


To cancel please call: 508-573-7246

MAY 2021

Menu Subject to Change

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		
3	Na+	4	COLD MEAL Na+	5	Na+	6	Na+	7	Na+	
Veal Picatta	374	Tuna Salad	328	Sesame Chicken	233	Beef Stew	200	Broccoli Bake	475	
Whipped Potatoes	66	Macaroni Salad	118	Vegetable Fried Rice	98	Mixed Veg	88	Stewed Tomatoes	251	
Green Beans	3	Coleslaw	101	Asian Blend Veg	21	Bread	230	Home Fries	5	
Bread	150	Dinner Roll	105	Bread	164	Lorna Doones	147	Dinner Roll	105	
Yogurt	75	Fruit Cup	5	Fortune Cookie	6			Fresh Fruit	1	
				Pineapple Cup	5					
Total Sodium (mg):	793	Total Sodium(mg):	782	Total Sodium(mg):	652	Total Sodium(mg):	790	Total Sodium(mg):	962	
Calories:	757	Calories:	604	Calories:	638	Calories:	801	Calories:	652	
10	Na+	11	Na+	12	SPECIAL Na+	13	Na+	14	Na+	
Beef and Lentil Chili	262	Grilled Chicken Breast	320	Baked Salmon	67	Chicken Fajita	275	Meatloaf	204	
Brown Rice	4	Honey Mustard Sauce	34	Dill Sauce	63	Red & Green Peppers	27	Beef Gravy	30	
Spinach	65	O'Brien Potatoes	34	Thyme Roasted Potatoes	5	Corn	1	Sour cream&Chive Potatoes	89	
Bread	170	Mixed Vegetables	88	Green Bean Casserole	262	Flour Tortilla	220	Peas & Carrots	72	
Fruit Cup	5	Bread	164	Marble Rye	127	Yogurt	75	Bread	170	
		Fresh Fruit	1	Banana Cake	260			Fruit Cup	5	
Total Sodium (mg):	631	Total Sodium(mg):	766	Total Sodium(mg):	909	Total Sodium(mg):	723	Total Sodium (mg):	695	
Calories:	636	Calories:	627	Calories:	772	Calories:	545	Calories:	763	
17	Na+	18	Na+	19	Na+	20	Na+	21	Na+	
Chicken Meatballs	210	Macaroni and Cheese	498	Breaded Chicken Drumstick	450	Roast Turkey	330	Potato Pollock	273	
Swedish Sauce	26	Spinach	65	Baked Beans	152	Herb Gravy	19	Tartar Sauce	100	
Egg Noodles	4	Dinner Roll	105	Scandinavian Blend Veg	61	Whipped Potatoes	66	Wild Rice Pilaf	140	
Califorina Blend Veg	22	Cookie	105	Bread	170	Green Beans	3	Capri Blend Veg	15	
Bread	164			Fresh Fruit	1	Bread	164	Dinner Roll	132	
Applesauce	5					Fruit Cup	5	Fruited Yogurt	75	
Total Sodium (mg):	556	Total Sodium (mg):	898	Total Sodium(mg):	959	Total Sodium (mg):	712	Total Sodium(mg):	860	
Calories:	580	Calories:	780	Calories:	644	Calories:	565	Calories:	690	
24		25		26	COLD MEAL	27		28		
BBQ Beef Patty	207	Grilled Chicken Breast	320	Egg Salad	243	Roast Pork	73	Chicken Meatballs	210	
Potato Wedges	273	Florentine Sauce	27	Quinoa w/Roasted Veggie	23	Cran-Orange Sauce	20	Marinara	94	
Broccoli	10	Brown Rice	4	Sesame Cucumber Salad	8	Whipped Swt Potatoes	36	Tri Color Rotini	1	
Hamburger Roll	230	Mixed Veg	88	Bread	134	Brussels Sprouts	12	Italian Blend Veg	41	
Fruit Cup	5	Bread	170	Choc Chip Muffin	95	Bread	164	Bread	170	
		Fresh Fruit	1	Diet: Grahams		Fresh Fruit	1	Applesauce	5	
Total Sodium (mg):	850	Total Sodium(mg):	735	Total Sodium(mg):	628	Total Sodium(mg):	431	Total Sodium(mg):	646	
Calories:	721	Calories:	642	Calories:	711	Calories:	629	Calories:	685	
31	Memorial Day Holiday									
		<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 (3,000-4,000mg)</p> <p>Higher sodium items are marked with an asterisk* (>500mg)</p>		<p>This program has been possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.</p>		