

# Minuteman Senior Services

## MAY 2017

# Meals on Wheels Menu

Menu subject to change without notice.

All meals include 1% milk.

Donation: \$2.00

This program is made possible in part by funding from the Executive office of Elder Affairs.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>1</b>	<b>mg Sodium</b>	<b>2</b>	<b>mg Sodium</b>	<b>3</b>	<b>mg Sodium</b>	<b>4</b>	<b>mg Sodium</b>	<b>5</b>	<b>mg Sodium</b>
Haddock Newburg	364	American Chop Suey	288	Grilled Chicken		Sweet and Sour		BBQ Turkey Burger	402
Orzo Pilaf with Spinach	57	Mixed Vegetables	88	Lemon Piccata	401	Meatballs	228	New Potato Salad	96
California Veggie Blend	22	Italian Bread	230	Garlic Mashed Potatoes	66	Brown Rice	5	Succotash	40
Wheat Bread	160	Snack n' Loaf	115	Italian Green Beans	3	Oriental Style Veggies	21	Hamburg Roll	230
Mixed Fruit	10	Diet: Gingerboy	60	Multigrain Bread	164	Wheat Bread	160	Fresh Orange	0
				Chocolate Chip Cookie	160	Pineapple	1		
				Diet: Chocolate Grahams	95				
<b>Calories:</b>	<b>542</b>	<b>Calories:</b>	<b>800</b>	<b>Calories:</b>	<b>819</b>	<b>Calories:</b>	<b>627</b>	<b>Calories:</b>	<b>704</b>
<b>8</b>	<b>mg Sodium</b>	<b>9</b>	<b>mg Sodium</b>	<b>10</b>	<b>mg Sodium</b>	<b>11</b>	<b>mg Sodium</b>	<b>12</b>	<b>mg Sodium</b>
Beef & Cabbage		<b><u>COLD PLATE</u></b>		Roast Pork	73	<b><u>SPECIAL</u></b>		Lasagna Roll Up	290
Casserole	301	Turkey Apple Salad*	619	Rosemary Gravy	83	Stuffed Chicken Breast		Meat Sauce	50
Carrots	64	Pasta Salad	153	Chantilly Potatoes	238	with Sage Stuffing*	500	Italian Veggie Blend	41
Rye Bread	150	Cauliflower and		Green Beans	3	Supreme Sauce	13	Italian Bread	230
Strawberry Yogurt	75	Red Pepper Salad	116	Multigrain Bread	164	Rice Pilaf	141	Fresh Fruit	1
		Wheat Dinner Roll	105	Applesauce	15	Broccoli Au Gratin	158		
		Diced Pears	5			Whole Wheat Bread	160		
						Strawberry Apple Crisp	9		
						Diet: Apple Grahams	85		
<b>Calories:</b>	<b>613</b>	<b>Calories:</b>	<b>578</b>	<b>Calories:</b>	<b>604</b>	<b>Calories:</b>	<b>780</b>	<b>Calories:</b>	<b>535</b>
<b>15</b>	<b>mg Sodium</b>	<b>16</b>	<b>mg Sodium</b>	<b>17</b>	<b>mg Sodium</b>	<b>18</b>	<b>mg Sodium</b>	<b>19</b>	<b>mg Sodium</b>
Chicken Breast		Potato Pollock Filet	273	Chicken Penne		Broccoli Bake	482	Beef Stew	200
Coq Au Vin	387	Tartar Sauce	100	ala Vodka	346	Home Fries	5	Brussels Sprouts	12
Red Bliss Potatoes	5	Mashed Potatoes with		California Veggie Blend	22	Stewed Tomatoes	150	Biscuit	340
Mixed Vegetables	88	Sour Cream & Chive	94	Italian Bread	230	Wheat Bread	160	Blueberry Yogurt	75
Wheat Bread	160	Peas & Carrots	72	Fresh Pear	2	Mixed Fruit	10		
Diced Peaches	5	Multigrain Bread	164						
		Pineapple Whip	87						
<b>Calories:</b>	<b>580</b>	<b>Calories:</b>	<b>792</b>	<b>Calories:</b>	<b>978</b>	<b>Calories:</b>	<b>691</b>	<b>Calories:</b>	<b>726</b>
<b>22</b>	<b>mg Sodium</b>	<b>23</b>	<b>mg Sodium</b>	<b>24</b>	<b>mg Sodium</b>	<b>25</b>	<b>mg Sodium</b>	<b>26</b>	<b>mg Sodium</b>
Shepherd's Pie	178	Roast Pork	73	BBQ Chicken Breast	402	<b><u>COLD PLATE</u></b>		Meatballs with	236
Genoa Veggie Blend	45	with Apple Gravy	23	Baked Beans	39	Chicken Salad with		Mushroom Gravy	83
Multigrain Bread	164	Sweet Potatoes	35	Summer Veggie Blend	24	Cranberries*	554	Egg Noodles	4
Snack n' Loaf	115	Creamed Spinach	60	Wheat Bread	160	New Macaroni Salad	206	Peas & Carrots	72
Diet: Lorna Doons	100	White Bread	123	Chocolate Brownie	149	3 Bean Salad	174	Wheat Bread	160
		Sliced Apples	4	Diet: Choc Grahams	95	Wheat Dinner Roll	105	Tropical Fruit Salad	10
						Pineapple Chunks	1		
<b>Calories:</b>	<b>744</b>	<b>Calories:</b>	<b>635</b>	<b>Calories:</b>	<b>723</b>	<b>Calories:</b>	<b>651</b>	<b>Calories:</b>	<b>688</b>
<b>29</b>	<b>mg Sodium</b>	<b>30</b>	<b>mg Sodium</b>	<b>31</b>	<b>mg Sodium</b>	<b>Entrees that contain more than 500mg sodium are designated by an *.</b>		<b>** HIGH SODIUM MEALS:</b> Please call at least 2 days ahead for an alternative frozen meal on the high sodium entrée day.	
<b>HOLIDAY NO MEALS SERVED</b>		Grilled Chicken		Beef Chili	237				
		Teriyaki	362	Cornbread	291				
		Brown Rice	5	Mixed Vegetables	88				
		Broccoli	10	Fresh Fruit	1				
		Wheat Bread	160						
		Mandarin Oranges	7						
<b>Calories:</b>	<b>532</b>	<b>Calories:</b>	<b>675</b>						
For weather emergencies and cancellations, please check Fox 25 TV station.	<b>To CANCEL meals or for QUESTIONS about your meal plan, call:</b> 781.221.7083 or 1.888.222.6171 x7083 <b>Call the day before by 11AM to make a change.</b> Do not call your local meal site.				<b>For questions about the nutritional information in this menu or your nutritional needs, contact:</b> <b>Denise Mercury RD, LDN</b> 781.221.7018 or 1.888.222.6171 x7018 d.mercury@minutemansenior.org				

The Sodium values are listed beside each menu item. The total calories include the calories from milk.

Each carton of milk provides 110 calories and 125mg sodium. The nutrition information provided here is meant to guide you with your daily choices. It is by no means exact and recipes are continually being reviewed.