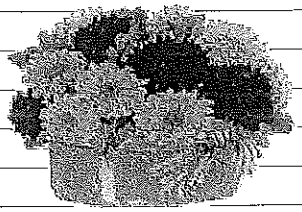
ESMV October 2015 Regular Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1 Cheese Lasagna with Marinara Sauce Sauteed Spinach Garlic Roll Seasonal Fresh Fruit ***Calories: 365** **Sodium: 670**	2 Salmon Boat Roasted Seasoned Potatoes Broccoli Dinner Roll Mixed Fruit **Calories: 438** **Sodium: 477**
5 Chicken Fajitas Rice Sliced Carrots Tortilla Sliced Peaches **Calories: 341** **Sodium: 563**	6 Baked Fish Sliced Red Potatoes w/ Onions Italian Herbed Green Beans WW Dinner Roll Lemon Pudding **Calories: 333** **Sodium: 189**	7 Meatball Sub Potato Salad Spinach Salad with Madarin Oranges Seasona Fresh Fruit **Calories: 497** **Sodium: 543**	8 Glazed Pork Loins Scalloped Potatoes Mashed Cauliflower Dinner Roll Brownie **Calories: 664** **Sodium: 326**	9 Tuna Noodle Casserole Peas Carrots Whole Wheat Bread Seasonal Fresh Fruit **Calories: 330** **Sodium: 320**
12 **Columbus Day** 	13 Chicken Marsala over Bowtie Pasta Garlic Green Beans Natural Grain Bread Ginger Cookie **Calories: 359** **Sodium: 122**	14 Shaved Steak with peppers and onions Oven Brown Potatoes Roman Blend Salad Soft Sandwich Roll Sliced Pears **Calories: 349** **Sodium: 404**	15 **Ocotber Special** Roast Turkey Dinner with Stuffing Mashed Potatoes w/ Gravy Glazed Carrots WW Dinner Roll Pumpkin Bread Chocolate Pudding **Calories: 437** **Sodium: 688**	16 Stuffed Shells with Tomato Sauce Sauteed Spinach Oatmeal Bread Season Fresh Fruit **Calories: 384** **Sodium: 697**
19 Tuna Salad over Shredded Lettuce Kidney Bean and Chickpea Salad Garlic WW Dinner Roll Oatmeal Cookie **Calories: 232** **Sodium: 612**	20 Baked Ham Red Bliss Mashed Potato Chef Blend Vegetables Whole Wheat Dinner Roll Mixed Berry Fruit Crisp **Calories: 307** ****Sodium: 1524**	21 Pot Roast w/gravy Mashed Turnip Broccoli Dinner Roll Seasonal Fresh Fruit **Calories: 299** **Sodium: 355**	22 **Monthly Birthday** BBQ Chicken Roasted Seasoned Potatoes Sliced Carrots Natural Grain Bread Birthday Cake **Calories: 326** **Sodium: 309**	23 Macaroni and Cheese Stewed Tomatoes Baked Cinnamon Apples Rye Bread Sliced Pears **Calories: 591** **Sodium: 613**
26 Pork Diane Mashed Sweet Potato Steamed Red Cabbage Honey Wheat Roll Apple **Calories: 406** **Sodium: 371**	27 Egg Salad on Shredded Lettuce English Pea Salad Whole Wheat Pita Half Seasonal Fresh Fruit **Calories: 340** **Sodium: 323**	28 Potato Crusted Fish Roasted Red Garlic Potatoes Broccoli Dinner Roll Pumpkin Cake **Calories: 422** **Sodium: 361**	29 Meatloaf with Gravy Mashed Potatoes Sliced Carrots Natural Grain Bread Sliced Peaches **Calories: 448** **Sodium: 560**	30 Chicken Parmesan w/ Marinara Sauce Pasta Grean Beans WW Dinner Roll Seasonal Fresh Fruit **Calories: 402** **Sodium: 313**

*** Nutrition includes entrée only; approx. mg sodium for milk: 100, bread: 150, fruit: 5, sweets: 200**

**** High sodium entrée**

For reservations/cancellation, call 978-686-1422 at least 24 hours in advance. Suggested voluntary donation: $2