

March 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Reminder! ALL EVENTS MARKED WITH A * REQUIRE YOUR RSVP !! 293-7313	LINE DANCING TUESDAY: 3:00p WEDNESDAY: 6:30pm <i>@ All Season's Restaurant</i> <i>Note: Daylight Savings begins on 3/12</i>	1 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch* 1-3:30 Pain Mgt/ Town Hall 1:30 Earring	2 8:30 Wellness Check 9-11 Networking Group 9:00 Men's Coffee 10:00 Oil Painting 12:00 SPECIAL LUNCH* 12:30 Grocery Shopping 1-3 Adult Coloring	3 9:00 Errands / Wal-Mart 10:00 Exercise 12:00 Lunch* 1:00 Office closes
6 9:00 Church 10:00 Computer Class & Cards 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joy of Writing	7 9-11 Men's Coffee Time & SHINE* 10:00 TRIAD 12:00 Lunch* 12:30 Nails By Julie* 1:30-3:30 TAX HELP*	8 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga, Veteran's Chat 12:00 Lunch* 12:30 My Life, My Health 1-3:30 Pain Mgt/Town Hall	9 8:30 Wellness Check 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch* 12:30 Grocery Shopping 1-3 Adult Coloring	10 9:00 Errands / Wal-Mart 10:00 Exercise 12:00 Lunch* 1:00 Office closes 11—Saturday Generations Mtg. @ Town Hall
13 9:00 Church 10:00 Computer Class & Cards 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/ Knitting 2:00 Joy of Writing	14 9-10am BRUNCH 12:00 Lunch* 1:30-3:30 TAX HELP*	15 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 St. Patrick's Luncheon* 1-3:30 Pain Mgt/Town Hall	16 9-11 Networking Grp, Men's Coffee Time 8:30 Wellness Check 10:00 Oil Painting 12:00 Lunch* 12:30 Grocery Shopping 1-3 Adult coloring 1:30 Generation Connection	17 9:00 Errands / Wal-Mart 10:00 Exercise 12:00 Lunch* 1:00 Office closes ST. PATRICK'S DAY 
20 9:00 Church 10:00 Computer Class & Cards 11-12 Tai Chi/Town Hall 12:00 Spring in Italy Lunch* 1-3pm Crochet/Knitting 2:00 Joy of Writing FIRST DAY OF SPRING 	21 9-11 Men's Coffee Time & SHINE* 10:00 Board Mtg. 12:00 Lunch* 1:30-3:30 TAX HELP*	22 10am-noon Quilting 10a-1p Brown Bag 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch* 12:30 Ombudsman Presentation* 1-3:30 Pain Mgt/ own Hall	23 8:30 Wellness Check 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch* 12:30 Grocery Shopping 1-3 Adult Coloring	24 9:00 Errands / Wal-Mart 12:00 Lunch* 1:00 Office closes
27 9:00 Church 10:00 Computer Class & Cards 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/ Knitting 2:00 Joy of Writing	28 9-11am Men's Coffee Time & SHINE* 10:45 Trip to Hingham* 12:00 Pizza Lunch* 1:30-3:30 TAX HELP*	29 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch* 1-3:30 Pain Mgt/ Town Hall 2:30 Earring Creations*	30 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch* 12:30 Grocery Shopping 1-3 Adult Coloring	31 9:00 Errands / Wal-Mart 11:00 Attorney Rawlins* 12:00 Lunch* 1:00 Office closes

Please call the nutrition department for meal cancellations by
10 am two days before delivery-508-584-1561.

