

July 2021 Monday	Tuesday	Wednesday	Thursday	Friday
<p align="center">Menu Subject to Change Without Notice</p> <p>Milk: 100 calories, 12 carbs & 110 mg sodium, Margarine: 30 cal, 0 carbs & 30 mg Na, *High sodium item (>500mg),</p> <p>Shading = High sodium meal (>1200), Total Calories, Sodium & Carb include: Entrée, sides, dessert, fruit, bread, milk & margarine.</p>			<p>1) Cold Special: Chicken salad, egg salad, potato salad, coleslaw & rolls Cal: 895; Carb: 120; Sod: 1210</p>	<p>2) Sweet & Sour Pork w/brown rice, asian veg, pineapple & whole wheat bread Cal: 695; Carb: 90; Sod: 645</p>
<p>5) July 4th Holiday No Meals Served</p>	<p>6) Mac & cheese w/ tomatoes & zucchini, mixed fruit & oat bread Cal: 550; Carb: 70; Sod: 640</p>	<p>7) Cold: Turkey salad*, beet salad, rice salad, honeydew & whole wheat pita Cal: 665; Carb: 65; Sod: 1365</p>	<p>8) Birthday: Honey chicken, rice, asian veg, cake & roll Cal: 785; Carb: 115 Sod: 830</p>	<p>9) Beef stuffed pepper w/potatoes, pudding & bread Cal: 870; Carb: 95; Sod: 985</p>
<p>12) Breaded fish, Spanish rice, beans & corn, mixed fruit & whole grain tortilla Cal: 810; Carb: 120; Sod: 1050</p>	<p>13) Chicken Pot Pie* w/ potatoes, yogurt, juice & multi grain bread Cal: 640; Carb: 85; Sod: 915</p>	<p>14) Hot Dog w/baked beans, coleslaw, peaches & bun Cal: 680; Carb: 90; Sod: 1190</p>	<p>15) Meals on Wheels menu: Eggplant Parm*, pasta & sauce, green beans, cantaloupe & bread. Cal: 695; Carb: 90 Sod: 950 Congregate Meal: Pizza Party \$1.00 per ticket see page 1 for details.</p>	<p>16) Cold: Chef salad, dressing, potato salad, cookie & whole grain pita Cal: 860; Carb: 90; Sod: 1115</p>
<p>19) BBQ turkey, sweet potato tots, collard, Jell-O, roll Cal: 770; Carb: 110 Sod: 1050</p>	<p>20) Chicken Teriyaki w/rice, veg blend, pineapple, fruit loaf Cal: 710; Carb: 110; Sod: 765</p>	<p>21) Ravioli w/vodka sauce*, green beans, fresh orange & Vienna bread Cal: 630; Carb: 100; Sod: 1185</p>	<p>22) Cold: Marinated steak salad, beans & corn, fruit & whole wheat bread Cal: 625; Carb: 65 Sod: 1010</p>	<p>23) Chicken piccata, pasta, salad, roll & berry crisp Cal: 770; Carb: 95; Sod: 1160</p>
<p>26) Greek chicken* w/ orzo, tomatoes, pears & whole grain pita Cal: 645; Carb: 80; Sod: 860</p>	<p>27) Turkey*, potatoes, peas & mushrooms, green beans, peaches & whole grain bread Cal: 595; Carb: 85; Sod: 1040</p>	<p>28) BBQ Pork Rib* w/ sweet potato tots, yogurt, juice & corn bread Cal: 645; Carb: 90; Sod: 1095</p>	<p>29 Cold: Caprese chicken, salad, pasta salad, cantaloupe & Scali bread Cal: 700; Carb: 80; Sod: 1060</p>	<p>30) Teriyaki Meatloaf w/lo mein, veg blend, cookie & roll Cal: 675; Carb: 90; Sod: 1150</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.