



# March 2025



Monday		Tuesday		Wednesday		Thursday		Friday	
<b>3</b>	<b>Sodium (mg): Na+</b>	<b>4</b>	<b>Na</b>	<b>5</b>	<b>Na</b>	<b>6</b>	<b>Na</b>	<b>7</b>	<b>Na</b>
Chicken Tetrizzini w/ Pasta	196	Sausage* with Peppers & Onions	520	Western Omelet	376	Pot Roast w/ Gravy	71	Vegetarian Chili	214
Carrot Coins	30	Pasta Alfredo	150	Home fries	28	Whipped Sweet Potato	113	Oven Roasted Potatoes	28
WW Roll	77	Sub Roll	162	Stewed Tomatoes	143	Broccoli & Cauliflower	33	Zucchini	3
Mixed Fruit	160	Pears	4	Fruit loaf	160	Oatmeal Bread	15	Wheat Bread	115
	10			Orange Juice	0	Applesauce	121	Lorne Doones	55
Total Sodium: 598		Total Sodium: 962		Total Sodium: 832		Total Sodium: 492		Total Sodium: 541	
Calories: 698 Carbs: 105		Calories: 647 Carbs: 78		Calories: 675 Carbs: 87		Calories: 634 Carbs: 73		Calories: 623 Carbs: 101	
<b>10</b>	<b>Na</b>	<b>11</b>	<b>Na</b>	<b>12</b>	<b>Na</b>	<b>13</b>	<b>Na</b>	<b>14</b>	<b>*High Sodium Day*</b>
Roast Turkey w/ Gravy	303	Chicken Bruschetta	366	Korean Meatballs	403	BBQ Pork Rib	403	Tuna Salad	408
Roasted Potatoes	65	Parsley Rotini	1	Asian Rice	73	Potato Wedges	27	Potato Salad	72
Winter Squash	28	Mixed Veg	41	Oriental Blend Veg	26	Chuckwagon Corn	2	Broccoli Salad*	562
WW Roll	11	Wheat Bread	115	WW Roll	160	Cornbread	280	Hamburger Bun	230
Oatmeal Cookie	160	Fig Bar	65	Tropical Fruit	10	Fresh Apple	2	Pineapple	1
MOD: Graham Wafer	125								
	85								
Total Sodium: 778		Total Sodium: 713		Total Sodium: 797		Total Sodium: 838		Total Sodium: 1398	
Calories: 638 Carbs: 93		Calories: 653 Carbs: 84		Calories: 644 Carbs: 75		Calories: 779 Carbs: 108		Calories: 706 Carbs: 98	
<b>17</b>	<b>Na</b>	<b>18</b>	<b>Na</b>	<b>19</b>	<b>Na</b>	<b>20</b>	<b>Na</b>	<b>21</b>	<b>Na</b>
Corned Beef*	560	Turkey Divan	375	Salsbury Steak	381	Honey Mustard Chicken	475	Stuffed Shells	414
Boiled Potatoes	59	Bow Tie Pasta	1	Mushroom Gravy	142	Confetti Rice	38	Tomato Sauce	55
Cabbage & Carrots	47	Snowflake Roll	260	Cheesy Mash	77	Glazed Carrots	83	Roman Blend Veg	26
Raisin Bread	110	Applesauce	15	Mixed Veg	41	WW Roll	160	Multigrain Roll	190
Pistachio Pudding	110			Multigrain Bread	190	Dried Cranberries	4	Oreos	85
				Pears	4				
Total Sodium: 1011		Total Sodium: 776		Total Sodium: 960		Total Sodium: 885		Total Sodium: 895	
Calories: 570 Carbs: 65		Calories: 693 Carbs: 86		Calories: 818 Carbs: 94		Calories: 698 Carbs: 123		Calories: 572 Carbs: 77	
<b>24</b>	<b>Na</b>	<b>25</b>	<b>Na</b>	<b>26</b>	<b>Na</b>	<b>27</b>	<b>*High Sodium Day*</b>	<b>28</b>	<b>Na</b>
Taco Beef	200	Greek Meatballs	357	Portuguese Chicken	360	Hot Dog*	540	Shrimp Mozambique	434
Spanish Rice	23	Bowtie Pasta	1	Roasted Red Potatoes	15	Baked Beans	37	Rice Florentine	107
Fiesta Blend Veg	16	Oriental Blend Veg	26	Mixed Veg.	41	Cabbage & Carrots	47	Green Beans	3
Flour Tortilla	236	WW Roll	160	Wheat Bread	115	Hot Dog Roll	210	Multigrain Bread	190
Taco Sauce	92	Graham Crackers	85	Mandarin Oranges	6	Birthday Cake	209	Peaches	5
Fresh Orange	0					Mustard	55		
Total Sodium: 692		Total Sodium: 754		Total Sodium: 662		Total Sodium: 1223		Total Sodium: 864	
Calories: 620 Carbs: 70		Calories: 722 Carbs: 86		Calories: 511 Carbs: 68		Calories: 857 Carbs: 106		Calories: 869 Carbs: 74	
<b>31</b>	<b>Na</b>	<p style="background-color: yellow; padding: 5px;">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.</p>		<p>All Meals include:</p> <p><u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs</p> <p><u>Margarine:</u> 36 Calories 47mg Sodium</p>					
Lasagna Roll Up	414								
Bolognese Sauce	194								
Italian Blend Veg.	26								
Dinner Roll	210								
Pears	4								
Total Sodium: 942									
Calories: 745 Carbs: 83									

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