



Nutrition Program – Lunch Menu
The Wellness Center at the Mill

JUNE 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

June 5th

Fish w/Broccoli Cheese Sauce:

Sweet Potatoes:

Italian Style Vegetable Blend:

Rye Bread:

Vanilla Pudding w/Topping:

Calories: / Sodium:

June 12th

Cream of Butternut Squash

Soup:

Lemon Dijon Chicken:

Mashed Potatoes:

Spinach:

Wheat Bread:

Cranberry Orange Loaf:

Calories: / Sodium:

June 19th

Beef Stew:

Corn:

**Tossed Garden Salad
w/Lite Italian Dressing:**

Whole Wheat Roll:

Tropical Mixed Fruit:

Calories: / Sodium:

June 26th

Potato Leek Soup:

Chicken Broccoli Divan:

Green Beans & Red Peppers:

Whipped Butternut Squash:

Wheat Dinner Roll:

Birthday Cake:

Calories: / Sodium:

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