

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		1 Taco w/ Soy Crumble, Peppers & Onions on Tortilla Black Beans & Rice Cookie	2 Vegetarian Meatball Marinara Sub Tater Tots Broccoli Fresh Fruit	 Celebrating July 4th No Meals Served
6 Red Lentil Dal Mashed Potato Carrots WW Dinner Roll Applesauce	7 Mary Me Chicken Patty <i>(tomato, garlic, cream)</i> Couscous Green Beans Oat Bread Chilled Pineapple	8 <i>Cold</i> Edamame Salad Tri Colored Pasta Garden Salad Multigrain Bread Yogurt Juice <i>(no milk)</i>	9 Butternut Mac & Cheese Beets Biscuit Cookie	10 Cheese Omelet Roasted Potatoes Ratatouille Fruit Loaf Fresh Fruit
13 Garlic Ginger Tofu w/ Mushrooms Brown Rice Broccoli WW Bread Chilled Fruit	14 Creamy Lemon Garlic Butter Beans Sweet Potato Vegetable Blend Multigrain Bread Cookie	15 <i>Cold</i> Tortellini Salad w/ Peas Tomato & Cucumber Oat Bread Fresh Fruit	16 Egg Salad on Rye Bread Orzo Salad Latin Slaw Parfait	17 Coconut Curry Tempeh White Rice Vegetable Blend Dinner Roll Mandarins
20 Vegetarian Chili White Rice Dinner Roll Chilled Fruit	21 Vegetarian Meatloaf w/ Soy Crumbles Mashed Potatoes Corn Multigrain Bread Pudding	22 <i>Cold</i> Caesar Salad w/ Hummus Lemon Couscous Pita Bread Fresh Fruit	23 BBQ Tempeh Sweet Potatoes Cauliflower & Parsley Oat Bread Cake	24 Black Bean Burger on WW Burger Bun Roasted Potatoes Green Beans Mandarins
27 Black Beans w/ Peppers & Onions on Tortilla Spanish Rice Green Beans Yogurt	28 Lasagna Marinara Vegetable Blend WW Garlic Roll Cookie	29 Vegetarian Sausage on Hot Dog Roll Baked Beans Latin Slaw Apples & Cinnamon	30 <i>Cold</i> Lianghan Tofu Spicy Noodles Garden Salad Multigrain Bread Fresh Fruit	31 Frittata Mashed Potatoes Vegetable Blend Oat Bread Chilled Fruit
For questions about this menu 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				

Menu Subject to change without notice.

Thank you to our Senior Nutrition Corporate Sponsor

