| 2 | CHOICE: Meatball Grinder  
**Chicken Parmesan (755)**  
Steamed Spinach (120)  
Boiled Gnocchi Pasta (13)  
Pumpkinseed Bread (135)  
Fresh Fruit (2)  
Cal: 597 Sodium: 1150 Carb: 83 | 3 | CHOICE: Meatball Grinder  
Vegetable Frittata (249)  
Harvard Beets (151)  
Oven Browned Potatoes (7)  
Blueberry Snack N Loaf (160)  
Chilled Peaches (8)  
**Roasted Turkey w/ Gravy & Cranberry Sauce (502)**  
Creamy Butternut Squash (5)  
Whipped Potatoes (276)  
Whipped Dinner Roll (160)  
**Fig Bar (35)**  
Cal: 673 Sodium: 1097 Carb: 106 | 5 | CHOICE: Meatball Grinder  
Sloppy Joe (295)  
Steamed Broccoli (11)  
Red Bliss Potatoes (6)  
Hamburger Roll (218)  
Taco Pudding w/ Whipped Topping (189)  
Cal: 678 Sodium: 844 Carb: 94 | 6 | CHOICE: Meatball Grinder  
Potato Pollock Fillet w/Tartar Sauce (346)  
Italian Blended Vegetables (52)  
Honey Meat Bread (140)  
Chilled Mixed Fruit (9)  
Cal: 755 Sodium: 739 Carb: 105 |
|---|---|---|---|---|---|
| 7 | CHOICE: Ham and Pickle on Rye  
**Seafood Salad on a Roll**  
Chicken Marsala (208)  
Roasted Brussels Sprouts (8)  
Boiled Noodles (13)  
Chilled Beets (50)  
**Rye Bread (150)**  
**Chilled Pineapple (10)**  
**Almond Cherry Crisp (189)**  
**Fruit Crunch Bar (18)**  
Cal: 613 Sodium: 515 Carb: 84 | 8 | CHOICE: Ham and Pickle on Rye  
**Reduced Sodium Hot Dog (590)**  
Creamy Coleslaw (56)  
Baked Beans (408)  
Hot Dog Roll (210)  
**Fresh Fruit (0)**  
Cal: 832 Sodium: 1578 Carb: 96 | 9 | CHOICE: Ham and Pickle on Rye  
**Roasted Pork w/ Gravy, Rye Bread (218)**  
**Steamed Broccoli (294)**  
**Honey Wheat Bread (140)**  
**Fresh Fruit (0)**  
Cal: 754 Sodium: 703 Carb: 95 | 10 | CHOICE: Ham and Pickle on Rye  
**Steamed Green Beans**  
**Roasted Corn**  
**Steamed Brown Rice**  
**Steamed Broccoli (294)**  
**Honey Wheat Bread (140)**  
**Fresh Fruit (1)**  
Cal: 644 Sodium: 843 Carb: 92 |
| 11 | CHOICE: Chicken Nuggets  
**Seafood Newberg (618)**  
Glazed Carrots (75)  
Steamed Brown Rice (23)  
Oatmeal Bread (142)  
**Mandarin Oranges (170)**  
Cal: 674 Sodium: 1003 Carb: 102 | 12 | CHOICE: Chicken Nuggets  
**Savory Comedy Baked (1134)**  
**Steamed Cabbage and Carrots (40)**  
**Red Boiled Potatoes (6)**  
**Wheat Dinner Roll (160)**  
**#Sharmon Birthcake (18)**  
Cal: 761 Sodium: 1483 Carb: 85 | 13 | CHOICE: Chicken Nuggets  
**Baked Fish w/ Crumb Topping (302)**  
**Minesrone Soup (141)**  
**Cavatappi Pasta (13)**  
**Honey Wheat Bread (140)**  
**Chilled Pears (5)**  
Cal: 704 Sodium: 726 Carb: 85 | 14 | CHOICE: Chicken Nuggets  
**Homemade Meatloaf w/Gravy**  
**Stewed Spinach (249)**  
**Creamy Butternut Squash (5)**  
**Whipped Potatoes (276)**  
**Honey Wheat Bread (140)**  
**Chilled ApplePears (5)**  
Cal: 779 Sodium: 763 Carb: 108 | 15 | CHOICE: Chicken Nuggets  
**Steamed Corn (0)**  
**Whipped Potatoes (276)**  
**Crab Apple Salad (232)**  
**Red Potatoes (132)**  
**Pumpkinseed Bread (135)**  
**Fresh Fruit (1)**  
Cal: 781 Sodium: 632 Carb: 73 |
| 16 | CHOICE: Chicken Nuggets  
