

January 2026

Monday	Tuesday	Wednesday	Thursday	Friday
	All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium	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.	1  NO MEALS SERVED	2 Sodium (mg): Na ⁺ Mac and Cheese* 588 Escalloped Tomatoes 143 Fruit Loaf 160 Mixed Fruit 10 Total Sodium: 1026 Calories: 779 Carbs: 106
5 Beef Stroganoff 281 Egg Noodles 30 Peas & Mushrooms 133 Dinner Roll 210 Apple Slices 125 Total Sodium: 789 Calories: 829 Carbs: 84	6 Vegetarian Chili 214 Ditalini Pasta 36 Corn Muffin 280 Mandarin Oranges 6 Total Sodium: 662 Calories: 689 Carbs: 112	7 Sweet n Sour Meatballs 249 Confetti Rice 38 Mixed Vegetables 41 WW Roll 160 Banana 1 Total Sodium: 613 Calories: 705 Carbs: 95	8 Chicken Marsala 449 Penne Pasta 1 Green Beans 3 Scali Bread 310 Chocolate Pudding 101 Total Sodium: 989 Calories: 665 Carbs: 86	9 Roast Turkey w/ 90 Rosemary Gravy 117 Mashed Potato 49 Winter Squash 11 Oatmeal Bread 121 Applesauce 20 Total Sodium: 532 Calories: 672 Carbs: 96
12 Filet O Fish Sandwhich 337 American Cheese 381 Potatoe Wedges 27 Hot German Slaw 81 WW Hamburger Bun 230 Pears 4 Total Sodium: 1184 Calories: 868 Carbs: 98	13 Grilled Chicken Parm 426 Spaghetti 1 Broccoli 12 Italian Bread 210 Peaches 5 Total Sodium: 426 Calories: 585 Carbs: 78	14 Hot Dog 540 Mustard 55 Baked Beans 37 Carrots 77 Hot Dog Bun 210 Fresh Apple 2 Total Sodium: 1046 Calories: 775 Carbs: 93	15 Chicken Stir Fry 246 Jasmine Rice 31 Oriental Blend Veg 26 Multigrain Bread 190 Brownie 132 Mod: Lorna Doones 100 Total Sodium: 662 Calories: 651 Carbs: 85	16 Meatloaf w/ 131 Brown Gravy 105 Cheesy Mash Potato 77 Peas 82 WW Roll 160 Pineapple 1 Total Sodium: 681 Calories: 751 Carbs: 103
 NO MEALS SERVED	20 Broccoli & Cheese 395 Omelet Stewed Tomatoes 143 Hash Browns 132 Fruit Loaf 160 Orange Juice 0 Total Sodium: 955 Calories: 727 Carbs: 90	21 Cheese Lasagna 414 Marinara Sauce 55 Italian Blend Veg 26 WW Roll 160 Mixed Fruit Salad 10 Total Sodium: 790 Calories: 535 Carbs: 78	22 Crustless Chicken 307 Pot Pie Parsley Mash Potato 50 Biscuit 310 Oatmeal Cookie 124 MOD: Graham Wafer 85 Total Sodium: 1001 Calories: 837 Carbs: 112	23 Roast Pork w/ 71 Gravy 113 Au Gratin Potatoes 172 Winter Blend Veg 15 Snowflake Roll 260 Apple Slices 10 Total Sodium: 766 Calories: 717 Carbs: 79
26 Glazed Salmon 67 Rice Pilaf 130 Scand Blend 42 Honey Wheat Bread 135 Tropical Fruit 10 Total Sodium: 508 Calories: 563 Carbs: 71	27 Pasta Primavera 340 Peas & Mushrooms 133 Oatmeal Roll 121 Pears 4 Total Sodium: 722 Calories: 493 Carbs: 73	28 Chicken & Rice Paella 326 Tuscan Blend Veg 56 Multigrain Bread 190 Peaches 5 Total Sodium: 701 Calories: 842 Carbs: 138	29 Ziti with Meatsauce 214 Capri Blend Veg 52 White Bread 120 Birthday Cake 209 Total Sodium: 719 Calories: 716 Carbs: 99	30 Chicken Teriyaki 479 Asian Rice 73 Broccoli 12 WW Roll 160 Mandarin Oranges 6 Total Sodium: 855 Calories: 517 Carbs: 65

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