Minuteman SENIOR SERVICES

# November 2026

Heart Healthy Menu

*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 |
|---|---|---|---|---|
| **2** Sodium mg<br>Bell Pepper & Beef Casserole 225<br>Peas & Onions 80<br>LS Wheat Bread 65<br>**Cal 745, Carb 75, Na 550** | **3** Sodium mg<br>Lemon Chicken w/ Peas 300<br>Quinoa Pilaf 55<br>Vegetable Blend 70<br>LS Wheat Bread 65<br>**Cal 710, Carb 80, Na 670** | **4** Sodium mg<br>Sweet Potato Quinoa Chili 265<br>Italian Green Beans 5<br>Oat Bread 140<br>**Cal 565, Carb 95, Na 535** | **5** Sodium mg<br>Stuffed Shells w/ Red Pepper Sauce 290<br>Vegetable Blend 30<br>WW Dinner Roll 180<br>**Cal 840, Carb 125, Na 670** | **6** Sodium mg<br>Rosemary Balsamic Pork 445<br>Red Bliss Potatoes 15<br>Ratatouille 115<br>LS Wheat Bread 65<br>**Cal 825, Carb 70, Na 860** |
| **9** Sodium mg<br>Chicken Marsala 585<br>Seasoned Orzo 30<br>Green Beans & Red Bell Pepper 5<br>LS Wheat Bread 65<br>**Cal 675, Carb 90, Na 840** | **10** Sodium mg<br>Breaded Fish Filet on Burger Bun 260<br>Sweet Potato Tots 340<br>Vegetable Blend 55<br>**Cal 670, Carb 75, Na 710** | **11**<br><br>***No Meals Served*** | **12** Sodium mg<br>Broccoli Egg Bake 340<br>Home Fries 30<br>Vegetable Blend 80<br>LS Wheat Bread 65<br>**Cal 600, Carb 70, Na 620** | **13** Sodium mg<br>Pot Roast w/Gravy 135<br>Seasoned Orzo 30<br>Carrots 90<br>WW Dinner Roll 180<br>**Cal 665, Carb 80, Na 610** |
| **16** Sodium mg<br>Mixed Bean & Vegetable Stew 595<br>Cauliflower 20<br>LS Wheat Bread 65<br>**Cal 540, Carb 90, Na 830** | **17** Sodium mg<br>Chicken Scallopini 290<br>Buttered Noodles 35<br>Green Beans 5<br>LS Wheat Bread 65<br>**Cal 635, Carb 80, Na 550** | **18** Sodium mg<br>Chicken Meatballs w/ LS Beef Gravy 290<br>Ziti 5<br>Vegetable Blend 10<br>Multigrain Bread 150<br>**Cal 625, Carb 70, Na 635** | **19** ***Special*** Sodium mg<br>Turkey w/Gravy*** 615<br>Sage Stuffing 80<br>Butternut Squash 30<br>LS Wheat Bread 65<br>**Cal 515, Carb 85, Na 825** | **20** Sodium mg<br>Chicken & Rice Bake 370<br>Spinach 145<br>Garlic Knot Roll 135<br>**Cal 565, Carb 55, Na 800** |
| **23** Sodium mg<br>Orange Chicken 450<br>Lo Mein 60<br>Stir Fry Veggies 5<br>LS Wheat Bread 65<br>**Cal 750, Carb 90, Na 735** | Sodium mg<br>Turkey & Lentil Bolanese 200<br>Pasta 5<br>Vegetable Blend 45<br>LS Wheat Bread 5<br>5<br>**Cal 765, Carb 115, Na 460** | **25** Sodium mg<br>Chicken Diane<br>***dijon, lemon,scallions*** 300<br>Mushroom Risotto 105<br>Vegetable Blend 30<br>Oat Bread 140<br>**Cal 705, Carb 70, Na 735** | **26**<br><br>***No Meals Served*** | **27**<br>**Day after Thanksgiving**<br>***No Meals Served*** |
| **30** Sodium mg<br>Cheese Omelet 210<br>Pork Sausage 217<br>Potato Wedge 27<br>LS Wheat Bread 65<br>Chilled Pears 5<br>**Cal 680, Carb 80, Na 665** |  | | | **For weather emergencies and cancellations, please check Fox 25 TV station.** |

***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 the Minuteman Dietitian 781-221-7018
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.

NUTRITION NEWS

# THE FACTS ON FATS
## SATURATED FATS EDITION

### COMMON SOURCES OF SATURATED FATS
*(to limit)*



BUTTER



HIGH FAT DAIRY



FATTY/ PROCESSED MEATS



COCONUT OIL



FRIED FOODS



PACKAGED SNACKS & BAKED GOODS

### COMMON SOURCES OF UNSATURATED FATS
*(to choose more often)*



NUTS & SEEDS



AVOCADOS



SUNFLOWER, CANOLA & OLIVE OIL



SALMON & TUNA



PEANUT BUTTER



EDAMAME & TOFU

### TIPS FOR A BALANCED DIET

- CHOOSE GRILLED OR BAKED FOODS, LESS FRIED FOODS
- READ NUTRITION LABELS AIM FOR <5% OF DAILY VALUE IN SATURATED FAT
- USE LOWER-FAT OR REDUCED FAT DAIRY PRODUCTS
- ADD MORE FRUITS, VEGETABLES AND WHOLE GRAINS TO MEALS
- PRACTICE MODERATION BALANCE IS IMPORTANT

## HOW MUCH SATURATED FAT IS RECOMMENDED?

DIETARY GUIDELINES FOR AMERICANS
**≤10% OF DAILY CALORIES**

AMERICAN HEART ASSOCIATION
**<6% OF DAILY CALORIES**