

Minuteman Senior Services

September 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
<p>** HIGH SODIUM MEALS: Please call at least 2 days ahead for an alternative meal on the day marked **High Sodium**.</p>	<p>Entrees that contain more than 500mg sodium are designated by an *</p>			<p>1 Sodium mg Chicken Breast 320 Orange Sauce 3 Baked Beans 39 Mexicali Corn 3 Wheat Bread 160 Fresh Fruit 1 Cal: 656 Sod: 651</p>
<p>4 LABOR DAY HOLIDAY NO MEALS SERVED </p>	<p>5 Sodium mg Grilled Chicken 320 Pesto Cream 70 Tricolor Rotini 1 Genoa Veg Blend 45 Wheat Bread 160 Mixed Fruit 10 Cal: 578 Sod: 731</p>	<p>6 Sodium mg SPECIAL Haddock Newburg 364 Brown Rice Pilaf 159 Ratatouille 107 Dinner Roll 132 Strawberry Apple Crisp 9 Diet: Cinn Apple Slices Cal: 596 Sod: 896</p>	<p>7 Sodium mg COLD Asian Chicken Salad 277 Chick Pea Cilantro Salad 212 Marinated Veg Salad 151 Wheat Dinner Roll 105 Fresh Fruit 1 Cal: 562 Sod: 871</p>	<p>8 Sodium mg Swedish Meatballs 200 Egg Noodles 4 Broccoli 10 Wheat Bread 160 Strawberry Yogurt 75 Cal: 618 Sod: 574</p>
<p>11 Sodium mg Steak and Cheese 241 Grinder Roll 218 Tater Tots 29 Mixed Veggies 88 Cranberry Snack Loaf 120 Diet: Gingerboy Cal: 740 Sod: 821</p>	<p>12 Sodium mg Turkey Corn Stew 464 Green Beans 3 Wheat Dinner Roll 105 Pineapple Whip 87 Cal: 494 Sod: 784</p>	<p>13 Sodium mg Chicken Coq Au Vin 387 Garlic Mashed Potatoes 66 Carrots 64 Wheat Bread 160 Fresh Fruit 1 Cal: 590 Sod: 803</p>	<p>14 Sodium mg Roast Pork 73 Herb Gravy 83 Butternut Squash 0 Green Peas 66 Rye Bread 150 Mandarin Oranges 7 Cal: 518 Sod: 504</p>	<p>15 Sodium mg Meatloaf 216 Onion Gravy 26 Roasted Potatoes 5 Summer Veg Blend 24 Wheat Bread 160 Applesauce Fruit Cup 10 Cal: 664 Sod: 566</p>
<p>18 Sodium mg Grilled Chicken 320 Honey Ginger Glaze 73 Brown Rice Pilaf 159 Oriental Veg Blend 21 Wheat Bread 160 Pineapple 1 Cal: 608 Sod: 859</p>	<p>19 Sodium mg Potato Pollock Filet 273 Tartar Sauce 100 CousCous w/ Red Peppers 45 Broccoli 10 Wheat Bread 160 Lemon Cake 215 Diet: Lemon Grahams Cal: 748 Sod: 928</p>	<p>20 Sodium mg **HIGH SODIUM** Chicken Parmesan 766* Marinara Sauce 94 Ziti 1 Italian Veg Blend 41 Italian Bread 230 Blueberry Yogurt 75 Cal: 805 Sod: 1332*</p>	<p>21 Sodium mg Yankee Pot Roast 85 Jardiniere Gravy 68 Chantilly Potatoes 238 Corn 1 Dinner Roll 132 Sliced Peaches 5 Cal: 657 Sod: 654</p>	<p>22 Sodium mg Cheesy Omelet 410 Cheese Sauce 167 Sausage Links 244 Homefries 5 Wheat Bread 160 Fresh Orange 0 Cal: 764 Sod: 1111</p>
<p>25 Sodium mg BBQ Pork Rib 492 Baked Beans 39 Mixed Veggies 88 Hamburger Roll 230 Raisins 4 Cal: 763 Sod: 978</p>	<p>26 Sodium mg Chicken Breast 320 Red Bell Pepper Sauce 99 Orzo Pilaf w/ Spinach 57 California Veg Blend 22 Wheat Bread 160 Chocolate Pudding 135 Diet: Choc Pudding Cal: 625 Sod: 918</p>	<p>27 Sodium mg Roast Pork 73 Cran Orange Sauce 18 Sweet Potatoes 35 Fresh Squash Blend 4 Wheat Dinner Roll 105 Fresh Apple 1 Cal: 631 Sod: 361</p>	<p>28 Sodium mg White Bean Chicken Chili 314 Brown Rice 5 Riviera Veg Blend 140 Corn Bread 291 Mixed Fruit 10 Cal: 700 Sod: 885</p>	<p>29 Sodium mg Beef and Cabbage 301 Casserole 64 Herbed Carrots 150 Snack n Loaf 115 Diet: Apple Cinn Graham Cal: 683 Sod: 755</p>
<p>For weather emergencies and cancellations, please check Fox 25 TV station.</p>	<p>For questions about the nutritional information in this menu or your nutritional needs, contact: Denise Mercury RD, LDN d.mercury@minutemansenior.org</p>		<p>To CANCEL meals or for QUESTIONS about your meal plan, call: 781.221.7083 or 1.888.222.6171 x7083 Call the day before by 11AM to make a change. Do not call your local meal site.</p>	

The Sodium values are listed beside each menu item. The total calories & total sodium include 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.