NOVEMBER 2026 Voice Readable Menu
MENU SUBJECT TO CHANGE

Meals are based on a No Added Salt (3,000-4,000 milligram) diet for healthy older adults.
Contact our Nutritionist for any questions on sodium, calories, carbohydrates, or other dietary needs.
A High Sodium Meal has more than 1,200 milligrams of sodium * Indicates entrees with more than 500 milligrams of sodium. Nutrition information includes 110 calories, 13 grams of carbohydrates and 125 milligrams of sodium for milk. Carbs are listed for "Diabetic Friendly Meal" purposes.

To cancel your meal please call the main office or your local Nutrition Center from the list of numbers
Meals on Wheels Main Office in Dudley: 508-949-6640
Dudley Nutrition Center 508-949-6640
Milford Nutrition Center 508-478-8102
Upton Nutrition Center 978-907-5709
Spencer Nutrition Center 508-885-5767
West Brookfield Nutrition Center 508-867-1411
Franklin Nutrition Center 508-520-1422
Northbridge Nutrition Center 508-333-9635
Southbridge Nutrition Center 774-289-9438
Uxbridge Nutrition Center 774-482-6174

Monday November 2
American Chop Suey Sodium 186
Green Beans Sodium 0
Roasted California Blend Sodium 32
Fresh Fruit Sodium 0
Pumpernickel Bread Sodium 135
Calories for entire Meal is 673
Sodium for entire Meal is 480 milligrams
Carbohydrate count for entire meal is 96

Tuesday November 3, High Sodium Meal, Entree's sodium level over 500 mg
Hot Dog Sodium 540
Baked Beans Sodium 370
Coleslaw Sodium 162
Baked Apples Sodium 14
Hot Dog Bun Sodium 195
Mustard Sodium 50
Calories for entire Meal is 841
Sodium for entire Meal is 1457 milligrams
Carbohydrate count for entire meal is 94

Wednesday November 4
Chicken Pot Pie Sodium 241
Mashed Potatoes Sodium 108
Mixed Vegetables Sodium 30
Lorna Doone Cookies Sodium 147
Biscuit Sodium 310
Calories for entire Meal is 780
Sodium for entire Meal is 961 milligrams
Carbohydrate count for entire meal is 91

Thursday November 5, Meatless Meal
Baked Potato Sodium 7
w/ Vegetable Chili & Cheese Sodium 387
Broccoli Sodium 16
Chocolate Mousse Sodium 230
Whole Wheat Bread Sodium 138
Sour Cream Sodium 9
Calories for entire Meal is 749
Sodium for entire Meal is 908 milligrams
Carbohydrate count for entire meal is 102

Friday November 6
Meatballs Sodium 260
w/ Onion Gravy Sodium 85
Bowtie Pasta Sodium 8
Scandinavian Vegetables Sodium 30
Fruited Ambrosia Sodium 55
Dinner Roll Sodium 113
Calories for entire Meal is 760
Sodium for entire Meal is 551 milligrams
Carbohydrate count for entire meal is 80

Monday November 9
Garlic Herbed Chicken Sodium 497
Rice Pilaf Sodium 70
Jardiniere Vegetables Sodium 18
Pear Crisp Sodium 54
Diet = Applesauce Sodium 10
Italian Bread Sodium 96
Calories for entire Meal is 677
Sodium for entire Meal is 621 milligrams
Carbohydrate count for entire meal is 77

Tuesday November 10
Shepherd's Pie Sodium 255
Carrots Sodium 53
Green Beans Sodium 0
Fresh Fruit Sodium 0
Marble Rye Bread Sodium 105
Calories for entire Meal is 736
Sodium for entire Meal is 539 milligrams
Carbohydrate count for entire meal is 98

Wednesday November 11, Veterans Day
No meals served

Thursday November 12
Meatloaf Sodium 202
with Gravy Sodium 83
Garlic Mashed Potatoes Sodium 107
Chuckwagon Corn Sodium 1
Blueberry Mousse Sodium 155
Whole Wheat Bread Sodium 138
Calories for entire Meal is 808
Sodium for entire Meal is 811 milligrams
Carbohydrate count for entire meal is 101

