


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><b>Sodium (Na+) is listed in milligrams next to each menu item.</b> <b>All Meals include 1% Milk: Total Sodium(mg) also includes 125mg of sodium from milk</b></p>	<p><b>Higher sodium items are marked with an asterisk* (&gt;500mg)</b></p>	<p>1</p> <p>Roast Pork with Rosemary Gravy 73 Red Bliss Potatoes 5 California Veg Blend 22 Multigrain Bread 164 Applesauce 10</p>	<p>2</p> <p>Chicken Brunswick Stew 482 Brussels Sprouts 12 Marble Rye 127 Assorted Fruit 5</p>
			<p>Total Sodium (mg): 482 Calories: 561</p>	<p>Total Sodium (mg): 750 Calories: 520</p>
<p>5</p> <p>Grilled Chicken Picatta 324 Orzo Pilaf with Spinach 57 Italian Vegetable Blend 41 Multigrain Bread 164 Snack n Loaf 115 Diet: Apple Cinn Grahams 85</p>	<p>6</p> <p>Potato Pollock 273 Tartar Sauce 100 Butternut Squash 0 Green Beans 3 Wheat Bread 170 Fresh Apple 1</p>	<p>7</p> <p>KielbasaCabbage Casserole 304 Yukon Gold Potatoes 4 Peas &amp; Carrots 72 Rye Bread 150 Yogurt 75</p>	<p>8</p> <p>Beef Burgundy 159 Farfalle Pasta 1 Creamed Spinach 55 Wheat Dinner Roll 105 Assorted Fruit 5</p>	<p>9</p> <p>Broccoli Bake 482 Home Fries 5 Stewed Tomatoes 251 Multigrain Bread 164 Strawberry Cup 4 Diet: Assorted Fruit 5</p>
<p>Total Sodium (mg): 825 Calories: 625</p>	<p>Total Sodium(mg): 672 Calories: 634</p>	<p>Total Sodium(mg): 729 Calories: 612</p>	<p>Total Sodium(mg): 449 Calories: 677</p>	<p>Total Sodium (mg): 1030 Calories: 736</p>
<p>12</p> <p><b>COLUMBUS DAY HOLIDAY</b></p>  <p><b>NO MEALS SERVED</b></p>	<p>13</p> <p>Breaded Chicken Drummer 450 Baked Beans 152 Mixed Vegetables 88 Multigrain Bread 164 Lorna Doones 100</p>	<p>14</p> <p>Beef &amp; Lentil Chili 262 Brown Rice 5 California Veg Blend 22 Cornbread (packaged) 210 Assorted Fruit 5</p>	<p>15</p> <p><b>SPECIAL</b> *Chicken Cordon Bleu 750 Thyme Roasted New Potatoes 4 Glazed Carrots 81 Wheat Dinner Roll 105 Fresh Orange 0</p>	<p>16</p> <p>Salisbury Steak 201 with Mushroom Gravy 30 Mashed Potatoes 66 Peas &amp; Pearl Onions 42 Wheat Bread 170 Applesauce 10</p>
	<p>Total Sodium (mg): 1079 Calories: 761</p>	<p>Total Sodium(mg): 629 Calories: 628</p>	<p>Total Sodium (mg): 1065 Calories: 673</p>	<p>Total Sodium(mg): 643 Calories: 704</p>
<p>19</p> <p>Chicken Jambalaya 310 with Brown Rice 5 Broccoli 10 Multigrain Bread 164 Yogurt 75</p>	<p>20</p> <p>Lasagna Roll Up 290 with Meat Sauce 50 Italian Vegetable Blend 41 Italian Bread 230 Strawberry Cup 4 Diet: Assorted Fruit Cup 5</p>	<p>21</p> <p>Beef Stew 200 Mixed Vegetables 88 Wheat Dinner Roll 105 Fresh Pear 2</p>	<p>22</p> <p>Roast Turkey 330 with Herb Gravy 19 Bread Stuffing 316 Brussels Sprouts 12 Wheat Bread 170 Assorted Fruit (cup) 5</p>	<p>23</p> <p>Potato Pollock 273 Tartar Sauce 100 Potato Wedges 273 Spinach 65 Multigrain Bread 164 Cookie 105 Diet: Grahams 95</p>
<p>Total Sodium (mg): 689 Calories: 620</p>	<p>Total Sodium(mg): 740 Calories: 581</p>	<p>Total Sodium(mg): 520 Calories: 729</p>	<p>Total Sodium(mg): 976 Calories: 619</p>	<p>Total Sodium(mg): 1105 Calories: 801</p>
<p>26</p> <p>Macaroni &amp; Cheese 488 Stewed Tomatoes 251 Wheat Bread 170 Strawberry Cup 4 Diet: Assorted Fruit (cup) 5</p>	<p>27</p> <p>Sweet &amp; Sour Meatballs 256 Vegetable Fried Rice 98 Asian Vegetable Blend 21 Multigrain Bread 164 Fortune Cookie 6 Assorted fruit 5</p>	<p>28</p> <p>Sloppy Joe 148 Corn 1 Broccoli 10 Hamburger Bun 230 Yogurt 75</p>	<p>29</p> <p>Grilled Chicken Francaise 339 Sour Cream &amp; Chive Whipped Potatoes 92 Green Beans 3 Wheat Bread 170 Muffin 95 Diet: Lorna Doones 100</p>	<p>30</p> <p>Roast Pork 73 with Apple Gravy 24 Sweet Potatoes 36 Cauliflower Au Gratin 145 Rye Bread 150 Fresh Apple 1</p>
<p>Total Sodium(mg): 1038 Calories: 793</p>	<p>Total Sodium(mg): 675 Calories: 756</p>	<p>Total Sodium(mg): 590 Calories: 612</p>	<p>Total Sodium(mg): 824 Calories: 722</p>	<p>Total Sodium(mg): 555 Calories: 643</p>