

Monday	Tuesday	Wednesday	Thursday	Friday
22 Holiday Pot Roast 442 Calories Sodium 782mg Carbs 45g	23 Pork w/ Cranberry Gravy 328 Calories Sodium 532mg Carbs 53g	24 Lasagna w/ Veggie Marinara 334 Calories Sodium 343mg Carbs 44g	Closed	26 Waffles Calories 369, Sodium 514mg, Carbs 44g Breaded Haddock Calories 451, Sodium 376mg, Carbs 67g
29 Whole Grain Ravioli w/ Meat Sauce 452 Calories Sodium 421mg Carbs 56g	30 Vegetable Alfredo 365 Calories, Sodium 325mg, Carbs 58g Rosemary Dijon Pork 332 Calories, Sodium 503mg, Carbs 37g	31 Mild Chicken Jambalaya 376 Calories, Sodium 495mg, Carbs 51g Chicken Pot Pie 394 Calories, Sodium 459mg, Carbs 38g	Closed	2 Cinnamon French Toast 405 Calories, Sodium 622mg, Carbs 53g Haddock & Lemon Dill Sauce 304 Calories, Sodium 472mg, Carbs 44g
5 Beef & Bean Chili 469 Calories Sodium 404mg Carbs 60g	6 Apricot Chicken 323 Calories, Sodium 306mg,Carbs 51g Roasted Pork w/ Apple Gravy 316 Calories, Sodium 420mg, Carbs 42g	7 Autumn Chicken Stew 261 Calories, Sodium 430mg, Carbs 34g Shells & Cheese 398 Calories, Sodium 559mg, Carbs 65g	8	9 Pancakes & Eggs 357 Calories, Sodium 569mg, Carbs 46g Breaded Haddock 328 Calories, Sodium 289mg, Carbs 52g
12 Hunter Style Chicken 348 Calories Sodium 564mg Carbs 39g	13 BBQ Pork Rib Patty 397 Calories, Sodium 562mg, Carbs 43g Chicken Tenders 397 Calories, Sodium 627mg, Carbs 44g	14 Mild Southwest Beef 420 Calories, Sodium 535mg, Carbs 53g Mozzarella Filled Manicotti 357 Calories, Sodium 440mg, Carbs 39g	15	16 Scrambled Eggs 356 Calories, Sodium 381mg, Carbs 42g Haddock Chowder 335 Calories, Sodium 501mg, Carbs 49g
19 Ricotta Stuffed Eggplant Rollatini 377 Calories Sodium 453mg Carbs 62g	20 Pork w/ Cranberry Gravy 328 Calories, Sodium 532mg, Carbs 53g Beef & Tomato Mac 564 Calories, Sodium 393mg, Carbs 65g	21 Chicken, Mushroom, & Spinach Risotto 392 Calories, Sodium 604mg, Carbs 54g Sweet & Sour Chicken 353 Calories, Sodium 290mg, Carbs 44g	22	23 Waffles 369 Calories, Sodium 514mg, Carbs 44g Breaded Haddock 451 Calories, Sodium 376mg, Carbs 67g

Monday		Tuesday		Wednesday		Thursday		Friday	
22	Beef Pot Roast w/ Mushroom Gravy 359 Calories Sodium 428mg Carbs 50g	23	Pork w/ Cranberry Gravy 328 Calories Sodium 532mg Carbs 53g	24	Chicken Breast w/ Herb Gravy 329 Calories Sodium 277mg Carbs 26g	Closed		26	Chicken Breast w/ Broccoli Cheese Sauce 310 Calories Sodium 615mg Carbs 35g
29	BBQ Pulled Pork 369 Calories Sodium 513mg Carbs 56g	30	Rosemary Dijon Pork 332 Calories Sodium 503mg Carbs 37g	31	Mild Chicken Jambalaya 376 Calories Sodium 495mg Carbs 51g	Closed		2	Haddock & Lemon Dill Sauce 304 Calories Sodium 472mg Carbs 44g
5	Beef & Bean Chili 469 Calories Sodium 404mg Carbs 60g	6	Apricot Chicken 323 Calories Sodium 306mg Carbs 51g	7	Autumn Chicken Stew 261 Calories Sodium 430mg Carbs 34g	8	Roasted Pork w/ Apple Gravy 316 Calories Sodium 420mg Carbs 42g	9	Breaded Haddock 328 Calories Sodium 289mg Carbs 52g
12	Hunter Style Chicken 348 Calories Sodium 564mg Carbs 39g	13	BBQ Pork Rib Patty 397 Calories Sodium 562mg Carbs 43g	14	Mild Southwest Beef 420 Calories Sodium 535mg Carbs 53g	15	Haddock Chowder 335 Calories Sodium 501mg Carbs 49g	16	Scrambled Eggs 356 Calories Sodium 381mg Carbs 42g
Closed		20	Pork w/ Cranberry Gravy 328 Calories Sodium 532mg Carbs 53g	21	Sweet & Sour Chicken 353 Calories Sodium 290mg Carbs 44g	22	Chicken, Mushroom, & Spinach Risotto 392 Calories Sodium 604mg Carbs 54g	23	Beef Pot Roast w/ Tomato & Herb Sauce 320 Calories Sodium 488mg Carbs 32g

Monday		Tuesday		Wednesday		Thursday		Friday	
22	Beef Pot Roast w/ Mushroom Gravy 359 Calories Sodium 428mg Carbs 50g	23	Pork w/ Cranberry Gravy 328 Calories Sodium 532mg Carbs 53g	24	Chicken Lo Mein 367 Calories Sodium 460mg Carbs 58g	Closed		2	Breaded Haddock w/ Parsley Rice 451 Calories Sodium 376mg Carbs 67g
29	BBQ Pulled Pork 369 Calories Sodium 513mg Carbs 56g	30	Rosemary Dijon Pork 332 Calories Sodium 503mg Carbs 37g	31	Mild Chicken Jambalaya 376 Calories Sodium 495mg Carbs 51g	Closed		2	Breaded Haddock w/ Potatoes 328 Calories Sodium 289mg Carbs 52g
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Closed		20	Pork w/ Cranberry Gravy 328 Calories Sodium 532mg Carbs 53g	21	Sweet & Sour Chicken 353 Calories Sodium 290mg Carbs 44g	22	Beef Pot Roast w/ Tomato & Herb Sauce 320 Calories Sodium 488mg Carbs 32g	23	Breaded Haddock w/ Parsley Rice 451 Calories Sodium 376mg Carbs 67g