










**Community Dining Menu**

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

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>Nutrition information</b> is for the entire meal and is approximate. Each item is followed by the milligrams of sodium in parentheses. Renal meals provide ~ &lt;650mg potassium, &lt;400 mg phosphorus.</p>			<p><b>1</b></p> <p><u>Chicken</u> Picatta 357 Parslied Rotini 4 Tuscany Vegetables 41 Whole Wheat Roll 240 Pineapple Chunks 1</p> <p></p> <p>Cal: 683 Sodium: 780 mg Carb: 100 gm</p>	<p><b>2</b></p> <p>Cheeseburger 457 Hot German Potato Salad 76 Hot Broccoli salad 32 WW hamburger roll 80 Ketchup 82 Brownie Cookie 230 MOD: Lorna Doones 100</p> <p>Cal: 1069 Sodium: 1094 mg Carb: 122 gm</p>
<p><b>5</b></p> <p></p>	<p><b>6 #</b></p> <p>Hot Dog * 550 Veg Baked Beans 282 California Vegetables 30 Hot Dog Bun 210 Mustard 55 Mandarin Oranges 7</p> <p>Cal: 723 Sodium: 1271 mg Carb: 85 gm</p>	<p><b>7 #</b></p> <p>BBQ <u>Chicken</u> * 691 Tater Tots 310 Scandinavian Veg 41 Whole Wheat Bread 65 Fresh Banana 1</p> <p></p> <p>Cal: 710 Sodium: 1246 mg Carb: 100 gm</p>	<p><b>8</b></p> <p>Pollock with Lemon Dijon Sauce 235 Brown Rice &amp; Orzo 4 Green Beans 3 Oatmeal Bread 240 Fig Bar 99 MOD: Vanilla Bites 50</p> <p>Cal: 606 Sodium: 718 mg Carb: 94 gm</p>	<p><b>9</b></p> <p><u>Chicken</u> Broccoli Penne Alfredo * 580 Italian Blend Veg 19 Scala Bread 310 <u>Hot Cinnamon Peaches</u> 6</p> <p></p> <p>Cal: 683 Sodium: 1053 mg Carb: 101 gm</p>
<p><b>12</b></p> <p><u>Chicken</u> ala Orange 53 Rice Pilaf 16 Zucchini &amp; Tomatoes 40 Multigrain Bread 240 Chocolate Chip Cookie 105 MOD: Strawberry Grahams 95</p> <p>Cal: 753 Sodium: 591 mg Carb: 102 gm</p>	<p><b>13</b></p> <p>Swedish <u>Meatballs</u> 262 Buttered Noodles 38 Jardiniere Vegetables 31 Rye Bread 330 <u>Caramelized Pears</u> 20</p> <p></p> <p>Cal: 749 Sodium: 820 mg Carb: 97 gm</p>	<p><b>14</b></p> <p><u>Cheddar Cheese</u> Omelet 424 Home Fries 6 <u>Peppers &amp; Onions</u> 54 <u>Snack Loaf</u> 160 Fruited Yogurt 75 <u>Orange Juice</u> - NO MILK 15</p> <p>Cal: 791 Sodium: 811 mg Carb: 98 gm</p>	<p><b>15 COLD MEAL</b></p> <p>Tuna Salad 294 Cucumber/Tomato Broccoli Salad 58 Pasta Vegetable Salad 46 Mini Kaiser Roll 200 Fresh Peach 0</p> <p>Cal: 663 Sodium: 736 mg Carb: 73 gm</p>	<p><b>16</b></p> <p>Pot Roast with Gravy 97 Roasted Potatoes 6 Butternut &amp; Apples 4 Whole Wheat Roll 240 Vanilla Wafers 98</p> <p></p> <p>Cal: 931 Sodium: 582 mg Carb: 104 gm</p>
<p><b>19</b></p> <p><u>Sloppy Joe</u> 420 O'Brien Potatoes 6 Fiesta Vegetables 16 WW Hamburger Bun 80 Lemon Square 105 SF Lemon Cookie 60</p> <p>Cal: 917 Sodium: 765 mg Carb: 112 gm</p>	<p><b>20</b></p> <p>Herbed <u>Chicken</u> Breast w/Gravy 387 Parslied Potatoes 6 Green Peas 82 Cracked Wheat Bread 115 Fresh Plum 0</p> <p>Cal: 675 Sodium: 728 mg Carb: 93 gm</p>	<p><b>21</b></p> <p>BBQ Riblet 280 Potato Wedges 260 Broccoli &amp; Red Pepper 12 Bulkie Roll 330 Mixed Fruit 5</p> <p></p> <p>Cal: 678 Sodium: 1025 mg Carb: 96 gm</p>	<p><b>22</b></p> <p>Pork Oriental 214 White Rice 2 Asian Vegetables 43 Wheat Bread 65 Oatmeal Chocolate Bar 75 MOD: Graham Cracker 95</p> <p>Cal: 763 Sodium: 536 mg Carb: 94 gm</p>	<p><b>23</b></p> <p>Potato Crunch Pollock 220 Roast Sweet Potatoes 45 Broccoli Flowerets 12 Multigrain Bread 240 Tartar Sauce 85 Fresh Orange 0</p> <p>Cal: 753 Sodium: 740 mg Carb: 104 gm</p>
<p><b>26</b></p> <p><u>Aloha Chicken</u> 357 Pinapple Brown Rice 4 Chuckwagon Vegetables 3 Snowflake roll 250 Mixed Fruit Cup 5</p> <p>Cal: 681 Sodium: 746 mg Carb: 104 gm</p>	<p><b>27</b></p> <p><u>Beef &amp; Ziti Casserole</u> 458 Green Beans 3 Garlic Roll 240 Caramelized Apples 23</p> <p></p> <p>Cal: 677 Sodium: 862 mg Carb: 88 gm</p>	<p><b>28 COLD MEAL</b></p> <p>Curried Chicken Salad 72 Tossed Salad 17 Pasta Salad 46 Pita Half 292 Sugar Cookie 160 MOD: Cinnamon Bites 71</p> <p>Cal: 853 Sodium: 724 mg Carb: 113 gm</p>	<p><b>29</b></p> <p>Salmon with Dill Sauce 339 Oven Brown potato 6 California Vegetables 30 Scala Bread 310 Diced Peaches 6</p> <p>Cal: 652 Sodium: 829 mg Carb: 97 gm</p>	<p><b>30</b></p> <p><u>Roast Turkey/Gravy</u> * 674 Mashed Potatoes 165 Mixed Vegetables 42 Cranberry Sauce 1 Whole Wheat Bread 65 Fruit Crunch Bar 80 Lorna Doones 100</p> <p>Cal: 892 Sodium: 1164 mg Carb: 124 gm</p>

\*Catch of the Day=fish type will vary each month

\*Indicates food item w/>500mg sodium

❖=high sodium meal