



Nutrition Program – Lunch Menu
The Wellness Center at the Mill

SEPTEMBER 2018

*** High Sodium | LS / LF = Low Sodium / Low Fat

Lunch is served on Tuesdays at 11:30am. \$2.00 donation is suggested for the meal.

To make a reservation, please call 617-972-5700. All meals are served with 1% milk

<p>SEPTEMBER 4TH</p> <p>Potato Pollack w/Lemon Dill Sauce: 380 Fresh Butternut Squash: 5 Spinach: 145 Multigrain Bread: 100 Mandarin Oranges: 5 Calories: 735 / Sodium: 820</p>	<p>SEPTEMBER 11th</p> <p>Seafood Chowder: 160 Teriyaki Salmon: 380 Lo Mein Noodles: 55 Oriental Vegetable Blend: 10 Oatmeal Bread: 120 Pears: 5 Calories: 855 / Sodium: 900</p>
<p>SEPTEMBER 18TH</p> <p>Beef Vegetable Soup: 145 Chicken Swedish Meatball Over Egg Noodles: 300 Italian Green Beans: 5 Marble Rye: 150 Pineapples: 5 Calories: 1015 / Sodium: 1020</p>	<p>SEPTEMBER 25TH</p> <p>Chicken & White Bean Soup: 190 Chicken Cacciatore Over Ziti: 570 Fresh Broccoli: 10 Whole Wheat Dinner Roll: 130 Fruited Yogurt: 80 Calories: 820 / Sodium: 1175</p>

Nutrition information: Mg of sodium is listed next to menu items.

- Milk contributes an additional 100 mg sodium.
- Baked Goods contribute an average of 150 mg sodium, Pudding contributes an average of 175 mg sodium, Fruit contributes an average of 0 mg sodium. Calorie information is for entire meal

(V) = Vegetarian | All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers.

***Denotes Higher Sodium \$2.00 Suggested donation per meal All soups served with crackers