


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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1200mg is considered a HIGH SODIUM MEAL***</b> <b>Nutrition Totals:</b> <b>are in milligrams and include milk - 125mg Protein-30-45gm/meal</b>	<b>Regular &amp; Heart Healthy Menus</b> <b>are on our website!</b> <a href="http://www.MinutemanSenior.org">www.MinutemanSenior.org</a>	<b>1</b> Sodium mg Stuffed Shells w/ Marinara Sauce 580 Vegetable Blend 35 Garlic Dinner Roll 135 Fresh Fruit 5 <b>Cal 585, Carb 85, Na 905</b>	<b>2 July 4th Special</b> sodium mg BBQ Chicken*** 660 Corn 5 Coleslaw 45 WW Dinner Roll 180 Strawberry Shortcake 310 <b>Cal 800, Carb 110, Na 1355</b>	 <b>Celebrating July 4th</b> <b>No Meals Served</b>
		<b>6</b> Sodium mg Lentil Stew w/ Mozzarella Cheese 220 Roasted Potatoes 5 Vegetable Blend 15 WW Dinner Roll 180 Cookie 60 <b>Cal 800, Carb 115, Na 630</b>	<b>7</b> Sodium mg Chicken Stir Fry 460 Fried Rice 260 LS Wheat Bread 65 Fresh Fruit 5 <b>Cal 600, Carb 80, Na 945</b>	
<b>13</b> Sodium mg Baked Ziti w/ Ricotta & Mozzarella 745 Green Beans 5 Garlic Knot 135 Mixed Fruit 5 <b>Cal 725, Carb 95, Na 1040</b>	<b>14</b> Sodium mg BBQ Pulled Pork*** on Bun 440 Baked Beans 390 Vegetable Blend 30 Chilled Peaches 10 <b>Cal 735, Carb 90, Na 1235</b>	<b>15</b> Sodium mg Marry Me Chicken (tomato garlic cream) 310 Buttered Orzo 30 Vegetable Blend 10 Multigrain Bread 150 Cookie 75 <b>Cal 740, Carb 90, Na 730</b>	<b>16</b> Sodium mg Black Bean & Barley Chili 665 Vegetable Blend 25 WW Dinner Roll 180 Fresh Fruit 5 <b>Cal 725, Carb 120, Na 1025</b>	<b>17</b> Sodium mg Salisbury Steak w/ Mushroom Gravy 250 Garlic Mashed 105 Root Vegetables 35 LS Wheat Bread 65 Pudding 190 <b>Cal 935, Carb 105, Na 800</b>
<b>20</b> Sodium mg Chicken Meatballs w/ Provolone on Sub Roll 560 Roasted Potatoes 5 Vegetable Blend 20 Tropical Fruit 5 <b>Cal 800, Carb 90, Na 960</b>	<b>21</b> Sodium mg Broccoli & Mushroom Frittata 365 O'Brien Potatoes 40 Stewed Tomatoes 250 LS Wheat Bread 65 Mandarin Orange 5 <b>Cal 655, Carb 90, Na 880</b>	<b>22</b> Sodium mg Potato Crunch Fish 335 Root Vegetables 35 Vegetable Blend 30 WW Dinner Roll 180 Pudding 220 <b>Cal 815, Carb 95, Na 960</b>	<b>23</b> Sodium mg Pot Roast w/ Gravy 130 Mashed Potatoes 120 Peas & Carrots 80 LS Wheat Bread 65 Cupcake 170 <b>Cal 775, Carb 95, Na 810</b>	<b>24</b> Sodium mg Chicken a la King 320 Buttered Noodles 35 Vegetable Blend 45 Multigrain Bread 150 Fresh Fruit 5 <b>Cal 785, Carb 100, Na 705</b>
<b>27</b> Sodium mg Mac & Cheese 695 Broccoli 15 WW Dinner Roll 180 Applesauce 15 <b>Cal 820, Carb 95, Na 1055</b>	<b>28</b> Sodium mg Chicken & Rice Bake 370 Green Beans 5 Multigrain Bread 150 Pudding 180 <b>Cal 655, Carb 90, Na 860</b>	<b>29</b> Sodium mg Sloppy Joe on Hamburger Roll 215 Sweet Potato Tots 120 Spinach 145 Fresh Orange 5 <b>Cal 705, Carb 85, Na 805</b>	<b>30</b> Sodium mg Chicken Fajitas w/ Peppers & Onions 200 Rice & Beans 70 Tortilla 170 Chilled Pears 5 <b>Cal 760, Carb 100, Na 590</b>	<b>31</b> Sodium mg Mixed Bean & Vegetable Stew 590 Cauliflower 20 LS Wheat Bread 65 Fig Bar 150 <b>Cal 700, Carb 120, Na 980</b>

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](http://www.MinutemanSenior.org/How-We-Can-Help/Nutrition/Senior-Dining-Centers)

Totals include milk. Each carton of milk provides 130 calories & 125mg sodium. 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

