


For cancellations please call: 508-573-7246

March 2019

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 Sodium</p>		<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><i>Meals are based on a No Added Salt diet for healthy older adults. Higher sodium items are marked with an asterisk* (>500mg)</i></p>				<p>1</p> <p>Beef and Lentil Chili 260 Brown Rice 5 Mixed Vegetables 88 Rye Bread 150 Blueberry Yogurt 75</p>	
								<p>Total Sodium(mg): 703 Calories: 718</p>	
4	Na+	5	Na+	6	Na+	7	Na+	8	Na+
Navy Bean Soup 222		Chicken Picatta 401		Ash Wednesday		Roast Pork w/Apple Gravy 156		Broccoli Bake 482	
Pork and Red Pepper Pasta 122		Tricolor Rotini 1		Tomato Florentine Soup 164		Butternut Squash 10		Home Fries 5	
Wheat Bread 160		Riviera Vegetable Blend 140		Haddock w/Lemon Dill Sauce 362		Green Beans 3		Stewed Tomatoes 150	
Applesauce 0		Wheat Dinner Roll 105		Red Bliss Potatoes 4		Dinner Roll 132		Multigrain Bread 164	
		Chocolate Cake 410		Multigrain Bread 164		Mixed Fruit 10		Fresh Pear 0	
		D: Choc Grahams 95		Fig Bar 100					
				D: Lorna Doones 100					
Total Sodium (mg): 629		Total Sodium(mg): 1182		Total Sodium(mg): 919		Total Sodium(mg): 436		Total Sodium (mg): 926	
Calories: 650		Calories: 664		Calories: 670		Calories: 512		Calories: 722	
11	Na+	12	Na+	13	Na+	14	Na+	15	Na+
Gypsy Soup 272		Hawaiian Meatballs 247		Special, High Sodium		Vegetable Gumbo Soup 50		Potato Pollock w/Tartar Sce 373	
Chicken Marsala 395		White Rice 90		*Corned Beef Hash 874		Turkey with Herb Gravy 389		Potato Wedges 273	
Garlic Mashed Potatoes 66		Broccoli 10		Braised Cabbage 25		Cinnamon Sweet Potatoes 31		Brussels Sprouts 12	
Wheat Bread 160		Multigrain Bread 164		Parslied Carrots 64		Dinner Roll 132		Wheat Bread 160	
Diced Peaches 5		Mandarin Oranges 7		Rye Bread 150		Strawberry Cup 0		Fruit Crunch Bar 80	
				Pineapple Whip 87		D: Strawberry Yogurt 75		D: Grahams 95	
Total Sodium (mg): 1023		Total Sodium (mg): 643		Total Sodium(mg): 1325		Total Sodium (mg): 727		Total Sodium(mg): 1023	
Calories: 597		Calories: 617		Calories: 651		Calories: 601		Calories: 921	
18	Na+	19	Na+	20	Na+	21	Na+	22	Na+
Swedish Meatballs 220		Cheesy Cauliflower Soup 319		Chicken Teryaki 362		White Bean Kale Soup 211		*Lasagna Roll w/Marinara 625	
Parslied Noodles 4		Pork w/Rosemary Gravy 156		Vegetable Fried Rice 98		Shepherd's Pie 136		Italian Vegetable Blend 41	
Spinach 65		Yukon Gold Potatoes 4		Asian Vegetable Blend 21		Multigrain Bread 164		Italian Bread 230	
Pumpernickel Bread 155		Wheat Dinner Roll 105		Wheat Bread 160		Lorna Doones 100		Raisins 4	
Chocolate Pudding 135		Escalloped Apples 39		Fortune Cookie 6					
D: SF choc pudding 156		D: Cinnamon Apples 10		Clementine 1					
Total Sodium(mg) 704		Total Sodium(mg): 748		Total Sodium(mg): 766		Total Sodium(mg): 736		Total Sodium(mg): 1025	
Calories: 672		Calories: 622		Calories: 647		Calories: 677		Calories: 676	
25	Na+	26	Na+	27	Na+	28	Na+	29	Na+
Chicken Brunswick Stew 365		Autumn Harvest Soup 162		BBQ Pulled Pork 448		Meatloaf w/Gravy 284		Haddock Newburg 364	
Brussels Sprouts 12		Homestyle Chicken Drumstick 450		Baked Beans 152		Sour Cream & Chive Mashed 68		Wild Rice Pilaf 140	
Buttermilk Biscuit 340		Macaroni & Cheese 195		Winter Vegetable Blend 29		Italian Green Beans 3		Scandinavian Blend 61	
Diced Pears 5		Multigrain Bread 164		Hamburger Roll 230		Wheat Bread 160		Multigrain Bread 164	
		Pineapple 1		Vanilla Yogurt 50		Almond Cookie 181		Strawberry Cup 0	
						D: Maple Waffle Grahams 115		D: Applesauce Cup 0	
Total Sodium(mg): 847		Total Sodium(mg): 1096		Total Sodium(mg): 1034		Total Sodium(mg): 821		Total Sodium(mg) 854	
Calories: 516		Calories: 699		Calories: 681		Calories: 938		Calories: 570	