

Minuteman Senior Services

July 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	
3	Sodium mg	4	Sodium mg	5	Sodium mg	6	Sodium mg	7	Sodium mg
Parmesan Crusted Tilapia	360	HOLIDAY NO MEALS SERVED 		Chicken Breast	320	~ SPECIAL ~		Cheesy Omelet	410
Rice Pilaf	141		Lemon Picatta Sauce	81	BBQ Pulled Pork	424	Cheese Sauce	167	
Carrots	64		Spinach	65	Roman Veg Blend	30	Sausage Links	244	
Wheat Bread	160		Penne Pasta	1	Mac & Cheese	244	Home Fries	3	
Peaches	5		Multigrain Bread	164	Hamburger Bun	230	Wheat Bread	160	
		Fresh Fruit	1	Pineapple Whip	87	Blueberry Yogurt	75		
Calories:	673	Calories:	579	Calories:	773	Calories:	784		
10	Sodium mg	11	Sodium mg	12	Sodium mg	13	Sodium mg	14	Sodium mg
Chicken Corn Stew	141	Chicken Breast	320	Sloppy Joe	259	Roast Turkey	320	COLD PLATE	
Broccoli	10	Red Pepper Sauce	99	Mixed Vegetables	88	Tarragon Gravy	26	Tuna Salad over Lettuce	328
Wheat roll	105	Baked Beans	39	Tater Tots	29	Mashed Potatoes	66	Pasta Salad	153
Raisins	4	Mexicali Corn	3	Hamburger Bun	230	California Blend	22	3 Bean Salad	89
		Multigrain Bread	164	Brownie	165	Wheat Bread	160	Rye Bread	150
		Fresh Orange	1	Diet: Chocolate Grahams		Butterscotch Pudding	230	Applesauce Fruit Cup	10
						Diet: Butterscotch Pudding			
Calories:	533	Calories:	636	Calories:	837	Calories:	631	Calories:	635
17	Sodium mg	18	Sodium mg	19	Sodium mg	20	Sodium mg	21	Sodium mg
Roast Pork	73	Sweet & Sour Chicken	610	Honey BBQ Pork Rib	410	Broccoli Bake	482	Chicken Breast	320
Rosemary Gravy	83	Broccoli	10	Au Gratin Potatoes	132	Home Fries	5	Orange Sauce	3
Red Bliss Potatoes	5	Brown Rice	5	Summer Blend Veg	24	Stewed Tomatoes	150	White Rice	90
Genoa Blend Veg	45	Wheat Bread	160	White Bread	123	Multigrain Bread	164	Green Beans	3
Italian Bread	230	Oatmeal Cookie	124	Applesauce Fruit Cup	10	Tropical Fruit Salad	10	Wheat Dinner Roll	105
Fresh Fruit	1	Diet: Apple Cinnamon Bears						Blueberry Snack N Loaf	115
								Diet: Lemon Dinosaurs	
Calories:	533	Calories:	723	Calories:	644	Calories:	707	Calories:	620
24	Sodium mg	25	Sodium mg	26	Sodium mg	27	Sodium mg	28	Sodium mg
Chicken Meatballs	190	Beef Burgundy	159	COLD PLATE		Salmon	67	Meatloaf	216
Marinara Sauce	94	Egg Noodles	4	*HIGH SODIUM*		Dill Sauce	66	Mushroom Gravy	83
Cavitappi Pasta	1	Brussels Sprouts	12	Caesar Chicken Salad*	1030	California Blend Veg	22	Tater Tots	29
Italian Blend Veg	41	Wheat Bread	160	Potato Salad	122	Sour Cream & Chive Mashed	94	Carrots	64
Italian Bread	230	Spice Cake	245	Wheat Roll	105	White Bread	123	Multigrain Bread	164
Pineapple	1	Diet: Lorna Doones		Fresh Fruit	1	Diced Pears	5	Cherry Snack N Loaf	115
								Diet: Apple Grahams	
Calories:	664	Calories:	754	Calories:	693	Calories:	657	Calories:	835
31	Sodium mg					Entrees that contain more than 500mg sodium are designated by an *.		** HIGH SODIUM MEALS: Please call at least 2 days ahead for an alternative frozen meal on the high sodium entrée day.	
Beef & Lentil Chili	260								
Spinach	65								
Brown Rice	5								
Rye Bread	150								
Escaloped Apples	39								
Diet: Cinnamon Apple Slices									
Calories:	695								
For weather emergencies and cancellations, please check Fox 25 TV station.	For questions about the nutritional information in this menu or your nutritional needs, contact: Denise Mercury RD, LDN 781.221.7018 or 1.888.222.6171 x7018 d.mercury@minutemansenior.org				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.				

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.