



*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 - 125 mg NA	<b>Regular &amp; Heart Healthy                      Menus</b> are on our website! <a href="http://www.MinutemanSenior.org">www.MinutemanSenior.org</a>	<b>1</b> Sodium mg Stuffed Shells w/ Red Pepper Sauce 370 Vegetable Blend 35 Garlic Dinner Roll 135	<b>2</b> Sodium mg Meatloaf w/ Gravy 280 Buttered Noodles 35 Peas & Carrots 80 WW Dinner Roll 180	 <b>Celebrating July 4th                      No Meals Served</b>
		<b>Cal 550, Carb 65, Na 595</b>	<b>Cal 780, Carb 75, Na 650</b>	
<b>6</b> Sodium mg Lentil Stew w/ Mozzarella 250 Root Vegetables 35 Vegetable Blend 15 WW Dinner Roll 180	<b>7</b> Sodium mg Chicken Stir Fry 460 Brown Rice 5 LS Wheat Bread 65	<b>8</b> Sodium mg Spinach & Red Pepper Frittata 300 Red Bliss Potatoes 25 Brussels Sprouts 50 Oat Bread 115	<b>9</b> Sodium mg Fish w/ Dijon Wine Sauce 370 Couscous 5 Peas & Onions 75 LS Wheat Bread 65	<b>10</b> Sodium mg Turkey w/ Gravy 370 Buttered Orzo 30 Butternut Squash 30 LS Wheat Bread 65
<b>Cal 650, Carb 90, Na 630</b>	<b>Cal 600, Carb 70, Na 715</b>	<b>Cal 605, Carb 75, Na 640</b>	<b>Cal 650, Carb 85, Na 700</b>	<b>Cal 605, Carb 95, Na 655</b>
<b>13</b> Sodium mg Chicken Meatballs w/ Red Bell Pepper Sauce & Ziti 230 Green Beans 5 Garlic Knot 135	<b>14</b> Sodium mg BBQ Pulled Pork 440 Hamburger Bun 210 Root Vegetables 35 Vegetable Blend 30	<b>15</b> Sodium mg Marry Me Chicken ( <i>tomato garlic cream</i> ) 310 Seasoned Orzo 30 Vegetable Blend 10 LS Wheat Bread 65	<b>16</b> Sodium mg Black Bean & Barley Chili 665 Vegetable Blend 25 LS Wheat Bread 65	<b>17</b> Sodium mg Salisbury Steak w/ Mushroom Gravy 250 Cauliflower 15 Root Vegetables 35 LS Wheat Bread 65
<b>Cal 700, Carb 80, Na 550</b>	<b>Cal 650, Carb 60, Na 905</b>	<b>Cal 750, Carb 85, Na 600</b>	<b>Cal 720, Carb 110, Na 940</b>	<b>Cal 695, Carb 60, Na 550</b>
<b>20</b> Sodium mg Chicken Meatball Sub w/ Red Pepper Sauce & Provolone Cheese 335 on Sub Roll 220 Roasted Potatoes 20 Vegetable Blend 20	<b>21</b> Sodium mg Broccoli & Mushroom Frittata 365 O'Brien Potatoes 40 Green Beans 5 LS Wheat Bread 65	<b>22</b> Sodium mg Potato Crunch Fish 335 Root Vegetables 35 Vegetable Blend 35 LS Wheat Bread 65	<b>23</b> Sodium mg Pot Roast w/ Gravy 130 Harvard Beets 235 Peas & Carrots 80 LS Wheat Bread 65	<b>24</b> Sodium mg Chicken a la King 320 Buttered Noodles 35 Vegetable Blend 45 LS Wheat Bread 65
<b>Cal 770, Carb 75, Na 765</b>	<b>Cal 575, Carb 65, Na 625</b>	<b>Cal 700, Carb 70, Na 655</b>	<b>Cal 620, Carb 70, Na 700</b>	<b>Cal 800, Carb 85, Na 650</b>
<b>27</b> Sodium mg Turkey Burger 360 Hamburger Bun 180 Corn 5 Broccoli 15	<b>28</b> Sodium mg Chicken & Rice Bake 370 Green Beans 5 Multigrain Bread 150	<b>29</b> Sodium mg Beef Sloppy Joe 175 on Hamburger Bun 180 Sweet Potato Tots 120 Zucchini & Red Pepper 5	<b>30</b> Sodium mg Chicken Fajitas w/ Onions & Peppers 110 on Tortilla 170 White Rice 5	<b>31</b> Sodium mg Mixed Bean & Vegetable Stew 590 Cauliflower 15 LS Wheat Bread 65
<b>Cal 585, Carb 65, Na 740</b>	<b>Cal 550, Carb 55, Na 710</b>	<b>Cal 645, Carb 65, Na 665</b>	<b>Cal 625, Carb 65, Na 555</b>	<b>Cal 570, Carb 90, Na 860</b>
<p><b><i>A low-calorie dessert is sent with each meal.                      This dessert contains less than 20g of carbohydrates,                      50-100 calories &amp; under 100mg sodium                      to be eaten as a snack between meals.</i></b></p>			<p><b>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.</b></p>	
<p>For questions about the nutritional information in this menu, contact Deb McLean, Dietitian 781-221-7018                      For dining center information go to:  <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></p>				

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

Thank you to our Senior Nutrition Corporate Sponsor

