

# Minuteman Senior Services

# September 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
<p>To CANCEL or ORDER Call your <u>local</u> meal site by 11AM the <u>DAY BEFORE</u></p>	<p>Entrees that contain more than 500mg sodium are designated by an *</p>			<p>1 <b>Sodium mg</b> Chicken Breast 320 Orange Sauce 3 Baked Beans 39 Mexicali Corn 3 Wheat Bread 160 Fresh Fruit 1</p>
				<p>Cal: 656 Sod: 651</p>
<p>4 <b>LABOR DAY HOLIDAY NO MEALS SERVED</b></p> 	<p>5 <b>Sodium mg</b> Grilled Chicken 320 Pesto Cream 70 Tricolor Rotini 1 Genoa Veg Blend 45 Wheat Bread 160 Mixed Fruit 10</p>	<p>6 <b>Sodium mg</b> <b>SPECIAL</b> Haddock Newburg 364 Brown Rice Pilaf 159 Ratatouille 107 Dinner Roll 132 Strawberry Apple Crisp 9</p>	<p>7 <b>Sodium mg</b> <b>COLD</b> Egg Drop Soup 167 Asian Chicken Salad 277 Chick Pea Cilantro Salad 212 Wheat Dinner Roll 105 Fresh Fruit 1</p>	<p>8 <b>Sodium mg</b> Swedish Meatballs 200 Egg Noodles 4 Broccoli 10 Wheat Bread 160 Strawberry Yogurt 75</p>
<p>Cal: 705 Sod: 783</p>	<p>Cal: 578 Sod: 731</p>	<p>Cal: 596 Sod: 896</p>	<p>Cal: 578 Sod: 887</p>	<p>Cal: 618 Sod: 574</p>
<p>11 <b>Sodium mg</b> Veg Gumbo Soup 50 Steak and Cheese 241 Grinder Roll 218 Tater Tots 29 Cranberry Snack Loaf 120</p>	<p>12 <b>Sodium mg</b> Turkey Corn Stew 464 Green Beans 3 Wheat Dinner Roll 105 Pineapple Whip 87</p>	<p>13 <b>Sodium mg</b> Chicken Coq Au Vin 387 Garlic Mashed Potatoes 66 Carrots 64 Wheat Bread 160 Fresh Fruit 1</p>	<p>14 <b>Sodium mg</b> Roast Pork 73 Herb Gravy 83 Butternut Squash 0 Tossed Salad 5 Rye Bread 150 Mandarin Oranges 7</p>	<p>15 <b>Sodium mg</b> Meatloaf 216 Onion Gravy 26 Roasted Potatoes 5 Summer Veg Blend 24 Wheat Bread 160 Applesauce Fruit Cup 10</p>
<p>Cal: 608 Sod: 859</p>	<p>Cal: 494 Sod: 784</p>	<p>Cal: 590 Sod: 803</p>	<p>Cal: 463 Sod: 443</p>	<p>Cal: 664 Sod: 566</p>
<p>18 <b>Sodium mg</b> Grilled Chicken 320 Honey Ginger Glaze 73 Brown Rice Pilaf 159 Oriental Veg Blend 21 Wheat Bread 160 Pineapple 1</p>	<p>19 <b>Sodium mg</b> Potato Pollock Filet 273 Tartar Sauce 100 CousCous w/ Red Pepper 45 Broccoli 10 Wheat Bread 160 Lemon Cake 215</p>	<p>20 <b>Sodium mg</b> <b>**HIGH SODIUM**</b> Chicken Parmesan 766* Marinara Sauce 94 Ziti 1 Tossed Salad 5 Italian Bread 230 Blueberry Yogurt 75</p>	<p>21 <b>Sodium mg</b> Autumn Harvest Soup 233 Yankee Pot Roast 85 Jardiniere Gravy 68 Chantily Potatoes 238 Dinner Roll 132 Sliced Peaches 5</p>	<p>22 <b>Sodium mg</b> Cheesy Omelet 410 Cheese Sauce 167 Sausage Links 244 Homefries 5 Wheat Bread 160 Fresh Orange 0</p>
<p>Cal: 757 Sod: 991</p>	<p>Cal: 748 Sod: 928</p>	<p>Cal: 782 Sod: 1296*</p>	<p>Cal: 622 Sod: 886</p>	<p>Cal: 764 Sod: 1111</p>
<p>25 <b>Sodium mg</b> BBQ Pork Rib 492 Baked Beans 39 Cole Slaw 101 Hamburger Roll 230 Raisins 4</p>	<p>26 <b>Sodium mg</b> Chicken Breast 320 Red Bell Pepper Sauce 99 Orzo Pilaf w/ Spinach 57 California Veg Blend 22 Wheat Bread 160 Chocolate Pudding 135</p>	<p>27 <b>Sodium mg</b> Roast Pork 73 Cran Orange Sauce 18 Sweet Potatoes 35 Fresh Squash Blend 4 Wheat Dinner Roll 105 Fresh Apple 1</p>	<p>28 <b>Sodium mg</b> White Bean Chicken Chili 314 Brown Rice 5 Riviera Veg Blend 140 Corn Bread 291 Mixed Fruit 10</p>	<p>29 <b>Sodium mg</b> Beef &amp; Cabbage Casserole 301 Herbed Carrots 64 Rye Bread 150 Snack n Loaf 115</p>
<p>Cal: 608 Sod: 859</p>	<p>Cal: 625 Sod: 918</p>	<p>Cal: 631 Sod: 361</p>	<p>Cal: 700 Sod: 885</p>	<p>Cal: 683 Sod: 755</p>
<p>Acton: 978-263-5053 Arlington Sr Ctr.: 781-316-3423 Arlington Heights: 781-221-7081</p>	<p>Burlington: 781-221-7094 Littleton: 978-540-2474 Maynard: 339-234-3726 Stow: 781-825-5194 Woburn: 781-221-7084</p>	<p>For weather emergencies and cancellations, please check Fox 25 TV station.</p>	<p><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 <a href="mailto:d.mercury@minutemansenior.org">d.mercury@minutemansenior.org</a></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.