



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>3</b> Sodium mg<br>Honey Mustard<br>Chicken 475<br>Sweet Potatoes 30<br>Vegetable Blend 30<br>LS Wheat Bread 65<br><br><b>Cal 655, Carb 90, Na 780</b>                                                                                                                                                                | <b>4</b> Sodium mg<br>Lasagna w/<br>Marinara Sauce 560<br>Ital' Green Beans 5<br>Garlic Knot 135<br><br><b>Cal 580, Carb 70, Na 880</b>                  | <b>5</b> Sodium mg<br>Beef Stroganoff 190<br>Egg Noodles 35<br>Vegetable Blend 25<br>LS Wheat Bread 65<br><br><b>Cal 720, Carb 85, Na 500</b>                      | <b>6</b> Sodium mg<br>Turkey Pot Pie 365<br>Harvard Beets 240<br>Wheat Dinner Roll 180<br><br><b>Cal 460, Carb 60, Na 940</b>                                   | <b>7</b> Sodium mg<br>Fish Scampi 270<br>Couscous 130<br>Vegetable Blend 10<br>Rye Bread 150<br><br><b>Cal 490, Carb 65, Na 635</b>                          |
| <b>10</b> Sodium mg<br>Bell Pepper & Beef<br>Casserole 225<br>Peas & Onions 80<br>LS Wheat Bread 65<br><br><b>Cal 745, Carb 75, Na 550</b>                                                                                                                                                                               | <b>11</b> Sodium mg<br>Lemon Chicken w/<br>Peas 300<br>Quinoa Pilaf 55<br>Vegetable Blend 70<br>LS Wheat Bread 65<br><br><b>Cal 710, Carb 80, Na 670</b> | <b>12</b> Sodium mg<br>Lentil Stew w/<br>Mozzarella Cheese 220<br>Root Vegetables 35<br>Oat Bread 115<br><br><b>Cal 705, Carb 95, Na 580</b>                       | <b>13</b> Sodium mg<br>Stuffed Shells w/<br>Red Pepper Sauce 290<br>Vegetable Blend 30<br>WW Dinner Roll 180<br><br><b>Cal 840, Carb 125, Na 670</b>            | <b>14</b> Sodium mg<br>Rosemary<br>Balsamic Pork 445<br>Red Bliss Potatoes 15<br>Ratatouille 115<br>LS Wheat Bread 65<br><br><b>Cal 825, Carb 70, Na 860</b> |
| <b>17</b> Sodium mg<br>Chicken Marsala 585<br>Seasoned Orzo 30<br>Green Beans &<br>Red Bell Pepper 5<br>LS Wheat Bread 65<br><br><b>Cal 675, Carb 90, Na 840</b>                                                                                                                                                         | <b>18</b> Sodium mg<br>Potato Crunch Fish 340<br>Sweet Potatoes 55<br>Vegetable Blend 15<br>MG Bread 150<br><br><b>Cal 670, Carb 75, Na 710</b>          | <b>19</b> Sodium mg<br>Chicken Meatballs<br>w/Tomato Basil 300<br>Penne Pasta 5<br>Vegetable Blend 20<br>WW Dinner Roll 180<br><br><b>Cal 705, Carb 85, Na 755</b> | <b>20</b> Sodium mg<br>Broccoli Egg Bake 340<br>Home Fries 30<br>Vegetable Blend 80<br>LS Wheat Bread 65<br><br><b>Cal 600, Carb 70, Na 620</b>                 | <b>21</b> Sodium mg<br>Pot Roast w/Gravy 135<br>Seasoned Orzo 30<br>Carrots 90<br>WW Dinner Roll 180<br><br><b>Cal 665, Carb 80, Na 610</b>                  |
| <b>24</b> Sodium mg<br>Mixed Bean &<br>Vegetable Stew 595<br>Cauliflower 20<br>LS Wheat Bread 65<br><br><b>Cal 540, Carb 90, Na 830</b>                                                                                                                                                                                  | <b>25</b> Sodium mg<br>Chicken Scallopini 290<br>Buttered Noodles 35<br>Green Beans 5<br>LS Wheat Bread 65<br><br><b>Cal 635, Carb 80, Na 550</b>        | <b>26</b> Sodium mg<br>Chicken Meatballs w/<br>LS Beef Gravy 290<br>Ziti 5<br>Vegetable Blend 10<br>MG Bread 150<br><br><b>Cal 625, Carb 70, Na 635</b>            | <b>27</b> Sodium mg<br>American Chop<br>Suey 160<br>Broccoli 15<br>Oat Bread 115<br><br><b>Cal 610, Carb 55, Na 440</b>                                         | <b>28</b> Sodium mg<br>Chicken & Rice<br>Bake 370<br>Spinach 145<br>Garlic Knot Roll 135<br><br><b>Cal 565, Carb 55, Na 800</b>                              |
| <b>31</b><br>Orange Chicken 450<br>Lo Mein 60<br>Stir Fry Veggies 5<br>LS Wheat Bread 65<br><br><b>Cal 750, Carb 90, Na 735</b>                                                                                                                                                                                          |                                                                       | <b>Nutrition Totals:</b><br>are in milligrams and<br>include milk - 125 mg NA                                                                                      | Regular & Heart Healthy<br>Menus<br>are on our website!<br>www.MinutemanSenior.org                                                                              | <b>For weather emergencies<br/>and cancellations, please<br/>check Fox 25 TV station.</b>                                                                    |
| <b>A low calorie dessert is sent with each meal.<br/>This dessert contains less than 20g of carbohydrates,<br/>50-100 calories &amp; under 100mg sodium<br/>to be eaten as a snack between meals.</b>                                                                                                                    |                                                                                                                                                          |                                                                                                                                                                    | <b>To CANCEL Meals on Wheels or for<br/>QUESTIONS about your delivery or meal plan,<br/>call 781-221-7083<br/>Call the day before by 11AM to make a change.</b> |                                                                                                                                                              |
| For questions about the nutritional information in this menu, contact Deb McLean, Dietitian 781-221-7018<br>For dining center information go to:<br><a href="http://www.MinutemanSenior.org/How-We-Can-Help/Nutrition/Senior-Dining-Centers">www.MinutemanSenior.org/How-We-Can-Help/Nutrition/Senior-Dining-Centers</a> |                                                                                                                                                          |                                                                                                                                                                    |                                                                                                                                                                 |                                                                                                                                                              |

The nutrition information provided is meant to guide you with your daily choices.  
Recipes are continually being reviewed. Menu subject to change without notice.



# ON-THE-GO NUTRITION

## BALANCED EATING FOR A HECTIC SCHEDULE

### PROTEIN

*KEEPS YOU FULL*

COTTAGE CHEESE · EGGS  
· PROTEIN BAR · NUTS ·  
GREEK YOGURT

### FIBER RICH CARBS

*GIVES STEADY  
ENERGY*

APPLES · GRAPES ·  
CARROTS · WHOLE  
GRAINS

### HEALTHY FATS

*PROVIDE  
SATISFACTION  
& NUTRIENT  
ABSORPTION*

NUT BUTTER · NUTS ·  
SEEDS · AVOCADO ·  
OLIVES