Community Dining Menu

Suggested Donation-\$2.50/meal

Menu subject to change without notice. SF=Sugar Free WG=Whole Grain

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nutrition Information is for the entire meal including bread, milk, & margarine. Each item is followed by the milligrams of sodium in parentheses. Nutrition information is approximate 1% Milk=107 mg sodium Margarine=47 mg sodium		1 Baked Salmon (67) w/Mango Salsa (26) Brown Rice w/ Tomatoes & Basil (5) Honey Glazed Carrots (79) Multigrain Bread (150) Brownie (100) MOD:SFChocChipCookie (55) Calories: 700 Sodium: 580mg Carb: 94.1g	2 Roast Turkey* (607) with Gravy (67) Whipped Sweet Potatoes (41) Stuffing Garnish (66) Green Beans (3) Cranberry Sauce (4) Garlic Roll (181) Fresh Orange (0) Calories: 839 Sodium: 1124mg Carb: 95.9g	3 Egg Salad (170) on Lettuce Bed Tri Color Pasta Salad (52) Riviera Salad (81) Mini Kaiser Roll (200) Banana (1)  Calories: 777 Sodium: 660mg Carb: 98.6g
6 Greek Chicken (489) Brown Wild Rice Blend (31) California Vegetable Blend (30) Rye Bread (150) DoubleChoc.ChpCk (164) MOD:SFOatmealCookie (65) Calories: 760 Sodium: 1019mg Carb: 89.1g	7 WG Fish Sticks (320) Sweet Potato Tater Tots (380) Zucchini (2) Oatmeal Bread (150) Tartar Sauce (130) Mandarin Oranges (7) Calories: 856 Sodium: 1144mg Carb: 119.5g	8 WG Ravioli w/Meat Sauce* (579) Parmesan Cheese (35) Italian Vegetable Blend (19) Multigrain Bread (150) Hot Cinnamon Apples (64) Calories: 683 Sodium: 1002mg Carb: 85.8g	9 Italian Pot Roast (191) Mashed Potatoes (135) Collard Greens w/Onions (50) WW Dinner Roll (180) Lemon Square (105) MOD:Vanilla Wafers (65) Calories: 707 Sodium: 816mg Carb: 85.1g	10 Macaroni&Cheese* (616) Roman Vegetable Blend (12) Wheat Bread (115) Hot Caramelized Peaches (75) Calories: 709 Sodium: 972mg Carb: 92.8g
13 Shepherd's Pie (175) Broccoli w/Red Peppers (12) Italian Bread (380) Hot Cinnamon Pears (64)  Calories: 769 Sodium: 786mg Carb: 85.4g	14 Chicken Cacciatore (343) Herbed Brown Rice (40) Jardiniere Vegetable Blend (32) Marble Rye Bread (280) Raspberry Cookie (195) MOD:Lorna Doones (100) Calories: 769 Sodium: 1044mg Carb: 107.7g	15 Corned Beef *❖ (972) Red Bliss Potatoes (8) Cabbage (20) Sliced Carrots (43) WW Dinner Roll (180) St.Patrick's Day Cupcake (200) MOD:Waffle Snaps (65) Calories: 742 Sodium: 1548mg Carb: 99.7g	16 Turkey Salad (490) Pasta Salad Vinaigrette (8) Tomato Cucumber Salad (3) Mini Kaiser Roll (200) Fresh Orange (0) Calories: 699 Sodium: 855mg Carb: 82.7g	17 Happy St. Patrick's Day!!! Fish Filet (220) Tater Tots (341) Green Beans (3) Tartar Sauce (130) WW Hamburger Roll (230) Banana (1) Calories: 838 Sodium: 1080mg Carb: 106.8g
20 Turkey Chili*❖ (696) Hot Mexicali Brown Rice Salad (89) Country Style Vegetables (40) Corn Loaf (211) Fresh Apple (2)  Calories: 856 Sodium: 1152mg Carb: 113.6g	21 Meatballs w/ Tomato Sauce Over Rotini Pasta (236) Italian Vegetable Blend (19) Parmesan Cheese (35) Italian Bread (380) Hot Cinnamon Peaches (64) Calories: 863 Sodium: 889mg Carb: 112g	22 Unstuffed Pepper Casserole (229) Spinach (110) Multigrain Bread (150) Vanilla Pudding (200) MOD:Vanilla Wafers (65) Calories: 684 Sodium: 843mg Carb: 77.4g	23 Chicken, Broccoli, & Penne Alfredo (419) Spring Summer Vegetable Blend (65) Garlic Roll (181) Chocolate Oatmeal Bar (75) MOD:Waffle Snaps (65) Calories: 751 Sodium: 1151mg Carb: 100.2g	24 Catch of the Day  w/Newburg Sauce~ (196) Roasted Sweet Potatoes (41) Brussel Sprouts (17) WW Dinner Roll (180) Fresh Orange (0) Calories: 693 Sodium: 589mg Carb: 89g
27 Frittata with Red Peppers and Mushrooms (210) Seasoned Potato Potato Wedges (261) Peppers&Onions (2) Blueberry Muffin (200) Apricots (5) MOD:SFOatmealCookie (65) Calories: 827 Sodium: 823mg Carb: 82.7g	28 Pork Stir Fry w/ Honey Ginger Sauce (187) Lo Mein Noodles (57) Asian Vegetable Blend (25) Wheat Bread (115) Pumpkin Cookie (139) MOD:SFOatmealCookie (65) Calories: 867 Sodium: 678mg Carb: 100g	29 Chicken Scallopini (351) Served Over Parslied Ziti Pasta (4) Broccoli (9) WG Slider Roll (125) Hot Caramelized Pears (75) Calories: 691 Sodium: 718mg Carb: 88.8g	30 Meatloaf w/Gravy (350) Mashed Potatoes (135) Tuscan Veg.Blend (47) Multigrain Bread (150) Double Chocolate Chip Cookie (164) MOD:SFChocChipCk (55) Calories: 912 Sodium: 1000mg Carb: 107.4g	31 Potato Crunch Fish (270) Brown Rice with Tomatoes & Basil (8) Green Beans (3) Tartar Sauce (130) Oatmeal Bread (150) Banana (1)  Calories: 760 Sodium: 714mg Carb: 100g

*Indicates food item with >500mg sodium ❖=high sodium meal "Catch of the Day"=fish type will vary each month (nutrition information is approximate)