

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

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
For weather emergencies and cancellations, please check Fox 25 TV station.	1 Sodium mg Beef Chili 330 Brown Rice 5 Vegetable Blend 5 WW Dinner Roll 180 Chilled Pears 5	2 <i>Special</i> Sodium mg Cheese Burger*** 380 on Burger Bun 215 Sweet Potato Tots 30 Coleslaw 45 Angle Food Cake w/Blueberries 310	3 Sodium mg Turkey w/ Gravy 615 Mashed Potatoes 120 Root Vegetables 35 LS Wheat Bread 65 Fresh Fruit 5	4 Sodium mg Fish Newburg 405 Brown Rice 85 Vegetable Blend 35 LS Wheat Bread 65 Applesauce 15	
	Cal 625, Carb 90, Na 680	Cal 700, Carb 90, Na 1255	Cal 610, Carb 95, Na 990	Cal 635, Carb 95, Na 760	
	 No Meals Served	8 Sodium mg Lasagna Marinara 560 Vegetable Blend 50 Garlic Dinner Roll 135 Chilled Peaches 10	9 Sodium mg Pork w/Apples 140 Sweet Potatoes 55 Green Beans 5 ww Dinner Roll 180 Pudding 190	10 Sodium mg Chicken & Saute' Vegetables 335 Coconut Rice 10 Multigrain Bread 150 Pineapple 10	11 Sodium mg Shepherd's Pie 210 Vegetable Blend 30 WW Dinner Roll 180 Pudding 220
		Cal 595, Carb 85, Na 900	Cal 750, Carb 100, Na 720	Cal 630, Carb 80 Na 630	Cal 845, Carb 130, Na 795
		14 Sodium mg Chicken Cacciatore 645 Ziti 5 Vegetable Blend 15 Multigrain Bread 150 Applesauce 15	15 Sodium mg White Bean & Spinach Stew 465 Green Beans 5 ww Dinner Roll 180 Fresh Fruit 5	16 Sodium mg Beef Burgundy 105 Garlic Mashed 20 Root Vegetables 35 Multigrain Bread 150 Pudding 220	17 Sodium mg Swedish Chicken Meatballs 270 Egg Noodles 5 Brussels Sprouts 20 LS Wheat Bread 65 Mixed Fruit 5
Cal 600, Carb 80, Na 980		Cal 560, Carb 95, Na 805	Cal 645, Carb 80, Na 680	Cal 870, Carb 100, Na 715	Cal 855, Carb 120, Na 955
21 Sodium mg Hot Dog*** 540 on Hot Dog Roll 210 Baked Beans 390 Root Vegetables 35 Chilled Peaches 10	22 Sodium mg Chicken Souvlaki <i>lemon, wine, garlic</i> 460 Seasoned Orzo 35 Vegetable Blend 70 LS Wheat Bread 65 Brownie 135	23 Sodium mg Stuffed Shells w/ Marinara Sauce 580 Vegetable Blend 35 Garlic Dinner Roll 135 Fresh Fruit 5	24 Sodium mg Meatloaf /Gravy 170 Cheddar Mashed 95 Peas & Carrots 80 ww Dinner Roll 180 Cookie 60	25 Sodium mg Mac & Cheese 695 Zucchini & Tomato 65 LS Wheat Bread 65 Chilled Fruit 10	
Cal 770, Carb 85, Na 1340	Cal 870, Carb 105, Na 910	Cal 585, Carb 85, Na 905	Cal 895, Carb 105, Na 740	Cal 880, Carb 110, Na 985	
28 Sodium mg Lentil Stew w/ Mozzarella Cheese 220 Roasted Potatoes 5 Vegetable Blend 15 ww Dinner Roll 180 Cookie 60	29 Sodium mg Chicken Stir Fry 460 Fried Rice 260 LS Wheat Bread 65 Fresh Fruit 5	30 Sodium mg Spinach & Red Bell Pepper Frittata 300 Red Potatoes 25 Brussels Sprouts 15 Oat Bread 115 Yogurt 90		1200mg is considered a HIGH SODIUM MEAL*** Nutrition Totals: are in milligrams and include milk - 125mg Protein-30-45gm/meal	
Cal 800, Carb 115, Na 630	Cal 600, Carb 80, Na 945	Cal 665, Carb 95, Na 685			
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					

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.



Small Changes, **BIG** Benefits

Why Fiber Matters

Dietary fiber is found in plant foods and supports digestion, heart health, stable blood sugar, healthy gut bacteria, and helps you feel full longer. Most people do not get enough fiber, but small changes can make a big difference.

Daily Fiber Goals

WOMEN
~25 grams/day

MEN
~38 grams/day

Fiber All-Star Foods

Fruits — raspberries, pears with skin, apples with skin, bananas, oranges

Vegetables — green peas, broccoli, brussels sprouts, carrots, sweet potatoes with skin

Whole Grains — oatmeal, quinoa, whole wheat bread, brown rice, barley

Legumes — lentils, black beans, chickpeas, kidney beans

Nuts & Seeds — chia seeds, ground flaxseed, almonds, sunflower seeds

Easy Ways to Boost Fiber

- **Choose whole grain** breads, tortillas, and pasta instead of refined grains.
- **Add beans or lentils** to soups, salads, tacos, or pasta dishes.
- **Snack on fruit** with nuts, popcorn, or trail mix.
- **Boost breakfast** with berries, nut butter, chia seeds, or flaxseed.
- **Eat fruits and vegetables with the skin on** when possible.

Go Slow & Hydrate

Increase fiber gradually over 1–2 weeks. Spread fiber throughout the day, drink plenty of water, stay active, and pay attention to how your body feels.



Fill your plate with colorful plant foods, make simple swaps you enjoy, and drink plenty of water.
Let fiber fuel your day!