


To cancel please call: 508-573-7246

JULY 2021

Menu Subject to Change

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<p><i>This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.</i></p>		<p>Sodium (Na+) is listed in milligrams next to each menu item.</p> <p>All Meals include 1% Milk (110 Calories, 125mg Na+)</p>		<p>Meals are based on a No Added Salt Diet (3,000- Higher sodium items are marked with an asterisk* (>500mg)</p>		1	Na+	2	Na+
						Roast Turkey with Tarragon Gravy 330 Bread Stuffing 80 Brussels Sprouts 316 Wheat Dinner Roll 12 Yogurt 105 Yogurt 75 Total Sodium(mg): 1043 Calories: 565	Potato Pollock 273 Tartar Sauce 100 Corn 1 Broccoli 10 Wheat Bread 170 Fruit Cup 5 Total Sodium(mg): 684 Calories: 637		
5	Na+	6	Na+	7	Na+	8	Na+	9	Na+
<p>Holiday</p>  <p>No Meal Delivery</p>		<p>SPECIAL</p> BBQ Pork Ribs 240 Macaroni & Cheese 249 California Blend Vegetables 22 Dinner Roll 132 Pound Cake 110 D: Lorna Doones Total Sodium(mg): 878 Calories: 932		<p>*Mini Ravioli Primavera 609 Spinach 65 Wheat Dinner Roll 105 Fruit Yogurt 75 Total Sodium(mg): 979 Calories: 569</p>		Grilled Chicken Breast 320 Peach Salsa 43 Red Bliss Potatoes 4 Glazed Carrots 81 Multigrain Bread 164 Fresh Clementine 1 Total Sodium(mg): 738 Calories: 632		Roast Pork w/Jardinere 121 Garlic Mashed Potatoes 66 French Green Beans 3 Wheat Bread 170 Applesauce Cup 10 Total Sodium(mg): 495 Calories: 638	
12	Na+	13	Na+	14	Na+	15	Na+	16	Na+
Baked Cod w/Newburg Sce 169 Wild Rice Pilaf 140 Broccoli 10 Multigrain Bread 164 Fruit Cup 5 Total Sodium(mg): 613 Calories: 519		Low Sodium Beef Hot Dog 490 Baked Beans 152 Mixed Vegetables 88 Hot Dog Roll 270 Vanilla Yogurt 50 Total Sodium(mg): 1175 Calories: 730		Grilled Chicken Cacciatore 356 Penne Pasta 1 Italian Blend Vegetables 41 Italian Bread 230 Fresh Peach 0 Total Sodium(mg): 753 Calories: 516		Chicken and Rice Bake 429 Spinach 65 Wheat Bread 170 Packaged Cookie(all) 105 Total Sodium(mg): 894 Calories: 658		Meatloaf with Onion Gravy 238 Yukon Gold Potatoes 4 Capri Blend 15 Wheat Dinner Roll 105 Fruit Cup 5 Total Sodium(mg): 492 Calories: 611	
19		20		21		22		23	
Beef Bolognese 162 Cavatappi Pasta 1 Carrots 64 Italian Bread 230 Applesauce Cup 10 Total Sodium(mg): 592 Calories: 646		Grilled Chicken 320 Apricot Glaze 24 Israeli Cous Cous 24 Parmesan Broccoli 66 Multigrain Bread 164 Packaged Brownie 100 D: Fruit Cup Total Sodium(mg): 823 Calories: 736		Roast Turkey w/Gravy 410 Sour Cr & Onion Mashed 89 Green Bean Casserole 162 Dinner Roll 132 Lorna Doones 100 Total Sodium(mg): 1018 Calories: 583		Honey Mustard Roast Pork 107 Mashed Sweet Potatoes 33 Herbed Cauliflower 14 Multigrain Bread 164 Fruit Cup 5 Total Sodium(mg): 448 Calories: 595		Sweet & Sour Meatballs 241 White Rice 4 Asian Blend 21 Wheat Bread 170 Fresh Apple 0 Total Sodium(mg): 561 Calories: 617	
26		27		28		29		30	
*Chicken Cordon Bleu 550 Whipped Potatoes w/Gravy 94 Green Beans 3 Multigrain Bread 164 Vanilla Yogurt 50 Total Sodium(mg): 986 Calories: 708		Beef and Broccoli Stir Fry 108 White Rice 4 Wheat Bread 170 Applesauce Cup 10 Total Sodium(mg): 417 Calories: 673		Chicken Sausage 400 Pepper & Onion Medley 27 Potato Wedges 273 Hot dog bun 270 Fruit Cup 5 Total Sodium(mg): 1100 Calories: 697		Baked Pollock 97 w/Lemon Vinaigrette 10 Spinach & Orzo Pilaf 57 Carrots 64 Wheat Dinner Roll 105 Fresh Clementine 0 Total Sodium(mg): 458 Calories: 594		Broccoli Bake 475 Home Fries 5 Stewed tomatoes 251 Marbled Rye 127 Apple Cinnamon Muffin 190 D: Grahams 85 Total Sodium(mg): 1173 Calories: 753	