

SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 10am Cribbage, Computer * by appt. 11-12 Taichi @ Town Hall 12:00 Lunch served* 1-3 Crochet/Knitting 2:00 Joys of Writing	3 9:00 Men's Coffee 9-11 SHINE* 12:30 Nails By Julie* 2:30-3:30 Line Dancing @HMP	4 9:30-11 Wii games 10-noon Quilting 11:00 Chair Yoga @HMP 12:00 POTLUCK Lunch* 6-8pm Line Dancing @ Town Hall	5 9:00 Men's Coffee 10:00 Art Class 12:00 Special Lunch served* 12:30 Shopping* <i>Cheese Pizza Day</i>	6 9:30 Errands* 12:00 Lunch served* 1:00 Office Closes  <i>National Coffee</i>
9 9a-2p LOVE TO WALK* 10am Cribbage, Computer * by appt. 11-12 Taichi @ Town Hall 12:00 Lunch served* 1-3 Crochet/Knitting 2:00 Joys of Writing <i>Col. Sanders Birthday, 1890</i>	10 9-10:30a BEST BREAKFAST RETURNS! 10a-noon TRIAD @ Police Dept. 9-11 SHINE* 2:30-3:30 Line Dancing @HMP	11 9:30-11 Wii games 10-noon Quilting 11:00 Chair Yoga @HMP 12:00 Lunch* 1-3 Flu Clinic* 6-8pm Line Dancing @ Town Hall <i>NEVER forget...</i> 	12 8:30-11:30a WELLNESS CHECK 9:00 Men's Coffee 10:00 Art Class 12:00 Lunch served* 12:30 Shopping* 1:00 Book Club <i>National Encouragement Day</i>	13 9:30 Errands* 12:00 Lunch served* 1:00 Office Closes 14—SATURDAY Show Off Your Dog Day 11a-3p At Town Hall Green 
16 10am Cribbage, Computer * by appt. 11-12 Taichi @ Town Hall 12:00 Lunch served* 1-3 Crochet/Knitting 2:00 Joys of Writing <i>Lauren Bacall's Birthday, 1924</i>	17 9:00 Men's Coffee 9-11 SHINE* 2:30-3:30 Line Dancing @HMP <i>We Be People</i> <i>On this day in 1787, the Constitution was signed</i> 	18 9:30-11a Wii games 10-noon Quilting 11:00 Chair Yoga @HMP, Vet Agent Chat 12:00 POTLUCK Lunch* 6-8 Line Dancing @ Town Hall <i>Rice Krispies Treat Day</i>	19 8a-7p Turkey Train Trip 8:30-11:30a WELLNESS check 9:00 Men's Coffee 10:00 ART class 12:00 Lunch served* 12:30 Shopping*	20 9:30 Errands* 12:00 Lunch served* 1:00 Office closes <i>International Doodle Day</i> 
23 9a-2p LOVE TO WALK* 10am Cribbage, Computer* by appt. 11-12 TaiChi @ Town Hall 12:00 Lunch served* 1-3 Crochet/Knitting 2:00 Joys of Writing	24 9-11 Men's Coffee & SHINE* 1:30-3pm Fall Prevention Workshop* 2:30-3:30 Line Dancing @HMP <i>On this day in 1742, Faneuil Hall opened to the public</i>	25 9-11 BROWN BAG 9:30-11a Wii games 10-noon Quilting 11:00 Chair Yoga @HMP 12:00 Lunch 6-8 Line Dancing @ Town Hall  <i>National Lobster Day</i>	26 8:30-11:30a WELLNESS check 9:00 Men's Coffee 10:00 Art Class 12:00 Lunch served* 12:30 Shopping* 12:45 Paper Pinwheel creations*	27 9:30 Errands* 11a-1p Attorney Rawlins here* 12:00 Birthday Lunch served* 1:00 Office closes
30 10am Cribbage, Computer* by appt. 11-12 TaiChi @ Town Hall 12:00 Lunch served* 1-3 Crochet/Knitting 2:00 Joys of Writing	NEED A RIDE TO GET ERRANDS DONE? NEED A RIDE TO GO TO A MEDICAL APPOINTMENT?  Call our office, perhaps we can help.	Every 2nd, 3rd and 4th Thursday mornings from 8:30—11:30am you can come to get your blood pressure, weight, and/or glucose checked in a confidential setting with Tricia, our On Staff Nurse.		All events marked with an asterisk require a reservation!  Call our office! 781-293-7313

