

To cancel please call: 508-573-7246

NOVEMBER 2021

Menu Subject to Change

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Na+	2	Na+	3	Na+	4	Na+	5	Na+
Meatballs w/Marinara & Mozz	493	Beef Stew	163	Grilled Chicken	320	Chicken Sausage Paella	326	Broccoli Bake	475
Penne Pasta	1	Broccoli	10	Apricot Glaze	44	Cauliflower	14	Home Fries	5
Italian Blend	41	Dinner Roll	132	TriColor Rotini	1	Multigrain Bread	164	Stewed Tomatoes	251
Italian Bread	230	Dessert of the Day	200	Spinach	65	Fresh Pear	1	Wheat Bread	170
Yogurt	75	Diet: lorna doones	100	Wheat Bread	170			Mixed Fruit Cup	5
		Diced Peach Cup	5						
Total Sodium (mg): 965		Total Sodium(mg): 630		Total Sodium(mg): 730		Total Sodium(mg): 630		Total Sodium(mg): 1031	
Calories: 769		Calories: 676		Calories: 548		Calories: 806		Calories: 675	
8	Na+	9	Na+	10	Na+	11 HOLIDAY		12	Na+
Beef and Lentil Chili	262	Grilled Chicken	320	Potato Pollock	273	 <p>No Meals Served</p>		Honey Mustard Roast Pork	107
Brown Rice	4	Teriyaki Sauce	183	Scalloped Potatoes	125			Wild Rice Pilaf	140
Herbed Carrots	64	Veg Fried Rice	98	Mixed Vegetables	88			Parmesan Broccoli	123
Multigrain Bread	164	Asian Blend	21	Multigrain Bread	164			Dinner Roll	132
Fresh Clementine	1	Wheat Bread	170	Dessert of the Day	200			Diced Peach Cup	5
		Diced Pear Cup	5	Diet: Grahams	95				
Total Sodium (mg): 620		Total Sodium(mg): 922		Total Sodium(mg): 975				Total Sodium (mg): 632	
Calories: 598		Calories: 635		Calories: 965				Calories: 615	
15	Na+	16 SPECIAL	Na+	17	Na+	18	Na+	19	Na+
Mini Ravioli w/Meat Sauce	252	Roast Turkey w/Gravy	349	Baked Cod w/Piccatta Sce	129	Shepherd's Pie w/Gravy	166	Swedish Meatballs	236
Capri Blend	15	Bread Stuffing	79	Israeli Cous Cous	24	California Blend	22	Egg Noodles	4
Italian Bread	230	Mashed Potatoes	66	Mixed Vegetables	88	Wheat Bread	170	Brussels Sprouts	12
Diced Pear Cup	5	Green Beans w/Cranberries	5	Wheat Bread	170	Lorna Doones	147	Multigrain Bread	164
		Dinner Roll	132	Mixed Fruit Cup	5			Fresh Apple	1
		Dessert of the Day	200						
		SF dessert							
Total Sodium (mg): 627		Total Sodium (mg): 956		Total Sodium(mg): 541		Total Sodium (mg): 630		Total Sodium(mg): 542	
Calories: 437		Calories: 975		Calories: 561		Calories: 627		Calories: 626	
22	Na+	23	Na+	24	Na+	25 THANKSGIVING		26 HOLIDAY	
Grilled Chicken Marsala	346	Beef Bolognese	162	Cranberry-Orange Roast Pork	93				
Yukon Gold Potatoes	5	Cavatappi Pasta	1	Mashed Sweet Potatoes	36				
Spinach	65	Italian Blend	41	Cauliflower Florets	14				
Wheat Dinner Roll	105	Multigrain Bread	164	Wheat Bread	170				
Choc Chip Cookie	105	Fresh Pear	1	Diced Peach Cup	5				
Total Sodium (mg): 751		Total Sodium(mg): 494		Total Sodium(mg): 443					
Calories: 586		Calories: 673		Calories: 592					
29	Na+	30	Na+						
Breaded Chicken Drumstick	450	Baked Pollock w/	97	<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 made possible in part by funding from the Older Americans Act as granted by BayPath Elder Services, Inc.</p>	
Au Gratin Potatoes	132	Mediterranean Sce	198						
Broccoli	10	Orzo & Spinach	57						
Multigrain Bread	170	Carrots	64						
Yogurt	75	Wheat Bread	170						
		Fresh Clementine	1						
Total Sodium(mg): 962		Total Sodium(mg): 712							
Calories: 715		Calories: 645							