

For cancellations, please call:

(978) 345-8501 EXT 1**MARCH 2016**

Menu is subject to change

** Indicates higher sodium item (>500mg)

Suggested voluntary donation: \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29	1 Ckn White Bean Chili (314) Brown Rice (5) Tossed Salad (9) Multigrain Bread (110) Fresh Orange (0)	2 ** Hot Dog (550) Hot Dog Bun (270) Tater Tots (29) Cole Slaw (101) Pineapple (1)	3 Veggie Gumbo Soup (50) Roast Pork (66) Apricot Glaze (22) Mashed Potatoes (94) 7 Grain Bread (200) Escalloped Apple (22) Diet: Apple Slices (4)	4 Lasagna Rolls (290) Tomato Basil Sauce (31) Wheat Bread (121) California Veggies (27) Blueberry Yogurt (75)
Total Calories: Total Sodium: (mg)	Total Calories: 567 Total Sodium: (562 mg)	Total Calories: 809 Total Sodium: (1076 mg)	Total Calories: 778 Total Sodium: (595 mg)	Total Calories: 518 Total Sodium: (669 mg)
7 Diced Chicken (65) Teriyaki Sauce (63) Crunchy Chinese Noodles (58) Brown Rice (5) Oriental Veggies (21) Rye Bread (150) Mandarin Oranges (7)	8 **High Sodium** Lentil & Kale Soup (352) Turkey Breast (496) Turkey Gravy (119) Bread Stuffing (224) Multigrain Bread (110) Strawberry Jello (8) Diet :Pineapple (1)	9 Chicken Breast (320) Cacciatore Sauce (106) Bowtie Pasta (1) Tossed Salad (9) Italian Bread (230) Fresh Orange (0)	10 Three C Soup (299) Meatloaf (214) Gravy (128) Sweet Potato (35) Multigrain Bread (110) Pineapple Cake (368) Diet: Grahams	11 Breaded Pollock (273) Butternut Squash (0) Spinach (109) Honey Wheat Bread (140) Diced Peaches (5)
Total Calories: 530 Total Sodium: (790 mg)	Total Calories: 560 Total Sodium: (1434 mg)	Total Calories: 530 Total Sodium: (790 mg)	Total Calories: 901 Total Sodium: (1185 mg)	Total Calories: 564 Total Sodium: (652 mg)
14 Cream of Cauliflower Soup (185) Chicken Breast (320) Florentine Sauce (18) Mashed Potatoes (94) Whole Wheat Roll (105) Fresh Orange (0)	15 Sliced Pork (73) Hamburger Roll (230) BBQ Sauce (82) Brown Rice (5) Tossed Salad (9) Pineapple (1)	16 Minestrone Soup (330) Chicken & Rice Bake (327) Whole Wheat Bread (121) Oatmeal Cookie (124) Diet: Mixed Fruit (10)	17 Special: St. Patrick's **High Sodium** ** Corned Beef Hash (874) Braised Cabbage (25) Carrots (43) Rye Bread (127) Lime Jello (41) Diet: SF Line Jello	18 Broccoli Bake (482) Home Fries (5) Stewed Tomatoes (150) 5-Grain Bread (240) Tropical Fruit (10)
Total Calories: 621 Total Sodium: (847 mg)	Total Calories: 611 Total Sodium: (525 mg)	Total Calories: 695 Total Sodium: (1027 mg)	Total Calories: 588 Total Sodium: (1235 mg)	Total Calories: 746 Total Sodium: (1011mg)
21 Cream of Broc Soup (275) Beef Patty (200) Mushroom Sauce (83) Whole Wheat Breat (121) Mashed Potatoes (94) Peaches (5)	22 Ckn Meatballs (190) Marinara Sauce (94) Penne (1) Tossed Salad (9) Italian Bread (230) Applesauce (15)	23 Beef Stew (194) Broccoli (9) Rye Bread (150) Strawberry Yogurt (75)	24 Ckn Breast (320) Supreme Sauce (56) Winter Squash (8) California Veg (27) Dinner Roll (132) Sugar Cookie (181) Diet: Strawberry Grahams	25 Rainbow Trout (40) Lemon Vinaigrette (29) Rice Pilaf (356) Spinach (109) 7 Grain Bread (200) Fresh Orange (0)
Total Calories: 771 Total Sodium: (903 mg)	Total Calories: 558 Total Sodium: (601 mg)	Total Calories: 674 Total Sodium: (530 mg)	Total Calories: 681 Total Sodium: (848 mg)	Total Calories: 979 Total Sodium: (860 mg)
28 ** Ckn a la King (535) Bowtie Pasta (1) Mixed Veggies (28) Biscuit (340) Mandarin Oranges (7)	29 Garden Veg. Soup (115) Salisbury Steak (193) Gravy (140) Sour Cr/Chive Mashed Potatoes (94) Wheat Bread (121) Vanilla Yogurt (50)	30 Roasted Turkey (496) Cran/Orange Sauce (106) Sweet Potato (26) Tossed Salad (9) Multigrain Bread (110) Blueberry Buckle (360) Diet: Applesauce	31 Black Bean Soup (296) Grilled Ckn (320) Red Pepper Pesto (22) Brown Rice (5) Wheat Bread (121) Pineapple (1)	1% MILK: 110 calories 125mg sodium (included in totals)
Total Calories: 629 Total Sodium: (1036 mg)	Total Calories: 750 Total Sodium: (839 mg)	Total Calories: 779 Total Sodium: (1156 mg)	Total Calories: 613 Total Sodium: (891 mg)	

New Menu Specifications

Sodium totals are now listed next to each item individually in () as well as totaled below each day.
 Meals on Wheels has implemented this change in an effort to better serve
 our clients that must comply with a sodium-restricted diet.