

Minuteman Senior Services

MAY 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 | |
|---|--|--|------------------|--|------------------|--|------------------|--|------------------|
| 1 | mg Sodium | 2 | mg Sodium | 3 | mg Sodium | 4 | mg Sodium | 5 | mg Sodium |
| Haddock Newburg | 364 | American Chop Suey | 288 | Grilled Chicken | | Sweet and Sour | | Corn Chowder | 172 |
| Orzo Pilaf with Spinach | 57 | Tossed Salad | 5 | Lemon Piccata | 401 | Meatballs | 228 | BBQ Turkey Burger | 402 |
| California Veggie Blend | 22 | Italian Bread | 230 | Garlic Mashed Potatoes | 66 | Brown Rice | 5 | New Potato Salad | 96 |
| Wheat Bread | 160 | Snack n' Loaf | 115 | Italian Green Beans | 3 | Oriental Style Veggies | 21 | Hamburg Roll | 230 |
| Mixed Fruit | 10 | | | Multigrain Bread | 164 | Wheat Bread | 160 | Fresh Orange | 0 |
| | | | | Chocolate Chip Cookie | 160 | Pineapple | 1 | | |
| Calories: | 542 | Calories: | 725 | Calories: | 819 | Calories: | 627 | Calories: | 696 |
| 8 | mg Sodium | 9 | mg Sodium | 10 | mg Sodium | 11 | Sodium | 12 | mg Sodium |
| Beef & Cabbage Casserole | 301 | <u>COLD PLATE</u> **HIGH SODIUM | | Roast Pork | 73 | <u>SPECIAL</u> | | Lasagna Roll Up | 290 |
| Carrots | 64 | Cheesy Cauliflower Soup | 319 | Rosemary Gravy | 83 | Stuffed Chicken Breast with Sage Stuffing* | 500 | Meat Sauce | 50 |
| Rye Bread | 150 | Turkey Apple Salad* | 619 | Chantilly Potatoes | 238 | Supreme Sauce | 13 | Italian Veggie Blend | 41 |
| Strawberry Yogurt | 75 | Pasta Salad | 153 | Tossed Salad | 5 | Rice Pilaf | 141 | Italian Bread | 230 |
| | | Wheat Dinner Roll | 105 | Multigrain Bread | 164 | Broccoli Au Gratin | 158 | Fresh Fruit | 1 |
| | | Diced Pears | 5 | Applesauce | 15 | Whole Wheat Bread | 160 | | |
| | | | | | | Strawberry Apple Crisp | 9 | | |
| Calories: | 613 | Calories: | 722 | Calories: | 584 | Calories: | 780 | Calories: | 535 |
| 15 | mg Sodium | 16 | mg Sodium | 17 | mg Sodium | 18 | mg Sodium | 19 | mg Sodium |
| Chicken Breast Coq Au Vin | 387 | Potato Pollock Filet | 273 | Chicken Penne ala Vodka | 346 | Chunky Tomato Soup | 177 | Beef Stew | 200 |
| Red Bliss Potatoes | 5 | Tartar Sauce | 100 | | | Broccoli Bake | 482 | Brussels Sprouts | 12 |
| Mixed Vegetables | 88 | Mashed Potatoes with Sour Cream & Chive | 94 | California Veggie Blend | 22 | Home Fries | 5 | Biscuit | 340 |
| Wheat Bread | 160 | Coleslaw | 101 | Italian Bread | 230 | Wheat Bread | 160 | Blueberry Yogurt | 75 |
| Diced Peaches | 5 | Multigrain Bread | 164 | Fresh Pear | 2 | Mixed Fruit | 10 | | |
| | | Pineapple Whip | 87 | | | | | | |
| Calories: | 580 | Calories: | 828 | Calories: | 978 | Calories: | 677 | Calories: | 726 |
| 22 | mg Sodium | 23 | mg Sodium | 24 | mg Sodium | 25 | mg Sodium | 26 | mg Sodium |
| Shepherd's Pie | 178 | Roast Pork with Apple Gravy | 23 | Vegetable Gumbo Soup | 50 | <u>COLD PLATE</u> | | Meatballs with Mushroom Gravy | 236 |
| Genoa Vegetable Blend | 45 | Sweet Potatoes | 35 | BBQ Chicken Breast | 402 | Chicken Salad with Cranberries* | 554 | Egg Noodles | 4 |
| Multigrain Bread | 164 | Tossed Salad | 5 | Baked Beans | 39 | New Macaroni Salad | 206 | Peas & Carrots | 72 |
| Snack n' Loaf | 115 | White Bread | 123 | Wheat Bread | 160 | 3 Bean Salad | 174 | Wheat Bread | 160 |
| | | Sliced Apples | 4 | Chocolate Brownie | 149 | Wheat Dinner Roll | 105 | Tropical Fruit Salad | 10 |
| | | | | | | Pineapple Chunks | 1 | | |
| Calories: | 744 | Calories: | 583 | Calories: | 750 | Calories: | 651 | Calories: | 688 |
| 29 | HOLIDAY NO MEALS SERVED | 30 | mg Sodium | 31 | mg Sodium | 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> | |
|  | | Grilled Chicken Teriyaki | 362 | Beef Chili | 237 | | | | |
| | | Brown Rice | 5 | Cornbread | 291 | | | | |
| | | Broccoli | 10 | Tossed Salad | 5 | | | | |
| | | Wheat Bread | 160 | Fresh Fruit | 1 | | | | |
| | | Mandarin Oranges | 7 | | | | | | |
| | | Calories: | 532 | Calories: | 600 | | | | |
| 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.