

January 2018 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 No Meals Served</p> 	<p>2 Buttermilk Chicken (459) Parsley Mashed Potatoes (63) Green Beans (3) Oatmeal Bread (121) Pears (4)</p>	<p>3 Stuffed Shells (390) Tomato Sauce (55) Broccoli (12) Dinner Roll (160) Peaches (5)</p>	<p>4 Cuban Picadillo (251) White/Brown Rice (36) Tuscan Vegetables (56) Whole Wheat Bread (160) Mixed Fruit (10)</p>	<p>5 Honey Mustard Chicken (481) Mashed Potatoes (62) Scandinavian Vegetables(42) Multigrain Bread (121) Chocolate Chip Cookie (171) MOD: Graham Wafer (85)</p>
Calories: 759 Fat: 38% Sodium: 1100mg Carb: 83g	Calories: 626 Fat: 23% Sodium: 822mg Carb: 82g	Calories: 563 Fat: 22% Sodium: 794mg Carb: 83g	Calories: 551 Fat: 31% Sodium: 685mg Carb: 69g	Calories: 902 Fat: 29% Sodium: 1117mg Carb: 114g
<p>8 LS Hot Dog (550*) Mustard (55) Baked Beans (36) Tarragon Carrots (77) Hot Dog Roll (210) Fresh Orange (0)</p>	<p>9 Baked Meatloaf (172) Onion Gravy (110) Mashed Potatoes (62) Country Vegetables (32) Oatmeal Bread (121) Cinnamon Apples (4)</p>	<p>10 Macaroni and Cheese (403) Florentine Tomatoes (121) Fruit Loaf (160) Pineapple (1)</p>	<p>11 Soup of the Day (330) Chicken Parmesan (679*) Penne Pasta (1) Tomato Sauce (55) Whole Wheat Bread (160) Banana (1)</p>	<p>12 Potato Pollock Filet (337) Tartar Sauce (261) Potato Wedges (27) Green Beans (3) Honey Wheat Bread (135) Mandarin Oranges (6)</p>
Calories: 759 Fat: 38% Sodium: 1100mg Carb: 83g	Calories: 752 Fat: 32% Sodium: 673mg Carb: 95g	Calories: 835 Fat: 36% Sodium: 857mg Carb: 105g	Calories: 824 Fat: 20% Sodium: 1398mg Carb: 119g	Calories: 861 Fat: 41% Sodium: 941mg Carb: 92g
<p>15 No Meals Served</p> 	<p>16 Chicken Chow Mein (253) Asian Rice (92) Oriental Vegetables (26) Dinner Roll (160) Applesauce (20)</p>	<p>17 Cheeseburger (387) Ketchup (82) Roasted Potatoes (33) Cabbage and Carrots (47) Hamburger Roll (230) Pears (4)</p>	<p>18 Roast Pork (71) Apple Gravy (111) Mashed Potatoes (62) Winter Squash (13) Whole Wheat Bread (160) Hermit (108) MOD: Graham Wafer (85)</p>	<p>19 Greek Meatballs (308) Rice Pilaf (134) Peas and Carrots (80) Multigrain Bread (190) Mixed Fruit (10)</p>
Calories: 578 Fat: 22% Sodium: 843mg Carb: 78g	Calories: 575 Fat: 25% Sodium: 723mg Carb: 69g	Calories: 762 Fat: 38% Sodium: 955mg Carb: 77g	Calories: 808 Fat: 30% Sodium: 697mg Carb: 103g	Calories: 682 Fat: 32% Sodium: 894mg Carb: 83g
<p>22 Turkey Tetrazzini (517*) Egg Noodles (1) Roman Vegetables (26) Oatmeal Bread (121) Peaches (5)</p>	<p>23 American Chop Suey (211) Tuscan Vegetables (56) Dinner Roll (160) Mandarin Oranges (6)</p>	<p>24 Italian Braised Beef (78) Garlic Mashed Potatoes (62) Peas and Carrots (62) Whole Wheat Roll(160) Applesauce (20)</p>	<p>25 Grilled Chicken (320) Peach Salsa (40) Spanish Rice (22) Jardiniere Vegetables (39) Oatmeal Bread (121) Banana (1)</p>	<p>26 Shepherd's Pie (283) Carrot Coins (77) Multigrain Roll (190) Pistachio Cookie (170) MOD: Graham Wafer (85)</p>
Calories: 578 Fat: 22% Sodium: 843mg Carb: 78g	Calories: 566 Fat: 26% Sodium: 605mg Carb: 69g	Calories: 699 Fat: 28% Sodium: 572mg Carb: 89g	Calories: 657 Fat: 29% Sodium: 715mg Carb: 81g	Calories: 926 Fat: 34% Sodium: 892mg Carb: 117g
<p>29 Catch of the Day (40) Newburg Sauce (68) Red Bliss Potatoes (4) Tahitian Vegetables (38) Honey Wheat Bread (135) Fresh Apple (2)</p>	<p>30 Sausage (517*) Peppers and Onions (3) Pasta Alfredo (116) Sub Roll (162) Peaches (5)</p>	<p>31 Portuguese Chicken (420) Parsley Mashed Potatoes (63) Brussels Sprouts (12) Multigrain Bread (190) Birthday Cake (209) MOD: LS Cake (209)</p>	<p>* Indicates item has >500mg Sodium. The sodium (mg) content of each item is in parenthesis 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. Menu is subject to change without notice.</p>	<p>Milk: 110 Calories 125mg Sodium, 12gm Carb Margarine: 36 Calories 47mg Sodium, 0gm Carb Daily totals include entrée, bread, dessert, milk, margarine, and soup. "Catch of the Day" will vary based on availability. Menu items may be obtained from different sources month to month, affecting their sodium content.</p>
Calories: 638 Fat: 38% Sodium: 459mg Carb: 81g	Calories: 642 Fat: 28% Sodium: 975mg Carb: 82g	Calories: 683 Fat: 25% Sodium: 874mg Carb: 89g		
<p>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.</p>				