For cancellations please call: 508-573-7246 | February 2021 | Menu Subject to Change w/o Notice

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1		**2**	Na+	**3**		**4**	**Na+**	**5**	**Na+**
Beef & Cabbage Casserole	477	Grilled Chicken Francaise	339	Turkey Corn Stew	464	Roast Pork with Cider Glaze	97	Meatballs with	210
Carrots	64	Yukon Gold Potatoes	5	Broccoli	10	Sour Cream & Chive Mashed	89	Pesto Cream	66
Rye Bread	150	Creamed Spinach	55	Wheat Dinner Roll	105	Brussels Sprouts	12	Egg Noodles	4
Lorna Doones	147	Wheat Bread	170	Vanilla Yogurt	50	Multigrain Bread	164	Scandinavian Veg Blend	61
		Fresh Fruit	1			Strawberry Cup	0	Wheat Bread	170
						Diet: Assorted Fruit	5	Flavored Applesauce	10
Total Sodium (mg):	963	Total Sodium(mg):	695	Total Sodium(mg):	754	Total Sodium (mg):	492	Total Sodium (mg):	646
Calories:	786	Calories:	572	Calories:	467	Calories:	687	Calories:	659
8	**Na+**	**9**	**Na+**	**10**	Na+	**11 SPECIAL**	**Na+**	**12**	**Na+**
Chicken Parmesan	867	Potato Pollock	273	Chicken Jambalaya	310	Pot Roast w/Jardiniere Gravy	133	Shepherd's Pie w/Gravy	166
Ziti	1	with Tartar Sauce	100	with Brown Rice	4	Roasted Red Potatoes	5	Green Beans	3
Italian Vegetable Blend	41	Side of Macaroni & Cheese	249	Mixed Vegetables	88	California Veg Blend	22	Marbled Rye Bread	127
Wheat Dinner Roll	105	Broccoli	10	Multigrain Bread	164	Wheat Dinner Roll	105	Assorted Fruit	5
Fresh Fruit	1	Wheat Bread	170	Assorted Fruit (cup)	5	Packaged Brownie	100		
		Fruited Yogurt	75			Diet: Apple Grahams	85		
Total Sodium (mg):	1140	Total Sodium(mg):	1002	Total Sodium(mg):	696	Total Sodium(mg):	490	Total Sodium (mg):	426
Calories:	760	Calories:	802	Calories:	686	Calories:	617	Calories:	555
15	**Na+**	**16**	**Na+**	**17**	**Na+**	**18**	**Na+**	**19**	**Na+**
		Beef & Lentil Chili	262	Baked Cod with	125	Grilled Chicken Marsala	346	Broccoli Bake	475
PRESIDENTS' DAY		Brown Rice	4	Lemon Dill Sauce	63	Garlic Mashed Potatoes	66	Home Fries	5
HOLIDAY		Mixed Vegetables	88	Orzo Pilaf with Spinach	57	Capri Vegetable Blend	15	Stewed Tomatoes	251
		Corn Bread	90	Glazed Carrots	64	Multigrain Bread	164	Wheat Dinner Roll	105
NO MEALS SERVED		Assorted Fruit	5	Wheat Bread	170	Muffin	95	Fresh Fruit	1
				Assorted Fruit (cup)	5	Diet: Lorna Doones	125		
		D: Fruit Cup							
		Total Sodium (mg):	574	Total Sodium(mg):	609	Total Sodium (mg):	811	Total Sodium(mg):	962
		Calories:	782	Calories:	535	Calories:	661	Calories:	798
22	**Na+**	**23**	**Na+**	**24**	**Na+**	**25**	**Na+**	**26**	
Cheese Omelet w/Chs Sce	430	Philly Steak		BBQ Grilled Chicken	470	Roast Turkey with	330	Potato Pollock	273
Pork Sausage Patty	160	with Provolone Cheese	656*	Baked Beans	152	Tarragon Gravy	19	with Tartar Sauce	100
O'Brien Potatoes	34	Onion & Pepper Medley	27	Corn	11	Bread Stuffing	316	Diced Turnip	19
Spinach	65	Potato Wedges	273	Hamburger Roll	230	Peas & Pearl Onions	42	Mixed Vegetables	88
Wheat Bread	170	Grinder Roll	218	Assorted Fruit	5	Wheat Dinner Roll	105	Multigrain Bread	164
Vanilla Yogurt	50	Assorted Fruit	5			Fresh Clementine	0	Cookie (for all)	105
		Diet: Lorna Doones							
Total Sodium (mg):	1034	Total Sodium(mg):	648	Total Sodium(mg):	993	Total Sodium(mg):	937	Total Sodium(mg):	874
Calories:	724	Calories:	711	Calories:	673	Calories:	586	Calories:	766