



*Meal includes milk & margarine. A low-calorie dessert is sent as a snack.*

**Donation: \$3.50**

This program is made possible, in part, by funding from the Executive Office of Aging & Independence

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Nutrition Totals:</b> are in milligrams and include milk - 130mg NA	<b>Regular &amp; Heart Healthy Menus</b> are now on our website! <a href="http://www.MinutemanSenior.org">www.MinutemanSenior.org</a>	<b>1</b> Sodium mg Beef Burgundy 105 Seasoned Orzo 35 Root Vegetables 35 Multigrain Bread 150  Cal 640, Carb 70, Na 505	<b>2</b> Sodium mg Swedish Chicken 270 Meatballs 270 Buttered Noodles 35 Brussels Sprouts 20 LS Wheat Bread 65  Cal 675, Carb 75, Na 595	<b>3</b> Sodium mg Chicken Stew 365 Green Beans 5 LS Wheat Bread 65  Cal 585, Carb 70, Na 615
		<b>6</b> Sodium mg Dijon Pork Roast 300 Brown Rice 5 Root Vegetables 35 LS Wheat Bread 65  Cal 740, Carb 85, Na 585	<b>7</b> Sodium mg Chicken Souvlaki (garlic, wine, lemon) 460 Seasoned Orzo 35 Vegetable Blend 70 LS Wheat Bread 65  Cal 795, Carb 85, Na 805	<b>8</b> Sodium mg Stuffed Shells (red bell pepper sauce) 245 Vegetable Blend 35 Garlic Dinner Roll 135  Cal 550, Carb 65, Na 595
<b>13</b> Sodium mg Lentil Stew w/ Mozzarella 250 Root Vegetables 35 Vegetable Blend 15 WW Dinner Roll 180  Cal 650, Carb 90, Na 630	<b>14</b> Sodium mg Chicken Stir Fry 460 Brown Rice 5 LS Wheat Bread 65  Cal 600, Carb 70, Na 715	<b>15</b> Sodium mg Spinach & Red Bell Pepper Frittata 300 Red Bliss Potatoes 25 Brussels Sprouts 20 Oat Bread 115  Cal 605, Carb 75, Na 640	<b>16</b> Sodium mg Dijon Wine Fish 370 Couscous 5 Peas & Onions 80 LS Wheat Bread 65  Cal 650, Carb 85, Na 700	<b>17</b> Sodium mg Turkey w/ Gravy 370 Seasoned Orzo 35 Butternut Squash 35 LS Wheat Bread 65  Cal 605, Carb 95, Na 655
 <b>No Meals Served</b>	<b>21</b> Sodium mg BBQ Pulled Pork on Burger Bun 440 210 Root Vegetables 35 Vegetable Blend 30  Cal 650, Carb 60, Na 900	<b>22</b> Sodium mg Greek Chicken (feta, spinach, bell pepper) 480 Seasoned Orzo 35 Vegetable Blend 10 LS Wheat Bread 65  Cal 710, Carb 85, Na 770	<b>23</b> Sodium mg Black Bean & Barley Chili 665 Vegetable Blend 25 LS Wheat Bread 65  Cal 720, Carb 105, Na 940	<b>24</b> Sodium mg Salisbury Steak w/ Mushroom Gravy 255 Cauliflower 20 Root Vegetables 35 LS Wheat Bread 65  Cal 695, Carb 60, Na 550
<b>27</b> Sodium mg Chicken Meatballs w/ Red Bell Pepper Sauce & Sliced Provolone 335 Sub Roll 220 Roasted Potatoes 10 Vegetable Blend 20  Cal 770, Carb 75, Na 765	<b>28</b> Sodium mg Broccoli & Mushroom Frittata 365 O'Brien Potatoes 40 Green Beans 5 LS Wheat Bread 65  Cal 575, Carb 65, Na 625	<b>29</b> Sodium mg Potato Crunch Fish 340 Root Vegetables 35 Vegetable Blend 35 LS Wheat Bread 65  Cal 700, Carb 70, Na 655	<b>30</b> Sodium mg Pot Roast w/ Gravy 135 Harvard Beets 240 Peas & Carrots 85 LS Wheat Bread 65  Cal 620, Carb 70, Na 700	

**A low calorie dessert is sent with each meal. This dessert contains less than 20g of carbohydrates, 50-100 calories & under 100mg sodium to be eaten as a snack between meals.**

**To CANCEL Meals on Wheels or for QUESTIONS about your delivery or meal plan, call 781-221-7083 Call the day before by 11AM to make a change.**

For questions about the nutritional information in this menu, contact Deb McLean, Dietitian at 781-221-7018

For dining center information go to:

[www.MinutemanSenior.org/How-We-Can-Help/Nutrition/Senior-Dining-Centers](http://www.MinutemanSenior.org/How-We-Can-Help/Nutrition/Senior-Dining-Centers)

The nutrition information provided is meant to guide you with your daily choices.

It is by no means exact and recipes are continually being reviewed.

Menu subject to change without notice.

Thank you to our Senior Nutrition Corporate Sponsor



# WELLNESS FROM THE GROUND UP

## EAT WELL, LIVE SUSTAINABLY

Human health and the planet's health are closely linked. The foods we choose affect the environment that grows and supplies them. When we understand this connection and make small, realistic shifts, we can improve our own well-being while also supporting a healthier world.

### Actions You Can Take to Make a Positive Difference

- **Choose local and seasonal foods.**  
Fresher, more nutritious, and supports nearby farms.
- **Eat more plant-forward meals.**  
Beans, lentils, vegetables, and grains often require fewer resources to produce.
- **Minimize food waste.**  
Plan ahead, store food properly, and use leftovers creatively. Compost or donate food you cannot use.
- **Reduce packaging.** Buy in bulk, use reusable bags when shopping to reduce plastic usage, package food in reusable containers, or choose sustainable packaging.
- **Support sustainable foods and brands.**  
Make mindful choices within your budget.
- **Grow something.** Start with herbs, a small garden, or community garden involvement.

### Creating Well-Being Through Sustainable Choices

Better nutrition means stronger immune systems, more energy, improved brain function, and reduced risk of chronic diseases. A healthy environment ensures clean air, clean water, and resilient ecosystems. Both are essential for sustainable wellness—feeling good today while creating a livable world for tomorrow.

#### Food Choices & Their Benefits

Food Choices	Benefit For You	Benefit For Planet
<b>Beans, Lentils, Chickpeas</b>	High in plant protein and fiber	Lower land & water use; smaller carbon footprint
<b>Seasonal Fruits &amp; Vegetables</b>	Nutrient-dense, fresher flavor	Supports local farms; fewer transportation emissions
<b>"Ugly" Produce</b>	May come off as imperfect, but same nutrients, often lower cost	Reduces food waste
<b>Farmers Markets</b>	Fresher food; supports local economy	Less packaging; shorter supply chain

Sources: Academy of Nutrition & Dietetics