



Please call the nutrition department for meal cancellations by 10 am **two days** before delivery-508-584-1561.

Community Dining Menu

Suggested Donation-\$2.50/meal Menu subject to change without notice. SF=Sugar Free, WG=Whole Grain, WW=Whole Wheat

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Creole Fish (422) Brown Rice Vegetable Pilaf (94) Green Beans (3) Pumpernickel Bread (280) Fruited Crunch Bar (80) MOD:Lemon Grahams (95) Calories: 818 Sodium: 1016mg Carb: 114g	2 Chicken Scarpiello (387) Served Over Parslied Bowtie Pasta (1) Fiesta Vegetable Blend (15) Oatmeal Bread (150) Hot Cinnamon Peaches (64) Calories:709 Sodium:754mg Carb: 90g	3 Stuffed Shells with Meat Sauce (463) Broccoli (12) Parmesan Cheese (35) WW Dinner Roll (180) Banana (1) Calories:704 Sodium: 829mg Carb: 100g	4 Hot Dog❖ (360) Vegetarian  Baked Beans (140) Peppers & Onions (2) Ketchup(82)/Mustard(55) WW Hot Dog Roll (330) Brownie (100) MOD: Lorne Doones (100) Calories:817 Sodium:1206mg Carb: 108g	5 COLD MEAL Egg Salad on a Lettuce Bed (173) Potato Salad (57) Spinach Salad with Mandarin Oranges (67) Wheat Bulkie Roll (330) Fresh Pear (2) Calories:794 Sodium:736mg Carb: 111g
8 Chicken Cordon Bleu* (660) Italian Roasted Potatoes (6) Spring Summer Vegetable Blend (65) Multigrain Bread (150) Fresh Apple (2) Calories:812 Sodium: 1020mg Carb: 98g	9 WGBreadedPollock (190) Brown Rice with Pineapple&Cilantro (6) California Veg.Blend (30) Tartar Sauce (130) Corn Loaf (211) Strawberry cup (0) MOD:Strw Grahams (95) Calories:871 Sodium:704mg Carb: 122g	10 Pork Lo Mein with Sugar Snap Peas and Carrots* (591) Asian Vegetable Blend (25) Oatmeal Bread (150) Fresh Orange (0) Calories:753 Sodium:903mg Carb: 75g	11 Pot Roast w/Gravy (52) Whipped Sweet Potatoes (33) Peas & Mushrooms (133) WW Dinner Roll (180) Chocolate Pudding (190) MOD:Vanilla Bites (50) Calories:734 Sodium:726mg Carb: 100g	12 Macaroni & Cheese (366) Brussel Sprouts (17) Pumpernickel Bread (280) Hot Cinnamon Pears  (64) Calories:773 Sodium:864mg Carb: 128g
15 No Meals Served Patriot's Day 	16 WG Lasagna Rolls w/Meat Sauce (363) Green Beans (3) Parmesan Cheese (35) WW Dinner Roll (180) Banana  (1) Calories:687 Sodium:720mg Carb: 99g	17 Chicken,Broccoli, & Penne Alfredo* (669) Spring Summer Vegetable Blend (65) Multigrain Bread (150) Hot Caramelized Peaches (75) Calories:711 Sodium:1097mg Carb: 95g	18 Vegetable Soup** (293) Beef, Rice, and Pepper Casserole (229) Scandinavian Vegetable Blend (41) Oatmeal Bread (140) Pumpkin Cookie (139) MOD:Cinnamon Bites (71) Calories:854 Sodium:989mg Carb: 98g	19 Salmon Strips with Honey Ginger Sauce (333) Sweet Potato Wedges (267) Spinach (110) Cracked Wheat Bread (150) Fresh Orange (0) Calories:698 Sodium:998mg Carb: 92g
22 Swedish Meatballs Served Over Parslied (249) Egg Noodles Broccoli & Carrots (45) Marble Rye Bread (280) Hot Cinnamon Apples  (64) Calories:719 Sodium:775mg Carb: 83g	23 Pulled BBQ Pork*❖ (800) Red Bliss Roasted Potatoes (6) Green Beans (3) Wheat Bulkie Roll (330) Fresh Pear (2) Calories:776 Sodium:1248mg Carb: 130g	24 Swiss Cheese Omelette  (296) Home Fries (62) Peppers & Onions (2) French Toast Sticks (190) SF Syrup (30) Orange Juice (5) Fruited Yogurt (50) Calories:660 Sodium:667mg Carb: 82g	25 Chicken w/Parmesan Cream Sauce* Over (566) Brown Rice with Orzo & Red Pepper (48) Scandinavian Veg.Blend (41) Oatmeal Bread (150) Fig Bar (35) MOD:LemonGrhms (95) Calories:845 Sodium:943mg Carb: 93g	26 Minestrone Soup** (330) Beef Bourguignon (119) Roasted Sweet Potatoes (41) Zucchini (2) Multigrain Bread (150) DoubleChocChipCk (91) MOD:Lorne Doones (100) Calories:859 Sodium:870mg Carb: 100g
29 Meatloaf w/Gravy (260) Mashed Potatoes (135) Fiesta Vegetable Blend (15) WW Dinner Roll (180) Vanilla Pudding (220) MOD:Vanilla Bites (50) Calories:683 Sodium:947mg Carb: 100g	30 Chicken w/Amatriciana Sauce*(contains bacon) (508) Served Over Parslied Spiral Pasta (4) Tuscany Veg.Blend (47) Cranberry-Orange Loaf (120) Fruit Mix (10) Calories:736 Sodium:822mg Carb: 93g	Nutrition Information is for the entire meal including bread, milk, & margarine. Each item is followed by the milli- grams of sodium in parentheses. Nutrition information is approximate 1% Milk=107 mg sodium Margarine=30mg sodium		

