinner Roll 132</p> <p>Applesauce 5</p>		<p>28</p> <p>Diced Chicken Teriyaki 499</p> <p>Vegetable Fried Rice 98</p> <p>Asian Blend Vegetables 21</p> <p>Multigrain Bread 164</p> <p>Fortune Cookie 6</p> <p>Mandarin Oranges 7</p>		<p>29</p> <p>Beef Burgundy 159</p> <p>Egg Noodles 4</p> <p>Mixed Veggies 88</p> <p>Italian Bread 230</p> <p>Vanilla Yogurt 75</p>		<p>30</p> <p>Lemon Piccata Grilled Chix 324</p> <p>Chantilly Potatoes 238</p> <p>Glazed Carrots 64</p> <p>Whole Wheat Dinner Roll 105</p> <p>Dessert of the Day 300</p> <p>Diet: Choco Grahams 95</p>		<p><b>This program has been made possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.</b></p>	
<p>Total Sodium(mg): 766</p> <p>Calories: 585</p>		<p>Total Sodium(mg): 920</p> <p>Calories: 664</p>		<p>Total Sodium (mg): 681</p> <p>Calories: 738</p>		<p>Total Sodium(mg): 1156</p> <p>Calories: 756</p>			