

# January 2025

Monday	Tuesday	Wednesday	Thursday	Friday
All Meals include:  Milk: 110 Calories 125mg Sodium 13g Carbs  Margarine: 36 Calories 47mg Sodium	For cancellations of home delivered meals, call the Nutrition Office at <b>1-508-324-4619</b> . If you want to cancel a meal, call no later than 10:30 a.m. on the day before.	1  <b>NO MEALS SERVED</b>	2 Na+ Stuffed Chicken* 550 Mashed Potatoes 49 Mixed Vegetables 41 WW Roll 160 Mixed Fruit 10  Total Sodium: 934 Calories: 739 Carbs: 96	3 Na+ Catch of the Day 220 w/ Citrus Salsa 44 Rice Florentine 107 Green Beans 3 Rye Bread 330 Peaches 5  Total Sodium: 835 Calories: 539 Carbs: 75
<b>6</b> Na+ Hot Dog* 540 Baked Beans 37 Cabbage & Carrots 47 Hot Dog Roll 210 Mustard Packet 55 Applesauce 20  Total Sodium: 1034 Calories: 734 Carbs: 82		<b>7</b> Na+ Mac & Cheese* 588 Tomato Florentine 121 Snowflake Roll 260 Mandarin Oranges 6  Total Sodium: 1100 Calories: 715 Carbs: 98	<b>8</b> Na+ Shepherd's Pie 261 California Blend Veg. 27 Oatmeal Roll 121 Cake 240  Total Sodium: 774 Calories: 806 Carbs: 106	<b>9</b> Na+ Crispy Fish Sandwich 252 Lemon Orzo 36 Hot German Slaw 81 Hamburger Roll 230 Tartar Sauce 251 Peaches 5  Total Sodium: 990 Calories: 714 Carbs: 93
<b>13</b> Na+ Meatloaf w/ Onion Gravy 131 Cheesy Mash 105 Brussel Sprouts 77 WW Bread 12 WW Bread 160 Mixed Fruit 10  Total Sodium: 619 Calories: 686 Carbs: 91	<b>14</b> Na+ Cheeseburger* 581 Roasted Potatoes 28 California Blend Veg. 27 Hamburger Roll 230 Ketchup 82 Pineapple 1  Total Sodium: 1075 Calories: 723 Carbs: 83	<b>15</b> Na+ Turkey Tetrazzini w/ Pasta 420 Carrot Coins 1 Carrot Coins 77 WW Bread 160 Tropical Fruit 10  Total Sodium: 794 Calories: 792 Carbs: 127	<b>16</b> Na+ Lazy Man Stuffed Cabbage 301 Mixed Veg 41 Multigrain Roll 190 Pound Cake 240  Total Sodium: 896 Calories: 698 Carbs: 92	<b>17</b> Na+ Roast Pork 71 Cranberry Apple Gravy 105 Whipped Sweet Potato 33 Roman Blend Veg 26 Oatmeal Bread 121 Fresh Pear 2  Total Sodium: 483 Calories: 662 Carbs: 81
 <b>NO MEALS SERVED</b>	<b>21</b> Na+ Omelet with Swiss Cheese 312 Homefries 132 Peppers & Onion 3 Fruit Loaf 160 Orange Juice 0  Total Sodium: 732 Calories: 725 Carbs: 88	<b>22</b> Na+ Chicken Stir Fry 246 Lo Mein 29 Green Beans 3 Dinner Roll 210 Mandarin Oranges 6  Total Sodium: 678 Calories: 619 Carbs: 99	<b>23</b> Na+ Pot Roast w/ Gravy 229 Red Bliss Potatoes 15 Broccoli & Cauliflower 15 Oatmeal Bread 121 Applesauce 20  Total Sodium: 525 Calories: 643 Carbs: 72	<b>24</b> Na+ Roast Turkey w/ Gravy 303 Parsley Mash 65 Winter Squash 50 WW Roll 11 WW Roll 160 Peaches 5  Total Sodium: 719 Calories: 640 Carbs: 101
<b>27</b> Na+ Chicken Scallopini 392 Parsley Rotini 1 Mixed Veg. 41 Wheat Bread 65 Fig Bar 65  Total Sodium: 738 Calories: 626 Carbs: 84	<b>28</b> Na+ Vegetarian Chili 214 Jasmine Rice 31 Zucchini 3 WW Roll 160 Lorne Doones 210  Total Sodium: 744 Calories: 827 Carbs: 130	<b>29</b> Na+ Spaghetti & Meatballs 245 Tomato Sauce 55 Italian Blend Veg. 26 Dinner Roll 210 Pineapple 1  Total Sodium: 663 Calories: 702 Carbs: 91	<b>30</b> Na+ BBQ Pork Rib 403 Potato Wedges 27 Chuckwagon Corn 2 Corn Muffin 280 Applesauce 20  Total Sodium: 857 Calories: 742 Carbs: 97	<b>31</b> Na+ Beef Stew 229 Jardiniere Blend Veg 39 Mashed Potatoes 49 WW Roll 160 Birthday Cake 240  Total Sodium: 842 Calories: 864 Carbs: 109

Meals are based on a No-Added Salt (3-4 gm/day) Diet for Healthy Older Adults : \* Indicates a food with more than 500mg sodium