

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

| MONDAY                                                                                                                                                                                                       |  | TUESDAY                                                                                                                                                               |  | WEDNESDAY                                                                                                                                                                               |  | THURSDAY                                                                                                                                                             |  | FRIDAY                                                                                                                                                               |  |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|----------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|
| <b>2</b> Sodium mg<br>Beef & Bell Pepper Casserole 225<br>Peas & Onions 75<br>LS Wheat Bread 65<br>Fresh Fruit 5<br><b>Cal 790, Carb 95, Na 525</b>                                                          |  | <b>3</b> Sodium mg<br>Lemon Chicken w/ Peas 300<br>Quinoa Pilaf 60<br>Vegetable Blend 70<br>WW Dinner Roll 180<br>Tropical Fruit 5<br><b>Cal 710, Carb 95, Na 760</b> |  | <b>4</b> Sodium mg<br>Sweet Potato Quinoa Chili 256<br>I'tal Green Beans 5<br>Oatmeal Bread 140<br>Chilled Pears 5<br><b>Cal 580, Carb 105, Na 565</b>                                  |  | <b>5</b> Sodium mg<br>Stuffed Shells w/ Marinara Sauce 635<br>Vegetable Blend 30<br>WW Dinner Roll 180<br>Applesauce 15<br><b>Cal 550, Carb 85, Na 1010</b>          |  | <b>6</b> Sodium mg<br>Rosemary Balsamic Pork 450<br>Red Bliss Potatoes 20<br>Ratatouille 115<br>Multigrain Bread 150<br>Cookie 60<br><b>Cal 765, Carb 60, Na 945</b> |  |
| <b>9</b> Sodium mg<br>Chicken Marsala 585<br>Seasoned Orzo 30<br>Green Beans & Red Bell Pepper 5<br>LS Wheat Bread 65<br>Chilled Pears 5<br><b>Cal 735, Carb 105, Na 845</b>                                 |  | <b>10</b> Sodium mg<br>Breaded Fish Filet 260<br>Burger Bun 180<br>Sweet Potato Tots 230<br>Vegetable Blend 15<br>Cookie 75<br><b>Cal 680, Carb 95, Na 915</b>        |  | <b>11</b><br><br><b>No Meals Served</b>                                                                |  | <b>12</b> Sodium mg<br>Broccoli Egg Bake 340<br>Home Fries 30<br>Stewed Tomatoes 250<br>Rye Bread 150<br>Applesauce 15<br><b>Cal 615, Carb 80, Na 940</b>            |  | <b>13</b> Sodium mg<br>Pot Roast w/Gravy 130<br>Mashed Potatoes 120<br>Carrots 80<br>WW Dinner Roll 180<br>Pudding 190<br><b>Cal 730, Carb 95, Na 855</b>            |  |
| <b>16</b> Sodium mg<br>Mixed Bean & Vegetable Stew 590<br>Cauliflower 20<br>LS Wheat Bread 65<br>Brownie 135<br><b>Cal 645, Carb 110, Na 960</b>                                                             |  | <b>17</b> Sodium mg<br>Chicken Scallopini 290<br>Buttered Noodles 35<br>Green Beans 5<br>LS Wheat Bread 65<br>Fresh Fruit 5<br><b>Cal 715, Carb 100, Na 550</b>       |  | <b>18</b> Sodium mg<br>Mac & Cheese 695<br>Vegetable Blend 10<br>Multigrain Bread 150<br>Chilled Peaches 10<br><b>Cal 820, Carb 95, Na 1015</b>                                         |  | <b>19 Special</b> Sodium mg<br>Rst Turkey/Gravy 612<br>Sage Stuffing 330<br>Butternut Squash 30<br>LS Wheat Bread 65<br>Pie 265<br><b>Cal 925, Carb 135, Na 1460</b> |  | <b>20</b> Sodium mg<br>Chicken & Rice Bake 370<br>Spinach 145<br>Garlic Knot Roll 135<br>Mandarin Orange 10<br><b>Cal 635, Carb 75, Na 810</b>                       |  |
| <b>23</b> Sodium mg<br>Sweet & Sour<br>Chicken Meatballs 485<br>Lo Mein 60<br>StirFry Veggies 5<br>LS Wheat Bread 65<br>Pudding 270<br><b>Cal 860, Carb 115, Na 1040</b>                                     |  | <b>24</b> Sodium mg<br>Turkey & Lentil Bolanese 200<br>Pasta 5<br>Vegetable Blend 45<br>LS Wheat Bread 5<br>Fruit 5<br><b>Cal 765, Carb 115, Na 460</b>               |  | <b>25</b> Sodium mg<br>Chicken Diane<br><i>Dijon, lemon, scallions</i> 300<br>Mushroom Risotto 105<br>Vegetable Blend 30<br>Oat Bread 140<br>Cupcake<br><b>Cal 615, Carb 65, Na 430</b> |  | <b>26</b><br><br><b>No Meals Served</b>                                          |  | <b>27</b><br><br><b>Day after Thanksgiving</b><br><br><b>No Meals Served</b>                                                                                         |  |
| <b>30</b> Sodium mg<br>Cheese Omelet 210<br>Pork Sausage 217<br>Potato Wedge 27<br>LS Wheat Bread 65<br>Chilled Pears 5<br><b>Cal 625, Carb 80, Na 675</b>                                                   |  |                                                                                    |  |                                                                                                                                                                                         |  | For weather emergencies and cancellations, please check Fox 25 TV station.                                                                                           |  | 1200mg is considered a <b>HIGH SODIUM MEAL***</b><br><b>Nutrition Totals:</b><br>are in milligrams and include milk - 125mg Protein-30-45gm/meal                     |  |
| For questions about the nutritional information in this menu or your nutritional needs, contact:<br>the Minuteman Dietitian<br>781-221-7018                                                                  |  |                                                                                                                                                                       |  |                                                                                                                                                                                         |  | To <b>CANCEL</b> Meals on Wheels or for <b>QUESTIONS</b> about your delivery or meal plan, call <b>781-221-7083</b><br>Call the day before by 11AM to make a change. |  |                                                                                                                                                                      |  |
| For dining center information go to:<br><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> |  |                                                                                                                                                                       |  |                                                                                                                                                                                         |  |                                                                                                                                                                      |  |                                                                                                                                                                      |  |

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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.

# 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**