

To cancel please call: 508-573-7246

OCTOBER 2021

Menu Subject to Change

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<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>				<p>1 Na+</p> <p>Roast Pork with Herb Gravy 156</p> <p>Brown Rice Pilaf 149</p> <p>Brussels Sprouts 12</p> <p>Pumpnickel Bread 155</p> <p>Fresh Apple 2</p> <p>Total Sodium(mg): 599</p> <p>Calories: 572</p>	
<p>4 Na+</p> <p>Baked Cod with Lemon Dill Sauce 188</p> <p>Yukon Gold Potatoes 5</p> <p>Creamed Spinach 55</p> <p>Wheat Bread 170</p> <p>Cookie 105</p> <p>Total Sodium(mg): 648</p> <p>Calories: 634</p>		<p>5 Na+</p> <p>Beef & Broccoli Stir Fry 108</p> <p>White Rice 4</p> <p>Multigrain Bread 164</p> <p>Fortune Cookie 6</p> <p>Fresh Pear 1</p> <p>Total Sodium(mg): 408</p> <p>Calories: 674</p>		<p>6 Na+</p> <p>Chicken Francaise* 592</p> <p>Garlic Mashed Potatoes 66</p> <p>French Green Beans 3</p> <p>Wheat Dinner Roll 105</p> <p>Diced Peach Cup 10</p> <p>Total Sodium(mg): 901</p> <p>Calories: 633</p>		<p>7 Na+</p> <p>Chicken Rice Casserole 429</p> <p>California Vegetable Blend 22</p> <p>Rye Bread 150</p> <p>Fruited Yogurt 75</p> <p>Total Sodium(mg): 801</p> <p>Calories: 553</p>		<p>8 Na+</p> <p>Salisbury Steak with Onion Gravy 235</p> <p>Au Gratin Potatoes 132</p> <p>Glazed Carrots 81</p> <p>Wheat Bread 170</p> <p>Mixed Fruit Cup 5</p> <p>Total Sodium(mg): 748</p> <p>Calories: 834</p>	
<p>11 HOLIDAY</p>  <p>NO MEAL DELIVERY</p>		<p>12 Na+</p> <p>Breaded Chicken Drummer 450</p> <p>Roasted Butternut Squash with Turmeric 6</p> <p>Mixed Vegetables 88</p> <p>Wheat Dinner Roll 105</p> <p>Diced Pear Cup 5</p> <p>Total Sodium(mg): 779</p> <p>Calories: 576</p>		<p>13 Na+</p> <p>Shepherd's Pie with Gravy 166</p> <p>Broccoli 10</p> <p>Wheat Bread 170</p> <p>Dessert of the Day 180</p> <p>Diet: Choc Grahams 85</p> <p>Total Sodium(mg): 736</p> <p>Calories: 748</p>		<p>14 Na+</p> <p>BBQ Sliced Pork 223</p> <p>Baked Beans 152</p> <p>Scandinavian Veg Blend 61</p> <p>Corn Bread (muffin) 80</p> <p>Applesauce 10</p> <p>Total Sodium(mg): 651</p> <p>Calories: 730</p>		<p>15 Na+</p> <p>Sweet & Sour Meatballs 241</p> <p>Vegetable Fried Rice 98</p> <p>Asian Vegetable Blend 21</p> <p>Multigrain Bread 164</p> <p>Fresh Clementine 1</p> <p>Total Sodium(mg): 650</p> <p>Calories: 672</p>	
<p>18 Na+</p> <p>Grilled Chicken Coq Au Vin 349</p> <p>Sour Cream & Chive Mashed Potatoes 89</p> <p>Capri Vegetable Blend 15</p> <p>Wheat Bread 170</p> <p>Diced Pear Cup 5</p> <p>Total Sodium(mg): 748</p> <p>Calories: 644</p>		<p>19 Na+</p> <p>Potato Pollock 273</p> <p>Tartar Sauce 100</p> <p>Potato Wedges 273</p> <p>Green Beans 3</p> <p>Rye Bread 150</p> <p>Fresh Apple 2</p> <p>Total Sodium(mg): 926</p> <p>Calories: 711</p>		<p>20 Na+</p> <p>Diced Chicken Cacciatore 108</p> <p>Penne Pasta 1</p> <p>Italian Vegetable Blend 41</p> <p>Italian Bread 230</p> <p>Fruited Yogurt 75</p> <p>Total Sodium(mg): 580</p> <p>Calories: 480</p>		<p>21 Na+</p> <p>Pot Roast w/Jardiniere Gravy 133</p> <p>Rosemary Roasted Potatoes 5</p> <p>Broccoli Au Gratin 133</p> <p>Wheat Dinner Roll 105</p> <p>Dessert of the Day 180</p> <p>Diet: Apple Cinn Grahams 85</p> <p>Total Sodium(mg): 766</p> <p>Calories: 830</p>		<p>22 Na+</p> <p>Macaroni and Cheese 498</p> <p>Stewed Tomatoes 251</p> <p>Multigrain Bread 164</p> <p>Diced Peach Cup 10</p> <p>Total Sodium(mg): 1048</p> <p>Calories: 718</p>	
<p>25 Na+</p> <p>Beef & Cabbage Casserole 477</p> <p>Red Bliss Potatoes 5</p> <p>Carrots 64</p> <p>Rye Bread 150</p> <p>Apple Cinnamon Muffin 190</p> <p>Diet: Lorna Doones 147</p> <p>Total Sodium(mg): 1158</p> <p>Calories: 892</p>		<p>26 Na+</p> <p>*Grilled Chicken with Mediterranean Sauce 518</p> <p>Orzo Pilaf with Spinach 57</p> <p>Broccoli and Cauliflower 31</p> <p>Multigrain Bread 164</p> <p>Mixed Fruit Cup 5</p> <p>Total Sodium(mg): 900</p> <p>Calories: 678</p>		<p>27 Na+</p> <p>Roast Pork Loin with Apple Cranberry Compote 295</p> <p>Cinn Sweet Potatoes 36</p> <p>Peas & Pearl Onions 42</p> <p>Pumpnickel Bread 155</p> <p>Fresh Orange 0</p> <p>Total Sodium(mg): 653</p> <p>Calories: 630</p>		<p>28 Na+</p> <p>Chicken Brunswick Stew 482</p> <p>Brussels Sprouts 12</p> <p>Wheat Dinner Roll 105</p> <p>Dessert of the Day 180</p> <p>Diet: Grahams 85</p> <p>Total Sodium(mg): 989</p> <p>Calories: 422</p>		<p>29 Na+</p> <p>Sloppy Joe 148</p> <p>Corn 1</p> <p>Green Beans 3</p> <p>Wheat Sandwich Bun 300</p> <p>Applesauce 10</p> <p>Total Sodium(mg): 587</p> <p>Calories: 621</p>	