

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Nutrition Totals: are in milligrams and include milk - 125 mg NA	Regular & Heart Healthy Menus are now on our website! minutemansenior.org		1 Sodium mg Fish w/ Dijon Wine Sauce 370 Couscous 5 Peas & Onions 75 LS Wheat Bread 65	2 Sodium mg Turkey w/ Gravy 370 Buttered Orzo 30 Butternut Squash 30 LS Wheat Bread 65
			Cal 645, Carb 85, Na 700	Cal 695, Carb 110, Na 910
5 Sodium mg Grill Chicken w/Red Bell Pepper Sauce 230 Ziti 5 Green Beans 5 Garlic Knot 135	6 Sodium mg BBQ Pulled Pork 440 Hamburger Bun 210 Rice 35 Vegetable Blend 30	7 Sodium mg Marry Me Chicken tomato garlic cream 530 Seasoned Orzo 30 Vegetable Blend 10 LS Wheat Bread 65	8 Sodium mg Black Bean & Barley Chili 665 Rice 5 LS Wheat Bread 65	9 Sodium mg Salisbury Steak w/ Mushroom Gravy 250 Cauliflower 15 Rice 5 LS Wheat Bread 65
Cal 620, Carb 70, Na 560	Cal 690, Carb 70, Na 875	Cal 870, Carb 95, Na 775	Cal 760, Carb 115, Na 920	Cal 705, Carb 70, Na 495
 No Meals Served	13 Sodium mg Broccoli & Mushroom Frittata 365 O'Brien Potatoes 40 Green Beans 5 LS Wheat Bread 65	14 Sodium mg Breaded Fish Filet 260 on Burger Bun 180 Root Vegetables 35 Vegetable Blend 35	15 Sodium mg Pot Roast w/ Gravy 130 Harvard Beets 235 Peas & Carrots 80 LS Wheat Bread 65	16 Sodium mg Chicken a la King 320 Buttered Noodles 35 Vegetable Blend 45 LS Wheat Bread 65
	Cal 645, Carb 85, Na 630	Cal 610, Carb 70, Na 760	Cal 620, Carb 70, Na 700	Cal 740, Carb 75, Na 735
19 Sodium mg Turkey Burger on 360 LS Hamburger Roll 180 Couscous 25 Broccoli 10	20 Sodium mg Chicken & Rice Bake 370 Green Beans 5 Multigrain Bread 150	21 Sodium mg Turkey & Lentil Bolanese 200 Pasta 5 Vegetable Blend 45 LS Wheat Bread 5	22 Sodium mg Beef Fajitas w/ 310 Onions & Peppers 110 on Tortilla 170 White Rice 5	23 Sodium mg Mixed Bean & Vegetable Stew 590 Cauliflower 15 LS Wheat Bread 65
Cal 625, Carb 85, Na 650	Cal 545, Carb 55, Na 710	Cal 725, Carb 95, Na 490	Cal 620, Carb 70, Na 780	Cal 570, Carb 90, Na 860
26 Sodium mg Honey Mustard Chicken 475 Sweet Potatoes 30 Vegetable Blend 30 LS Wheat Bread 65	27 Sodium mg Lasagna w/ Marinara Sauce 560 Ital' Green Beans 5 Garlic Knot 135	28 Sodium mg Beef Stroganoff 190 Egg Noodles 35 Vegetable Blend 25 LS Wheat Bread 65	29 Sodium mg Turkey Pot Pie 365 Rice 5 Dinner Roll 180	30 Sodium mg Fish Scampi 270 Couscous 130 Vegetable Blend 10 Rye Bread 150
Cal 655, Carb 90, Na 780	Cal 580, Carb 70, Na 880	Cal 720, Carb 85, Na 500	Cal 480, Carb 60, Na 705	Cal 490, Carb 65, Na 635
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 781-221-7018 For dining center information go to: www.MinutemanSenior.org/How-We-Can-Help/Nutrition/Senior-Dining-Centers				

PROTEIN



BUILDING BLOCKS FOR LIFE

Protein is one of the three macronutrients, along with fats and carbohydrates, that helps your body function properly.

Why is Protein Important?

- Building blocks for bones, muscles, cartilage, skin, and blood
- Produces antibodies to help fight infection
- Creates enzymes and hormones that regulate body functions
- Maintains proper pH and fluid balance
- Stabilizes blood sugar when paired with carbs and fats
- Helps you feel full and satisfied after meals and snacks

How Much Protein Do You Need?

Protein needs vary. Active individuals and older adults often need more protein, while sedentary adults typically need less. If following a plant-based diet, be mindful of meeting your needs.

Good Sources of Protein

ANIMAL

- Fish and seafood
- Meat and poultry
- Eggs
- Milk, yogurt, and cheese

PLANT

- Beans, peas, and lentils
- Nuts, nut butters, seeds
- Soy food, such as tofu, tempeh, and edamame
- Quinoa and other whole grains



Smart Protein Tips

- Start the day with protein-rich breakfast options
- Add protein to snacks
- Prioritize protein after physical activity
- Spread throughout the day instead of eating it all at one meal
- Combine protein with fiber for better fullness