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, WW=Whole Wheat

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Labor Day No Meals Served 	3 Chicken Marsala (459) Parslied Rotini Pasta (1) Brussel Sprouts (17) Garlic Roll (240) Fig Bar (35) MOD:Cinnamon Bites (71) Calories:854 Sodium:909mg Carb: 114g	4 Pulled BBQ Pork* (823) Italian Roasted Potatoes (6) Fiesta Vegetable Blend (15) WW Hamburger Roll (90) Fresh Apple (2) Calories:777 Sodium:1073mg Carb: 117g	5 Potato Crunch Fish (270) Brown Rice w/ Orzo & Peas (46) Sliced Carrots (43) Tartar Sauce (130) Oatmeal Bread (150) Fresh Pear (2) Calories:751 Sodium:778mg Carb: 96g	6 Pot Roast w/Gravy (68) Mashed Potatoes (135) Broccoli (12) Blueberry Snack Loaf (170) Banana (1) Calories:764 Sodium:524mg Carb: 105g
9 Chicken Aloha (488) Served Over Lo Mein Noodles (50) Green Beans (2) Corn Muffin (280) Watermelon (1) Calories:631 Sodium:958mg Carb: 86g	10 American Chop Suey (277) Peas & Carrots (45) Parmesan Cheese (35) Multigrain Bread (150) Fresh Orange (0) Calories:753 Sodium:723mg Carb: 90g	11 Shredded Turkey w/Gravy (450) Roasted Sweet Pot's (41) Country Style Veg's (40) Cranberry Sauce (4) Cracked Wheat Bread (150) Pumpkin Cookie (139) MOD:LemonBlueBites (60) Calories:774 Sodium:962mg Carb: 97g	12 Seasoned Beef Steak w/ Cheese,Peppers&Onions* (593) Brown and Wild Rice Blend (32) Roman Veg.Blend (16) WW Hamburger Roll (90) Brownie (100) MOD: Lorna Doones (100) Calories:851 Sodium:969mg Carb: 95g	13 Salmon Filet w/Lemon Dill Sce (73) Tater Tots (341) Jardiniere Vegetable Blend (32) Pumpernickel Bread (280) Fresh Nectarine (0) Calories:708 Sodium:863mg Carb: 79g
16 Vegetable Soup** (293) Swedish Meatballs w/Gravy Over (245) Parslied Egg Noodles (4) Broccoli (12) WW Dinner Roll (180) Hot Caramelized Peaches (75) Calories:854 Sodium:946mg Carb: 104g	17 Fish Sticks (320) Mexicali Brown Rice (48) Fiesta Vegetable Blend (15) Tartar Sauce (130) Cracked Wheat Bread (150) Chocolate Pudding (190) MOD:Vanilla Bites (50) Calories:855 Sodium:990mg Carb: 114g	18 Egg Salad on a Lettuce Bed (173) Sweet Potato & Mango Salad w/Coconut (146) Tossed Salad (29) Italian Dressing (20) Croissant (230) Fresh Plum (0) Calories:746 Sodium:735mg Carb: 81g	19 Teriyaki Chicken (436) Served Over Peppers & Onions (2) Chicken and Vegetable Dumpling (480) Multigrain Bread (150) Banana (1) Calories:683 Sodium:1207mg Carb: 102g	20 Beef Burgundy (100) Parslied Penne Pasta (1) California Vegetable Blend (30) WW Dinner Roll (180) Vanilla Cupake (170) MOD:SF Lemon Ck (60) Calories:796 Sodium:618mg Carb: 100g
23 Homestyle Bone-In Chicken Drumstick (450) Mashed Potatoes (135) Corn (1) Garlic Roll (240) Fresh Orange (0) Calories:654 Sodium:963mg Carb: 85g	24 Tomato Soup** (375) Grilled Cheese* (640) Sandwich (62) Broccoli (12) Cantaloupe (14) Calories:700 Sodium:1241mg Carb: 93g	25 Breaded Chicken w/ Valdostano Sauce* (606) Brown Rice w/Orzo & Red Pepper (48) Italian Veg.Blend (19) Multigrain Bread (150) Strawberry Oatmeal Bar (85) MOD:LemonBlueBites (60) Calories:724 Sodium:1046mg Carb: 94g	26 Pork Lo Mein w/Snap Peas & Carrots* (591) Asian Vegetable Blend (25) Oatmeal Bread (150) Fruited Crunch Bar (80) MOD: Cinnamon Bites (71) Calories:945 Sodium:983mg Carb: 99g	27 Tuna Salad on a Lettuce Bed (125) Pasta Salad Vinaigrette (8) Chickpea Salad (146) Pita Half (146) Fresh Peach (0) Calories:766 Sodium:553mg Carb: 86g
30 Beef, Pepper, and Rice Casserole (229) Spinach (110) Cracked Wheat Bread (150) Hot Cinnamon Apples (64) Calories:696 Sodium:690mg Carb: 71g	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=30mg sodium			

**community dining only unless available for home delivered meals

❖high sodium meal day

*food item with >500mg/sodium