



March 2026



Monday	Tuesday	Wednesday	Thursday	Friday
2	3	4	5	6 Sodium (mg): Na ⁺
Meatloaf w/ 131 Brown Gravy 105 Cheesy Mash Potato 77 Mixed Veg 41 Wheat Roll 115 Pineapples 1	Sausage, Pepper 520 & Onion Sub* Alfredo Pasta 187 Sub Roll 162 Peaches 5	Pasta Primavera 340 Peas & Mushrooms 133 Oatmeal Roll 121 Pineapple 1	Crustless Chicken 307 Pot Pie Mashed Potato 49 Biscuit 310 Choc Chip Cookie 155 MOD: SF Cookie 55	Glazed Salmon 142 Orzo 36 Jardinière Blend Veg 39 Multigrain Bread 190 Mixed Fruit 10
Total Sodium: 594 Calories: 704 Carbs: 97	Total Sodium: 1000 Calories: 683 Carbs: 86	Total Sodium: 720 Calories: 519 Carbs: 79	Total Sodium: 846 Calories: 680 Carbs: 87	Total Sodium: 542 Calories: 643 Carbs: 85
9	10	11	12	13
Roast Chicken w/ 320 Gravy 105 Roasted Potato 28 Green Beans 3 Wheat Roll 160 Pears 4	Lasagna Roll-Ups 414 Italian Blend Veg 26 Scali Bread 310 Banana 1	Turkey Divan 375 White Rice 31 WW Roll 160 Fresh Orange 0	Ziti with Bolognese 214 Italian Cut Green Beans 3 Multigrain Bread 190 Red Velvet Cupcake 280 MOD: Graham Crack 85	Catch of the Day 150 Newburg Sauce 62 Red Bliss Potato 15 Mixed Veg 41 Oatmeal Roll 121 Peaches 5
Total Sodium: 746 Calories: 555 Carbs: 72	Total Sodium: 876 Calories: 630 Carbs: 98	Total Sodium: 692 Calories: 626 Carbs: 73	Total Sodium: 616 Calories: 699 Carbs: 90	Total Sodium: 519 Calories: 626 Carbs: 88
16	17 High Sodium Day	18	19	20 High Sodium Day
Sweet-Sour Chicken 325 Fried Rice 130 Japanese Blend Veg 26 WW Roll 160 Mandarin Oranges 6	Corned Beef* 560 Boiled Potatoes 59 Cabbage & Carrots 47 Irish Raisin Bread 330 Pistachio Pudding 101	Vegetable Lo Mein 29 Peas & Mushrooms 133 Multigrain Roll 190 Pineapple 1	Beef Stroganoff 281 Egg Noodles 30 Green Beans 3 WW Roll 160 Pears 4	Egg Salad 373 Potato Salad 72 Broccoli Salad* 562 Sub Roll 162 Tropical Fruit 10
Total Sodium: 772 Calories: 530 Carbs: 69	Total Sodium: 1222 Calories: 601 Carbs: 71	Total Sodium: 478 Calories: 604 Carbs: 105	Total Sodium: 604 Calories: 782 Carbs: 78	Total Sodium: 1305 Calories: 700 Carbs: 92
23	24	25	26	27
Stuffed Chicken 410 Roasted Potatoes 28 Country Blend Veg 32 Rye Bread 330 Apple Slices 10	BBQ Pork Rib 403 Baked Beans 37 Chuckwagon Corn 2 Hamburger Bun 230 Mandarin Oranges 6	Bruschetta Chicken 366 Rice Pilaf 130 Scandinavian Blend 42 Multigrain Bread 190 Fresh Plum 0	Pot Roast w/ Gravy 265 Mashed Potato 49 Roasted Carrots 77 Dinner Roll 210 Birthday Cake 209	Lentil Bolognese 260 Ditalini Pasta 1 Broccoli 12 WW Roll 160 Mixed Fruit 10
Total Sodium: 935 Calories: 687 Carbs: 88	Total Sodium: 803 Calories: 681 Carbs: 94	Total Sodium: 852 Calories: 539 Carbs: 68	Total Sodium: 935 Calories: 872 Carbs: 119	Total Sodium: 568 Calories: 742 Carbs: 127
30	31	<p>For cancellations of home delivered meals, call the Nutrition Office at 1-508-324-4619. If you want to cancel a meal, call no later than 10:30 a.m. on the day before.</p>		<p>All Meals include:</p> <p><u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs</p> <p><u>Margarine:</u> 36 Calories</p> 
Mac and Cheese* 588 Escaloped Tomatoes 143 Fruit Loaf 160 Pineapples 1	Tuna Salad 408 Pasta Salad 56 Coleslaw 81 Hotdog Bun 210 Apple Sauce 20			
Total Sodium: 1017 Calories: 793 Carbs: 111	Total Sodium: 899 Calories: 608 Carbs: 75			

Meals are based on a No-Added Salt (3-4 gm/day) Diet for Healthy Older Adults : * Indicates a food with more than 500mg sodium