



Meals includes diabetic dessert, skim milk, and margarine

Donation: \$3.50

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Sodium mg	3 Sodium mg	4 Sodium mg	5 Sodium mg	6 Sodium mg
Chicken Marsala 400 Seasoned Orzo 30 Vegetable Blend 5 LS Wheat Bread 65 Chilled Pears 5	Potato Crunch Fish 340 Sweet Potatoes 55 Vegetable Blend 15 MG Bread 150 Cookie 75	Chicken Meatballs Marinara 300 Penne Pasta 5 Vegetable Blend 20 WW Dinner Roll 180 Fruit 5	Pot Roast w/ Gravy 130 Seasoned Orzo 30 Carrots 75 WW Dinner Roll 180 Jello/Topping 30	Broccoli Egg Bake 340 Home Fries 30 Vegetable Blend 80 LS Wheat Bread 65 Applesauce 15
Cal 845, Carb 110, Na 690	Cal 780, Carb 90, Na 815	Cal 720, Carb 95, Na 685	Cal 695, Carb 80, Na 640	Cal 675, Carb 85, Na 715
9 Sodium mg	10 Sodium mg	11 Sodium mg	12 Sodium mg	13 Sodium mg
Bean & Vegetable Stew 595 Cauliflower 15 LS Wheat Bread 65 Applesauce 15	Chicken Scallopini 290 Buttered Noodles 35 Green Beans 5 LS Wheat Bread 65 Fruit 5	Chicken & Rice Baked 370 Spinach 145 Garlic Knot Roll 135 Mandarins 10	American Chop Suey 160 Broccoli 15 Oat Bread 150 Jello 35	Chicken Meatballs w/LS Gravy 260 Pasta 5 Vegetable Blend 10 MG Bread 150 Chilled Peaches 10
Cal 615, Carb 100, Na 875	Cal 745, Carb 100, Na 580	Cal 665, Carb 75, Na 840	Cal 630, Carb 60, Na 535	Cal 675, Carb 85, Na 620
16 Sodium mg	17 Sodium mg	18 Sodium mg	19 Sodium mg	20 Sodium mg
Chicken l'Orange 275 Lo Mein Noodles 60 Stir Fry Veggies 5 MG Bread 150 Grahams 85	Beef Chili 325 Brown Rice 5 Vegetable Blend 5 WW Dinner Roll 105 Chilled Fruit  5	Chicken Diane 300 Seasoned Orzo 30 Vegetable Blend 30 Oat Bread 150 Lorna Doones 100	Turkey w/Gravy 615 White Rice 5 Root Vegetables 35 LS Wheat Bread 65 Fruit 5	Fish Newburg 405 Brown Rice 85 Vegetable Blend 35 LS Wheat Bread 65 Applesauce 15
Cal 760, Carb 90, Na 760	Cal 615, Carb 85, Na 630	Cal 730, Carb 85, Na 800	Cal 640, Carb 95, Na 905	Cal 665, Carb 95, Na 785
23 Sodium mg	24 Sodium mg	25 Sodium mg	26 Sodium mg	27 Sodium mg
Cheese Omelet 210 Pork Sausage 215 O'Brien Potatoes 40 Peppers & Onions 5 LS Wheat Bread 65 Fruit 5	Shepherd's Pie 210 Vegetable Blend 30 LS Wheat Bread 65 Chilled Fruit 5	Pork w/Apples 440 Sweet Potatoes 55 Green Beans 5 LS Wheat Bread 65 Jello 30	Chicken w/ Vegetables 335 Coconut Rice 10 MG Bread 150 Chilled Pineapple 10	Chicken Meatballs Bruschetta 240 Pasta 5 Vegetable Blend 50 Garlic Roll 135 Chilled Peaches 10
Cal 670, Carb 75, Na 720	Cal 790, Carb 115, Na 490	Cal 875, Carb 90, Na 775	Cal 660, Carb 80, Na 660	Cal 715, Carb 85, Na 620
30 Sodium mg	31 Sodium mg	For weather emergencies and cancellations, please check Fox 25 TV station.		Nutrition Totals: are in milligrams and include milk - 130mg NA
Chicken Bruschetta 355 Ziti Pasta 5 Vegetable Blend 15 Multigrain Bread 150 Applesauce 15	Potato Crunch Fish 335 Sweet Potatoes 30 Vegetable Blend 135 LS Wheat Bread 65 Lorna Doones 100			
Cal 560, Carb 80, Na 690	Cal 940, Carb 115, Na 850			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.

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.
Recipes are continually being reviewed. Menu subject to change without notice.

Thank you to our Senior Nutrition Corporate Sponsor



National Nutrition Month® 2026



Good nutrition fuels your energy and helps you feel your best. With so many food trends, it's easy to be unsure about what's right for you. Registered Dietitian Nutritionists (RDNs) and Nutrition and Dietetic Technicians, Registered (NDTRs), can guide you with simple, science-based advice to help you eat well and thrive.

Stick to the Nutrition Basics

Decades of research support these simple, powerful habits.

- **Eat more plant-based foods:** fruits, vegetables, whole grains, beans, nuts, and seeds
- **Include lean proteins:** poultry, fish, eggs, tofu, or beans
- **Choose healthy fats:** olive oil, avocado, nuts, and seeds
- **Add more whole grains:** brown rice, quinoa, whole-wheat pasta, and bread
- **Stay hydrated:** choose water first—try fruit- or veggie-infused for flavor
- **Eat mindfully:** slow down, enjoy your food, and notice when you're hungry or full
- **Move your body:** find ways to be active every day

Navigate through the Noise

Every day, we are overwhelmed with new diet trends, influencer advice, and “miracle” foods. It's easy to feel unsure about what's true, but science gives us clear, consistent guidance for lifelong health.

Watch Out for Red Flags

If something sounds too good to be true, it probably is. Be cautious of nutrition claims that:

- Promise quick fixes or miracle results
- Use fear to get attention
- Rely on influencers instead of experts
- Tell you to cut out entire food groups (unless needed for medical reasons)
- Don't come from credible sources like the CDC, NIH, or peer-reviewed studies

Before You Try a Trend, Ask Yourself

- **What's the evidence?** Look for information backed by multiple research studies—not just social media or one new headline.
- **Who's giving the advice?** RDNs and recognized health organizations use solid science to give practical, realistic guidance.
- **Does it promote balance?** Healthy eating isn't about extremes—it's about variety, moderation, and enjoyment.