

October 2017 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Meatballs Stroganoff (458) Egg Noodles (1) Peas and Carrots (80) Honey Wheat Bread (135) Pineapple (1)	3 White Bean Chicken Chili (121) White/Brown Rice (36) California Vegetables (27) Whole Wheat Bread (160) Peaches (5)	4 Sloppy Joe (221) Hash browns (136) Green Beans (3) Hamburger Roll (230) Pears (4)	5 Caribbean Chicken (375) Pineapple Rice (35) Carrots (77) Multigrain Bread (190) Blondie (108) MOD: Graham Wafer (85)	6 Italian Braised Beef (78) Egg Noodles (1) Roman Vegetables (26) Oatmeal Bread (121) Fresh Apple (2)
Calories: 786 Fat: 31% Sodium: 847mg Carb: 99g	Calories: 499 Fat: 23% Sodium: 521mg Carb: 72g	Calories: 633 Fat: 27% Sodium: 766mg Carb: 81g	Calories: 642 Fat: 22% Sodium: 957mg Carb: 89g	Calories: 656 Fat: 29% Sodium: 400mg Carb: 81g
9 No Meals Served  Columbus Day	10 BBQ Pork Rib (280) Baked Beans (36) Country Vegetables (32) Fruit Loaf (160) Mandarin Oranges (6)	11 Soup of the Day (330) Cheese Lasagna (290) Whole Wheat Roll (160) Applesauce (20)	12 Baked Meatloaf (240) Onion Gravy (110) Mashed Potatoes (62) Carrots (77) Oatmeal Bread (121) Tapioca Pudding (130) MOD: LS Pudding (130)	13 Roast Turkey (90) Rosemary Gravy (124) Whipped Sweet Potatoes (33) Peas and Mushrooms (133) Multigrain Bread (190) Pineapple (1)
	Calories: 678 Fat: 28% Sodium: 686mg Carb: 92g	Calories: 571 Fat: 21% Sodium: 972mg Carb: 82g	Calories: 663 Fat: 30% Sodium: 912mg Carb: 88g	Calories: 693 Fat: 18% Sodium: 743mg Carb: 94g
16 Potato Pollock Filet (337) Tartar Sauce (261) Parsley Mashed Potatoes (63) Brussels Sprouts (12) Dinner Roll (160) Mixed Fruit (10)	17 Beef and Pepper Casserole (293) Cauliflower Supreme (15) Honey Wheat Bread (135) Cinnamon Apples (4)	18 Macaroni and Cheese (403) Escalloped Tomatoes (143) Whole Wheat Roll (160) Mixed Fruit (10)	19 Honey Mustard Chicken (481) Roasted Potatoes (33) Tuscan Vegetables (56) Oatmeal Bread (121) Applesauce (20)	20 LS Hot Dog (550*) Mustard (55) Potato Wedges (27) Cabbage and Carrots (47) Hot Dog Roll (210) Peaches (5)
Calories: 863 Fat: 37% Sodium: 1015mg Carb: 102g	Calories: 525 Fat: 27% Sodium: 619mg Carb: 66g	Calories: 730 Fat: 33% Sodium: 888mg Carb: 91g	Calories: 559 Fat: 26% Sodium: 883mg Carb: 86g	Calories: 757 Fat: 44% Sodium: 1066mg Carb: 80g
23 Catch of the Day (40) Lemon Dill Sauce (111) Mashed Potatoes (62) Zucchini and Peppers (3) Multigrain Bread (190) Chocolate Chip Cookie (171) MOD: Graham Wafer (85)	24 Chicken Picatta (424) Florentine Rice (112) Italian Vegetables (26) Scali Bread (190) Applesauce (20)	25 COLD PLATE Seafood Salad (507*) Italian Pasta Salad (1) Cold Beet Salad (173) Bulkie Roll (160) Mixed Fruit (10)	26 Roast Pork (71) Pork Gravy (121) Garlic Mashed Potatoes (62) Winter Squash (13) Oatmeal Bread (121) Birthday Cake (209) MOD: LS Cake (209)	27 Meatball Sub on Sub Roll (407) Potato Wedges (27) Tuscan Vegetables (56) Gelatin (115) MOD: Diet Gelatin (115)
Calories: 916 Fat: 34% Sodium: 749mg Carb: 110g	Calories: 562 Fat: 26% Sodium: 944mg Carb: 67g	Calories: 669 Fat: 36% Sodium: 1023mg Carb: 87g	Calories: 887 Fat: 29% Sodium: 768mg Carb: 120g	Calories: 599 Fat: 36% Sodium: 777mg Carb: 64g
30 Turkey Pot Pie and Vegetables (221) Mashed Potatoes (62) Biscuit (340) Raisins (4)	31 Petrified Penne (1) Bolognese Sauce (163) Creepy Cauliflower and Broccoli (15)  Howl Wheat Bread (160) Quirky Cookie (181) MOD: Graham Wafer (85)	 D = Dairy	Milk: 100 Calories 125mg Sodium, 12gm Carb Margarine: 36 Calories 47mg Sodium, 0gm Carb Daily totals include entrée, bread, dessert, milk, margarine and soup. Menu subject to change without notice.	* Indicates item has >500mg Sodium. The sodium (mg) content of each item is in parentheses next to the item. The daily totals are listed below each day. Milk and margarine are included in the daily totals but are not listed daily. High sodium days (>1200mg) are bold.
Calories: 766 Fat: 26% Sodium: 799mg Carb: 103g	Calories: 860 Fat: 32% Sodium: 692mg Carb: 105g			
Without your suggested voluntary donation of \$2.00 per meal many people would go hungry. Please give. Checks are preferred. For cancellations of home delivered meals, call the Nutrition Office at 1-508-324-4619 no later than 10:30 a.m. on the day before delivery.				

* Menu items may be obtained from different sources month to month, affecting their sodium content.