

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Egg Salad on Sandwich Roll Potato Chips Garden Salad Fresh Fruit	2 Teriyaki Tempeh Mashed Potatoes Green Beans WW Dinner Roll Yogurt	3 Stuffed Shells Marinara Cauliflower Oat Bread Cookie
6 Chickpeas w/ Feta, Olives, Spinach & Red Bell Peppers Orzo Oat Bread Applesauce	7 Mac & Cheese Peas WW Bread Mandarins	8 Tacos w/ Soy Crumbles & Peppers & Onions Spanish Rice Black Beans Cookie	9 Vegetarian Meatballs Marinara on Sub Roll Tater Tots Broccoli Fresh Fruit	10 Black Bean Burger on WW Burger Bun Mashed Potatoes Vegetable Blend Pudding
13 Cheese Omelet Roasted Potatoes Chuckwagon Corn Fruit Loaf Fruit	14 Vegetarian Chicken Patty Francese Parmesan Risotto Green Beans WW Bread Pineapple	15 Hummus Pesto Pasta Salad 3 Bean Salad Pita Bread Yogurt (<i>no milk</i>) Juice	16 Spiced Lentils & Carrots Garlic Mashed Garden Salad LS Bread Apple Crisp	17 Mongolian Tofu w/ Scallions Brown Rice Snap Peas MG Bread Fresh Fruit
 <p>No Meals Served</p>	21 BBQ Tempeh Mashed Sweet Potato Vegetable Blend Cornbread Applesauce	22 Cacio e Pepe Beans (<i>butter beans & parmesan</i>) Rice Pilaf Creamed Spinach Vienna Bread Yogurt	23 Ground Soy Crumbles w/ Carrots & Peas Mashed Potatoes Beets Multigrain Bread Cupcake	24 Pasta Alfredo w/ Peas & Mushrooms Broccoli WW Dinner Roll Fresh Fruit
27 Cheese Lasagna Marinara Vegetable Blend WW Garlic Roll Cookie	28 Red Lentil Dal Mashed Potatoes Carrots LS Wheat Bread Fruit	29 Vegetarian Sausage w/ Peppers & Onions on Hot Dog Roll Vegetarian Bk Beans Coleslaw Cinnamon Apples	30 Curried Chickpea Salad Potato Salad Garden Salad Oat Bread Pineapple Fruit Whip	

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.

It is by no means exact and recipes are continually being reviewed.

Menu Subject to change without notice.

Thank you to our Senior Nutrition Corporate Sponsor

