

TRIO CHILLED MENU

A confidential, voluntary donation of \$2 per meal is suggested.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NOTE: Please call to reserve or cancel your meal at least one day in advance before 11:30 AM: 978-664-5600	1 Chicken Stir Fry Jasmine Coconut Rice Snack Loaf Milk/Margarine Pears Sodium: 781/Cal: 774	2 Vegetable Soup/Crx Stuffed Shells*(626) Chicken Meatball Tuscany Vegetables Bread/Milk/Margarine Fresh Fruit Sodium: *1313/Cal: 704	3 Hamburger Cheese O'Brien Potatoes Green Beans Roll/Milk/Margarine Pineapple Sodium: 874/Cal: 810	4 Chicken Salad Italian Pasta Salad Cole Slaw Bread Milk Mixed Fruit Sodium: 746/Cal: 892
7 Broccoli Mushroom Frittata(V) Sweet Potatoes Summer Vegetables Snack Loaf Milk/Margarine Fig Bar Sodium: 625/Cal: 879	8 Italian Garden Vegetable Soup/Crx. Honey Mustard Chicken Seasoned Orzo Brussels Sprouts Bread/Milk/Margarine Pineapple Sodium: 1041/Cal: 818	9 Unstuffed Pepper Casserole Tuscany Vegetables Bread/Milk/Margarine Fresh Fruit Sodium: 577/Cal: 683	10 Salmon with Lemon Garlic Cream Sauce Mashed Potatoes Zucchini & Cauliflower Bread/Milk/Margarine Peaches Sodium: 639/Cal: 747	11 Curry Chicken Salad Orzo Vegetable Salad Cole Slaw Bread Milk Mixed Fruit Sodium: 559/Cal: 731
14 Potato Crunch Fish Red Bliss Potatoes Peas Bread/Milk/Margarine Peaches Sodium: 682/Cal: 778	15 Lentil Stew(V) Green Beans Dinner Roll Milk/Margarine Vanilla Pudding Sodium: 998/Cal: 857 >>ICE CREAM SOCIAL<<	16 Summer Special BBQ Chicken*(662) Macaroni & Cheese Cole Slaw Cornbread Loaf Milk/Margarine Watermelon Sodium: 1243/Cal: 801	17 Escarole Bean Soup/Crx. Raviolis*(544) Brussels Sprouts Bread/Milk/Margarine Cupcake Sodium: *1177/Cal: 803	18 Ham & Swiss Cheese*(563) Broccoli Slaw Summer Potato Salad Bread Milk Peaches Sodium: *1141/Cal: 688
21 Chicken with Sautéed Vegetables Jasmine Coconut Rice Snack Loaf Milk/Margarine Pears Sodium: 675/Cal: 750	22 Lasagna*(557) Chicken Meatball Green Beans Wheat Milk/Margarine Fig Bar Sodium: *910/Cal: 838	23 Breaded Fish Sandwich Cheddar Cheese Tartar Sauce Sweet Potatoes Tuscany Vegetables Hamburger Roll Milk Pineapples Sodium: 833/Cal: 808	24 Roast Turkey with Gravy*(617) Mashed Potatoes Fiesta Vegetables Bread Milk/Margarine Mixed Fruit Sodium: 957/Cal: 682	25 Turkey & Swiss Cheese Tossed Salad Italian Pasta Salad Bread Milk Fresh Fruit Sodium: 1205/Cal: 837
28 Chicken Nuggets Roasted Potatoes with Red Peppers & Onions Zucchini Dinner Roll Milk/Margarine Vanilla Pudding Sodium: 979/Cal: 749	29 Mediterranean Fish Seasoned Orzo Broccoli & Cauliflower Tossed Salad Roll Milk/Margarine Oatmeal Raisin Cookie Sodium: 869/Cal: 672	30 Hot Dog*(540) Cole Slaw Baked Beans Roll Ketchup, Mustard, Relish Fresh Fruit Sodium: *1244/Cal: 872	31 Minestrone Soup/Crx. Meatloaf with Gravy Mashed Potatoes Carrots Roll Milk/Margarine Mixed Fruit Sodium: 940/Cal: 948	