



July 2025



Monday	Tuesday	Wednesday	Thursday	Friday
All Meals include: <u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs <u>Margarine:</u> 36 Calories 47mg Sodium	1 Swedish Meatballs 368 Egg Noodles 30 Brussels Sprouts 12 Oatmeal Bread 121 Diced Peaches 5 Total Sodium: 661 Calories: 685 Carbs: 78	2 Cheese Omelet 312 Hash Browns 132 Broccoli w/ Cheese 12 Fruit Loaf 160 Orange Juice 0 Total Sodium: 741 Calories: 708 Carbs: 83	3 Chicken with 320 Bruschetta Sauce 46 Yams 33 Tahitian Blend Veg. 38 Wheat Roll 115 Brownie 160 Mod: Graham Wafer 85 Total Sodium: 762 Calories: 578 Carbs: 77	4  NO MEALS SERVED
7 Meatloaf 131 with Onion Gravy 105 Whipped Potatoes 49 Green Beans 3 Oatmeal Bread 121 Mixed Fruit 10 Total Sodium: 544 Calories: 684 Carbs: 90	8 Sausage with* 520 Peppers & Onions Alfredo Pasta 30 Sub Roll 162 Diced Peaches 5 Total Sodium: 843 Calories: 588 Carbs: 76	9 Beef Lo Mein 254 Asian Blend Veg. 26 Snowflake Roll 260 Pineapple 1 Total Sodium: 666 Calories: 766 Carbs: 107	10 Mac & Cheese* 588 Florentine Tomatoes 121 WW Roll 160 Chocolate Chip Cookie 155 Mod: Lorna Doones 100 Total Sodium: 1094 Calories: 755 Carbs: 95	11 Chicken with 320 Lemon Sauce 106 Herbed Orzo 36 Sliced Carrots 77 Multigrain Bread 190 Banana 1 Total Sodium: Calories: Carbs:
14 Seafood Newburg* 564 Noodles 30 Green Beans 3 Oatmeal Roll 121 Fresh Orange 0 Total Sodium: 843 Calories: 608 Carbs: 77	15 American Chop Suey 211 Broccoli & Carrots 12 Wheat Roll 115 Applesauce 20  Total Sodium: 484 Calories: 537 Carbs: 68	16 Vegetarian Chili 214 White Rice 31 Cornbread 280 Mandarin Oranges 6 Total Sodium: 657 Calories: 661 Carbs: 106	17 <i>*High Sodium Day</i> Cheeseburger* 581 Potato Wedges 27 Hot Gernan Slaw 81 Hamburger Bun 230 Pineapple 1 Ketchup 82 Key Lime Pie 90 MOD: Oreos 85 Total Sodium: 1212 Calories: 890 Carbs: 103	18 Chicken with 320 Apricot Sauce 34 Coucous 36 Green Peas 82 Multigrain Bread 190 Pears 4 Total Sodium: 792 Calories: 644 Carbs: 86
21 Turkey with 90 Rosemary Gravy 117 Red Bliss Potatoes 15 Butternut Squash 11 WW Roll 160 Peaches 5 Total Sodium: 523 Calories: 571 Carbs: 84	22 Salisbury Steak 381 White Beans 39 Collard Greens 33 WW Bread 160 Apple Slices 10 Total Sodium: 748 Calories: 615 Carbs: 54	23 Mexicali Chicken 162 Rice and Beans 31 Brussel Sprouts 12 Snowflake Roll 260 Mixed Fruit 10 Total Sodium: 599 Calories: 637 Carbs: 89	24 <i>Na</i> Roast Pork 71 Roasted Potatoes 28 Mixed Veg 41 Wheat Roll 115 Fresh Pear 0 Total Sodium: 379 Calories: 586 Carbs: 64	25 Lentil Bolognese 260 Cavatappi Pasta 1 Green Peas and 133 Mushrooms 120 White Bread 2 Apple 125 Total Sodium: 640 Calories: 797 Carbs: 139
28 Cod 220 Confetti Rice 38 Green Beans 3 Wheat Roll 160 Mandarin Oranges 6 Total Sodium: 552 Calories: 429 Carbs: 64	29 Hot Dog 540 Baked Beans 37 Cabbage & Carrots 47 Hot Dog Bun 210 SF Pudding 101 Total Sodium: 1060 Calories: 743 Carbs: 78	30 Beef and Broccoli 109 Asian Rice 73 Wheat Bread 115 Pineapple 1  Total Sodium: 423 Calories: 665 Carbs: 70	31 Lasanga Roll Ups 414 Marinara Sauce 55 Italian Blend Veg. 26 Dinner Roll 210 Birthday Cake 209 Total Sodium: 1039 Calories: 658 Carbs: 100	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.

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