**community dining only unless available for home delivered meals ❖high sodium meal day *food item with >500mg/sodium

12 Great Ways to Use...

Lentils

Lentils are small but nutritional powerhouses of the legume family. A half-cup of cooked lentils has a whopping 9 grams of protein, more than nearly any other legume, and 8 grams of fiber. Plus, compared to other kinds of dried beans, lentils have the added advantage of being quick and easy to prepare. Although they should be rinsed and checked for dirt and debris before cooking, there is no need to pre-soak them. Three varieties of lentils are most widely available: green, brown, and red. The green have a nutty flavor and will stay firm when cooked. Brown lentils soften during cooking, and risk becoming mushy if overcooked. Red lentils are the quickest to cook, and will lose their shape, turning a yellow-orange color when cooked. The different types make lentils a versatile addition to your diet!

1. Put cooked lentils in your salad! You can also “pop” your lentils by placing cooked lentils in a skillet with a small amount of oil until they plump, or pop open, and toast slightly. This gives them a crunchy texture that contrasts nicely over greens.
2. Construct creative lentil side dishes. Lentils work well with a variety of flavor profiles, so you can take a side dish in a multitude of directions. Dress with olive oil and lemon juice to pair with chicken, or take a French twist by adding cloves in a sauce of Dijon mustard and red wine vinegar to pair with salmon.
3. You can feature lentils as the main course. Replace meat with lentils for a vegetarian Sweet Potato Shepherds Pie.
4. Soups, stews and chili are ideal plates for lentils. You could make a spicy, Mexican infused chili with lime and cilantro, you could take a Moroccan twist on vegetarian stew with cumin and garam masala notes, or try a lighter Asian flavor soup with hints of lemongrass and ginger in coconut milk.
5. Add lentils to your stir-fry. You can use lentils as your protein for your favorite stir-fry combinations, or as a base instead of the usual accompaniment of rice.
6. Try lentils as a filling for Stuffed Peppers. Combine cooked quinoa, lentils, cashews and spices like thyme and basil to fill bell peppers for a unique vegetarian take on a classic.
7. Use lentils as a meat replacement in tacos. Simmer lentils in a combination of cayenne pepper, cumin and paprika to create a delicious spicy filling for your tacos, or with chipotle peppers and adobo for a more smoky flavor.
8. You can even have lentils for breakfast! Cooked lentils can be added to baked breakfast bars or muffins. Uncooked lentils can be ground up to create a protein-packed powder to add to breakfast smoothies.
9. Make your own South Indian bread with lentils. Urad Dal bread is made using urad dal lentils (which can be found online or from an Indian store) and is a dense, moist sandwich bread. Dosas are another type of South Indian food, which uses the urad dal lentils to form wide, thin crepes.
10. Sprout lentils! Sprouting lentils is a simple process that can be done with any variety as long as they are whole (not split or dal). Rinse your lentils, then soak them for about 8-12 hours. Drain your lentils, rinse again and place in a large jar filling about 1/3 of the space (remember they are going to grow!). Cover the opening of the jar with cheesecloth secured with a rubber band. Twice a day rinse the lentils and drain through the cloth, making sure there is no puddle in the jar. After about 4-5 days you’ll see the little green leaf emerge and they’ll be ready to harvest.
11. Use lentils as a meat substitute in your favorite pasta sauce. Whip up a veggie-packed lentil and mushroom ragu with bell peppers and onions, or take a twist on a classic Stroganoff.
12. Lentils are great additions to veggie burgers. Cooked lentils combined with cooked quinoa, rolled oats and spices make flavorful, protein-packed patties that are ready for your favorite toppings..

