

April 2021 Monday	Tuesday	Wednesday	Thursday	Friday
<p>Total Calories, Na and Carb include: Entrée, sides, dessert, fruit, bread, milk & margarine.</p> <p>Sodium (Na): Milligrams noted in parentheses</p> <p>Milk: 100 calories, 12 carbs & 110 mg sodium</p> <p>Margarine: 30 cal, 0 carbs & 30 mg Na</p> <p>*High sodium item (>500mg),</p>			<p>1) Hot Dog w/ baked beans, carrots, mandarin oranges & bun Cal:660; Carb:95 Sod:1090</p>	<p>2) Fish Sticks w/ sweet potato, green beans, peach crisp & whole wheat bread Cal:790; Carb:110; Sod: 730</p>
<p>5) Turkey Tetrazzini w/ pasta, spinach, mandarin oranges & multigrain bread Cal:523; Carb:70 Sod:974</p>	<p>6) BBQ Pulled Pork w/corn, cabbage, pudding & roll Cal:960; Carb:95 Sod:910</p>	<p>7) Stuffed Chicken w/sauce, brussel sprouts, sweet potato, mixed fruit & whole wheat roll Cal:725; Carb:90; Sod:1005</p>	<p>8) Special: Ham quiche, lemon potatoes, green beans, honey cake & roll Cal:1150; Carb:130; Sod:1470</p>	<p>9) Ravioli w/ marinara, cauliflower, peaches & oat bread Cal:470;Carb:80; Sod:850</p>
<p>12) Apple Glazed Pork w/zucchini, potatoes, applesauce & corn bread Cal:620; Carb:75; Sod:600</p>	<p>13) Chicken Pot Pie w/red potatoes, pineapple & whole wheat bread Cal:670;Carb:90; Sod:860</p>	<p>14) No Meals Served Staff Training</p>	<p>15) Turkey w/ gravy, green beans, sweet potato, peaches & oat bread Cal:700;Carb:100 Sod:800</p>	<p>16) Shepard's Pie w/butternut, yogurt, juice & roll Cal:935;Carb:150 Sod:680</p>
<p>19) Patriot's Day Office Closed</p>	<p>20) Pot Roast w/gravy, potatoes, veggie blend, pears & roll Cal:660; Carb:90 Sod:720</p>	<p>21) Meatballs w/ marinara, sweet potato, broccoli, fresh fruit & whole wheat roll Cal:870; Carb:110 Sod:1220</p>	<p>22) Chicken w/ veggies, rice, yogurt, juice & fruit loaf Cal:800; Carb:110; Sod:800</p>	<p>23) Meatloaf w/ gravy, carrots & turnip, peas & onions, cookie & marble rye Cal:930;Carb:90; Sod:875</p>
<p>26) Honey Garlic Pork w/sweet potato, brussel sprouts, applesauce & multigrain bread Cal:640; Carb:80; Sod:560</p>	<p>27) Chicken Diane w/ potatoes, broccoli, pudding & oat bread Cal:695; Carb:90; Sod:950</p>	<p>28) Steak & Cheese w/ peppers, potatoes, green beans, mixed fruit & sub roll Cal:790;Carb:100; Sod:860</p>	<p>29) Birthday Beef stuffed pepper w/ potatoes, cake & whole wheat roll Cal:975; Carb:110; Sod:1180</p>	<p>30) Tzatziki Salmon w/orzo pilaf, tomatoes, fresh pear & fruit loaf Cal:790; Carb:105; Sod:590</p>

A \$2.00 confidential donation is suggested per meal—Donation letters are mailed monthly.

For cancellations, please call: **978-624-2263** at least 24 hrs in advance.