

MAY 2021

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.

| Monday | Tuesday | Wednesday | Thursday | Friday |
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| 3) Chicken Piccata w/pasta, spinach, applesauce & whole wheat dinner roll Cal: 620 Carb: 80 Sod: 930 | 4) Salisbury Steak w/BBQ sauce, sweet potato wedges, cauliflower, mixed fruit & whole grain roll Cal: 660 Carb: 90 Sod: 920 | 5) Beef Fajita w/ Spanish rice, corn & beans, Flan, tortilla & sour cream Cal: 735 Carb: 85 Sod: 1030 | 6) Special: Parmesan Chicken w/ potato, carrots, shortcake, & multigrain bread Cal: 790 Carb: 115 Sod: 1125 | 7) Cheese Omelet w/tomato, potatoes, baked apples, oranges, fruit loaf Cal: 705 Carb: 100 Sod: 770 |
| 10) Eggplant Parmigiana w/ penne cauliflower, pears & Vienna bread Cal: 745 Carb: 105 Sod: 1180 | 11) Sweet & Sour Meatballs w/fried rice, Asian veggie, pineapple & oatmeal bread Cal: 685 Carb: 100 Sod: 840 | 12) Pot Roast w/gravy, potatoes, veggie blend, banana & roll Cal: 645 Carb: 85 Sod: 715 | 13) Chicken Marsala w/rice, broccoli, yogurt, juice & whole wheat roll Cal: 645 Carb: 100 Sod: 700 | 14) Breaded Fish , sweet potato, coleslaw, peach crisp & whole wheat bread Cal: 780 Carb: 95 Sod: 1095 |
| 17) Turkey Tetrazzini w/ pasta, spinach, oranges & multigrain bread Cal: 525 Carb: 70 Sod: 965 | 18) Meatloaf w/ gravy, mashed potatoes, veggie blend, chocolate cake & Scali bread Cal: 845 Carb: 100 Sod: 730 | 19) Salmon Pie , mixed veggies, Jell-O & whole wheat bread Cal: 775 Carb: 85 Sod: 930 | 20) Chicken Cordon Blu w/ brussel sprouts, sweet potato, cantaloupe & whole wheat roll Cal: 725 Carb: 85 Sod: 1035 | 21) Ravioli w/ marinara sauce, cauliflower, peaches & Vienna bread Cal: 520 Carb: 80 Sod: 835 |
| 24) Apple Glaze Pork w/potato, zucchini, applesauce & corn bread Cal: 620 Carb: 75 Sod: 600 | 25) Chicken Pot Pie w/potato, pineapple & whole wheat bread Cal: 670 Carb: 90 Sod: 860 | 26) American Chop Suey w/ spinach, honeydew & whole wheat bread Cal: 715 Carb: 90 Sod: 845 | 27) Birthday: Turkey w/gravy, green beans, mashed potato, coconut cake & oat bread Cal: 770 Carb: 110 Sod: 1140 | 28) Philly Cheesesteak , potatoes, broccoli, pudding & sub roll Cal: 840 Carb: 115 Sod: 1200 |
| 31) Memorial Day Office Closed | Total Calories, Na and Carb include: Entrée, sides, dessert, fruit, bread, milk & margarine. Sodium (Na): Milligrams noted in parentheses Milk: 100 calories, 12 carbs & 110 mg sodium - Margarine: 30 cal, 0 carbs & 30 mg Na *High sodium item (>500mg), Shading = High sodium meal (>1200) | | | |
| Menu Subject to Change Without Notice | | | | |