**Chicken Marsala (208)**  
**Glazed Carrots (75)**  
**Steamed Green Beans**  
**Roasted Corn**  
**Steamed Brown Rice**  
**Steamed Broccoli (294)**  
Cal: 998 Sodium: 969 Carb: 120 | 17 | CHOICE: Chicken Nuggets  
**Baked Fish Sandwich w/Tartar Sauce (425)**  
**Stewed Tomatoes (275)**  
**Red Bliss Potatoes (6)**  
**Hamburger Roll (218)**  
**Fresh Fruit (1)**  
Cal: 785 Sodium: 1051 Carb: 101 | 18 | CHOICE: Chicken Nuggets  
**Chilled Pineapple (10)**  
**Whipped Potatoes (276)**  
**Honey Wheat Bread (140)**  
**Chilled Beets (50)**  
**#Apple Salsa (24)**  
Cal: 463 Sodium: 622 Carb: 88 | 19 | CHOICE: Chicken Nuggets  
**Steamed Broccoli (11)**  
**Steamed Brown Rice (23)**  
**Rye Bread (150)**  
**Chilled ApplePears (5)**  
**Whipped Topping (18)**  
Cal: 606 Sodium: 797 Carb: 78 | 20 | CHOICE: Chicken Nuggets  
**Stuffed Shells w/Marinara (400)**  
**California Blended Vegetables (24)**  
**Wheat Dinner Roll (140)**  
**Chilled Mixed Fruit (9)**  
**Whipped Topping (18)**  
Cal: 583 Sodium: 1171 Carb: 80 |
| 21 | CHOICE: Meatball Grinder  
**Meatball Stroganoff (589)**  
Steamed Green Beans (4)  
Boiled Egg Noodles (13)  
Wheat Dinner Roll (160)  
Mandarin Oranges (17)  
Cal: 598 Sodium: 907 Carb: 84 | 22 | CHOICE: Meatball Grinder  
**Chicken w/Gravy & Cranberry Sauce (370)**  
**Glazed Carrots (67)**  
**Steamed Brown Rice (23)**  
**Honey Wheat Bread (140)**  
**Chilled Peaches (8)**  
Cal: 657 Sodium: 734 Carb: 93 | 23 | CHOICE: Meatball Grinder  
**Turkey Pot Pie (268)**  
**Steamed Peas (84)**  
**Biscuit Topping (243)**  
**Chilled Mixed Fruit (9)**  
**Cal: 998 Sodium: 969 Carb: 120** | 24 | CHOICE: Meatball Grinder  
**Baked Fish Sandwich w/Tartar Sauce (425)**  
**Stewed Tomatoes (275)**  
**Red Bliss Potatoes (6)**  
**Hamburger Roll (218)**  
**Fresh Fruit (1)**  
**Cal: 785 Sodium: 1051 Carb: 101** | 25 | CHOICE: Meatball Grinder  
**Yanieke Pot Roast w/Greay (42)**  
**Creamy Butternut Squash (5)**  
**Whipped Potatoes (276)**  
**Honey Wheat Bread (140)**  
**#Fruit Crunch Bar (35)**  
**Cal: 463 Sodium: 622 Carb: 88** | 26 | CHOICE: Meatball Grinder  
**Breaded Chicken Drumsticks (450)**  
**Steamed Broccoli (11)**  
**Steamed Brown Rice (23)**  
**Rye Bread (150)**  
**Chilled Pineapple (10)**  
**Cal: 606 Sodium: 797 Carb: 78** | 27 | CHOICE: Meatball Grinder  
**Stuffed Shells w/Marinara (400)**  
**California Blended Vegetables (24)**  
**Wheat Dinner Roll (140)**  
**Chilled Mixed Fruit (9)**  
**Whipped Topping (18)**  
**Cal: 583 Sodium: 1171 Carb: 80** |

**Key for Symbols:**  
- Cal: Calories  
- Carb: Carbohydrates (g)  
- Sodium (mg)  
- Diabetic Substitute  
- Local Produce  
- Vegetarian

Funding Sources include the City of Westfield Community Development Block Grant

Meals based on No Added Salt Diet (3-4gm sodium) for healthy older adults. Sodium content is listed next to each item in ( ), all meals include milk w/125 mg sodium.

If you have a special concern regarding the menu, contact the Nutritionalist at 413-588-5752 for guidance on managing your intake to meet your dietary requirements.