

Minuteman Senior Services

July 2017



Senior Dining Menu

Menu subject to change without notice.

All soups served with crackers. All meals include margarine and 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 ~ * HIGH SODIUM *		Cheesy Omelet	410
Rice Pilaf	141		Lemon Picatta Sauce	81	BBQ Pulled Pork	424	Cheese Sauce	167	
Carrots	64		Spinach	65	Cole Slaw	101	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	Orange Juice	
Calories:	673	Calories:	579	Calories:	769	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 Vegetable	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	Tossed Salad	5	Hamburger Bun	230	California Blend Veg	22	3 Bean Salad	89
		Multigrain Bread	164	Brownie	165	Wheat Bread	123	Rye Bread	150
		Fresh Orange	1			Applesauce Fruit Cup	10	Applesauce Fruit Cup	10
Calories:	533	Calories:	582	Calories:	837	Calories:	644	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	Tossed Salad	5	Au Gratin Potatoes	132	Home Fries	5	Orange Sauce	3
Red Bliss Potatoes	5	Brown Rice	5	Summer Blend Veg	24	Chunky Tomato Soup	177	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							Blueberry Snack N Loaf	115
Calories:	533	Calories:	712	Calories:	644	Calories:	693	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 * HIGH SODIUM *		Salmon	67	Meatloaf	216
Marinara Sauce	94	Egg Noodles	4	Caesar Chicken Salad*	1030	Dill Sauce	66	Mushroom Gravy	83
Cavitappi Pasta	1	Tossed Salad	5	Potato Salad	122	Three C Soup	299	Tater Tots	29
Italian Blend Veg	41	Wheat Bread	160	Wheat Roll	105	Sour Cream & Chive Mashed	94	Carrots	64
Italian Bread	230	Spice Cake	245	Fresh Fruit	1	White Bread	123	Multigrain Bread	164
Pineapple	1					Diced Pears	5	Cherry Snack N Loaf	115
Calories:	664	Calories:	737	Calories:	693	Calories:	691	Calories:	835
31	Sodium mg					Entrees that contain more than 500mg sodium are designated by an *.		To CANCEL or ORDER Call your <u>local</u> meal site by 11AM the <u>DAY BEFORE</u>	
Beef and Lentil Chili	260								
Spinach	65								
Brown Rice	5								
Rye Bread	150								
Escalloped Apples	39								
Calories:	695								
Acton: 978-263-5053	Burlington: 781-221-7094	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					
Arlington Sr Ctr.: 781-316-3423	Littleton: 978-540-2474								
Arlington Heights: 781-221-7081	Maynard: 339-234-3726								
	Stow: 781-825-5194								
	Woburn: 781-221-7084								

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