



Nutrition Program – Lunch Menu
The Wellness Center at the Mill

JULY 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>JULY 3RD INDEPENDENCE DAY SPECIAL Cheeseburger w/Lettuce & Ketchup on Hamburger Roll: 600mg Home Fries: 42mg Summer Squash Salad: 42mg Berry Trifle: 150mg Calories: 980 / Sodium: 1185mg</p>	<p>JULY 10TH American Chop Suey: 190mg Parmesan Cheese: 110mg Fresh Broccoli: 10mg Scali Bread: 120mg Pears: 5mg Calories: 930 / Sodium: 825mg</p>
<p>JULY 17TH Crumb Topped Macaroni & Cheese***: 560mg Fresh Baked Tomato Half: 260mg Wheat Bread: 125mg Plum: 0mg Calories: 845 / Sodium: 1075mg</p>	<p>JULY 24TH Baked Fish w/Broccoli Cheese Sauce: 450mg Red Bliss Potatoes: 10mg Fresh Cauliflower: 15mg Tossed Garden Salad w/Lite Italian Dressing: 170mg Cinnamon Apple Slices: 10mg Calories: 510 / Sodium: 945mg</p>
<p>JULY 31ST Spinach Mixed Bean Soup: 160mg Vegetable Lasagna Rollup w/Meatball: 590mg Tuscany Vegetable Blend: 45mg Scali Bread: 120mg Pears: 5mg Calories: 640 / Sodium: 1114mg</p>	<p><u>Nutrition information: Mg of sodium is listed next to menu items.</u></p> <ul style="list-style-type: none"> • 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 <p><u>(V) = Vegetarian All soups contain beef, chicken, or shellfish bases and are NOT vegetarian; served w/crackers.</u></p> <p>***Denotes Higher Sodium \$2.00 Suggested donation per meal All soups served with crackers</p>