



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Sodium mg Swedish Chicken Meatballs 250 Brown Rice 25 Carrots 70 Oat Bread 150 Cal 575, Carb 70, Na 580	2 Sodium mg Lemon Garlic Fish 105 Orzo 30 Creamed Spinach 210 MG Bread 150 Cal 615, Carb 70, Na 630	3 Sodium mg Pork w/ Apples 215 Butternut Squash 25 Brussels Sprouts 15 Honey Wheat Roll 120 Cal 590, Carb 65, Na 505	4 Sodium mg Shepherd's Pie 210 Mashed Potato 110 Oat Bread 150 Cal 580, Carb 65, Na 575	5 Sodium mg Chicken Piccata 530 Pasta 5 Broccoli 15 WW Bread 165 Cal 505, Carb 65, Na 840
8 Sodium mg Beef Fajita w/ Pepper & Onions 310 Rice & Beans 75 Tortilla 190 Cal 500, Carb 60, Na 710	9 Sodium mg Honey Garlic Chicken 425 Steamed Potato 30 Vegetable Blend 30 Oat Bread 150 Cal 560, Carb 70, Na 760	10 Sodium mg Pork w/ Pineapple 220 Garlic Mashed 105 Green Beans w/ Bell Peppers 5 Honey Wheat Roll 120 Cal 595, Carb 70, Na 580	11 Sodium mg Crab Cake 510 Chuckwagon Corn 5 Beets 140 LS Wheat Bread 0 Cal 475, Carb 50, Na 780	12 Sodium mg Lasagna w/ Mushroom Alfredo Sauce 590 Vegetable Blend 15 MG Bread 150 Cal 590, Carb 85, Na 860
15 Sodium mg Turkey Burger w/ Gravy 480 Mashed Potato 110 Peas 60 LS Wheat Bread 0 Cal 540, Carb 60, Na 780	16 Sodium mg Cheese Omelet 310 Turkey Sausage 280 Creamy Polenta 60 Green Beans 5 MG Bread 150 Cal 530, Carb 45, Na 825	17 Sodium mg Beef Stew 480 Steamed Potatoes 5 Honey Wheat Roll 120 Cal 625, Carb 70, Na 690	18 Sodium mg Rosemary Chicken 350 Couscous 5 Vegetable Blend 15 WW Dinner Roll 240 Cal 640, Carb 70, Na 740	19 Sodium mg Pasta Fagioli 430 Cauliflower 15 (no bread) Cal 465, Carb 75, Na 680
22 Sodium mg Chicken Pot Pie 650 Mashed Potato 110 LS Wheat Bread 0 Cal 505, Carb 60, Na 890	23 Sodium mg Pork w/ Gravy 430 Cinnamon Apples 10 Corn 5 WW Bread 165 Cal 660, Carb 65, Na 735	24 Cold Sodium mg Tuna Salad 240 on Pita Bread 160 Corn & Black Beans 175 Garden Salad 35 Cal 380, Carb 45, Na 740	25  No Meals Served For weather emergencies and cancellations, please check Fox 25 TV station.	26 Sodium mg American Chop Suey 350 Broccoli 15 Honey Wheat Roll 120 Cal 585, Carb 70, Na 615
29 Sodium mg Lemon Pepper Chicken 360 Pasta & Peas 60 MG Bread 150 Cal 520, Carb 60, Na 670	30 Sodium mg Potato Crunch Fish 270 Sweet Potato 55 Cheesy Cauliflower 135 WW Bread 165 Cal 625, Carb 75, Na 755	31 Sodium mg Pork Diablo (mustard sauce) 350 White Rice 5 Brussels Sprouts 15 WW Dinner Roll 240 Cal 680, Carb 70, Na 740	Regular & Heart Healthy Menus are on our website! www.MinutemanSenior.org	
For questions about the nutritional information in this menu or your nutritional needs, contact: Deborah McLean, Dietitian 781-221-7018			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.	

Nutrition Totals are in milligrams & include milk 130mg Na

For dining center information go to:

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.

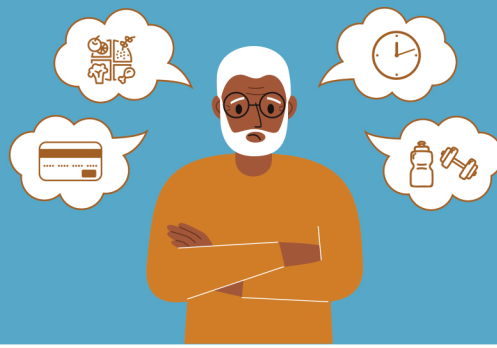
Menu subject to change without notice.

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Metropolitan
Home Health Services, Inc.

FOOD, FEELINGS, & FINDING YOUR CALM



*How Food &
Healthy Habits
Can Make You
Feel Better*

Stress and Your Health

Stress is how your body responds to challenges. It can affect your sleep, digestion, mood, memory, and immune system. Signs of stress include trouble sleeping, irritability, loss of interest in hobbies, changes in appetite, feeling isolated, and difficulty focusing.

Are You Hungry or Just Feeling Something?

Pausing and tuning into your body can help you choose foods that truly support how you feel.

- **Physical hunger signs:** stomach growling, low energy/fatigue, irritability, lightheadedness, or trouble focusing.
- **Emotional hunger signs:** sudden cravings, eating out of boredom or sadness, not satisfied after eating

Foods that Help You Feel Calmer

Some food helps your body and brain feel calmer and more focused.

- **Complex Carbs** - Oats, Quinoa, Sweet Potatoes, Brown Rice
→ Boost serotonin, your feel-good brain chemical
- **Protein-Rich Snacks** - Boiled Eggs, Yogurt, Hummus, Nut Butters, Edamame
→ Stabilize blood sugar and mood
- **Omega-3s** - Salmon, Walnuts, Chia Seeds, Flaxseeds
→ Support brain health and reduce anxiety
- **Magnesium-Rich Foods** - Spinach, Kale, Pumpkin Seeds, Avocados, Dark Chocolate
→ Relax muscles and calm nerves

- **Probiotic & Fermented Foods** - Yogurt, Kimchi, Sauerkraut, Miso, Kombucha
→ Support your gut, which connects to your mood
- **Herbal Teas** - Chamomile, Peppermint
→ Can help you relax and sleep better

Healthy Habits That Ease Stress

- Eat regular, balanced meals slowly and without screens.
- Keep balanced snacks handy to avoid energy crashes.
- Prioritize sleep, move daily, and connect with others regularly.
- Stay hydrated — thirst is often confused with hunger.
- Practice self-compassion. Emotional eating happens, and that is okay.