Friday November 13
Cracker Crumb Fish Sodium 303
Lemon Seasoned Rice Sodium 149
Mixed Vegetables Sodium 30
Mandarin Oranges Sodium 0
Pumpernickel Bread Sodium 135
Tartar Sauce Sodium 85
Calories for entire Meal is 740
Sodium for entire Meal is 827 milligrams
Carbohydrate count for entire meal is 99

Monday November 16, Meatless Meal, Entree's sodium level over 500 mg
Frittata Sodium 657
O'Brien Potatoes Sodium 101
Stewed Tomatoes Sodium 6
Blueberries Sodium 0
Marble Rye Bread Sodium 105
Calories for entire Meal is 698
Sodium for entire Meal is 995 milligrams
Carbohydrate count for entire meal is 77

Tuesday November 17
Teriyaki Beef Sodium 438
Steamed Rice Sodium 101
Roasted Broccoli Sodium 15
Pineapple Sodium 0
Fortune Cookie Sodium 0
Whole Wheat Bread Sodium 138
Calories for entire Meal is 859
Sodium for entire Meal is 817 milligrams
Carbohydrate count for entire meal is 110

Wednesday November 18
Salisbury Steak w/ Gravy Sodium 323
Garlic Mashed Potatoes Sodium 108
Italian Blend Vegetables Sodium 36
Brownie Sodium 150
Diet = Cookies Sodium 147
Sandwich Roll Sodium 248
Calories for entire Meal is 868
Sodium for entire Meal is 989 milligrams
Carbohydrate count for entire meal is 102

Thursday November 19, Entree's sodium level over 500 mg
Ham Cheese Chicken Bake Sodium 711
Red Bliss Potatoes Sodium 17
Green Beans Sodium 0
Birthday Cake Sodium 221
Diet = Half Piece Cake Sodium 110
Italian Bread Sodium 96
Calories for entire Meal is 745
Sodium for entire Meal is 1170 milligrams
Carbohydrate count for entire meal is 69

Friday November 20, Entree's sodium level over 500 mg
Burgundy Pork Sodium 768
Herbed Potatoes Sodium 7
Honey Glazed Carrots Sodium 70
Applesauce Sodium 10
Dinner Roll Sodium 113
Calories for entire Meal is 709
Sodium for entire Meal is 1107 milligrams
Carbohydrate count for entire meal is 84

Monday November 23, Meatless Meal
Macaroni & Cheese Sodium 482
Stewed Tomatoes Sodium 6
Mixed Vegetables Sodium 30
Peaches Sodium 5
Italian Bread Sodium 96
Calories for entire Meal is 777
Sodium for entire Meal is 713 milligrams
Carbohydrate count for entire meal is 79

Tuesday November 24, High Sodium Meal, Entree's sodium level over 500 mg
Turkey Sodium 592
with Gravy Sodium 150
Cornbread Stuffing Sodium 300
Winter Squash Sodium 75
Pumpkin Mousse Sodium 178
Dinner Roll Sodium 113
Calories for entire Meal is 748
Sodium for entire Meal is 1475 milligrams
Carbohydrate count for entire meal is 105

Wednesday November 25
Marinated Pork Loin Sodium 400
Mashed Potatoes Sodium 108
Brussels Sprouts Sodium 9
Apple Crisp Sodium 63
Diet = Applesauce Sodium 10
Biscuit Sodium 310
Calories for entire Meal is 787
Sodium for entire Meal is 1021 milligrams
Carbohydrate count for entire meal is 71

Thursday November 26, Thanksgiving
No meals served

Friday November 27, Entree's sodium level over 500 mg
White Bean Chicken Chili Sodium 895
Brown Rice Sodium 64
Green Beans Sodium 0
Fresh Fruit Sodium 0
Whole Wheat Bread Sodium 138
Calories for entire Meal is 673
Sodium for entire Meal is 1193 milligrams
Carbohydrate count for entire meal is 113

Monday November 30, Entree's sodium level over 500 mg
Chicken Stir Fry Sodium 815
Rice Pilaf Sodium 70
Corn Nibletts Sodium 1
Fresh Fruit Sodium 0
Pumpernickel Bread Sodium 135
Calories for entire Meal is 668
Sodium for entire Meal is 1148 milligrams
Carbohydrate count for entire meal is 116

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