

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	For weather emergencies and cancellations, please check Fox 25 TV station.		1 Mac & Cheese Peas ww Bread Cookie	2 Garlic Tofu w/ Peppers & Onions Coconut Rice Dinner Roll Fresh Fruit
5 Garlic Ginger Tofu w/ Mushrooms Brown Rice Broccoli WW Bread Chilled Fruit	6 Creamy Lemon Garlic Butter Beans Sweet Potato Garlic Spinach Multigrain Bread Cookie	7 Tofu Pad Thai Vegetable Blend Dinner Roll Fresh Fruit	8 Cheese Omelet Roasted Potatoes Beets Fruit Loaf Yogurt <i>no milk</i>	9 Stuffed Shells Marinara Cauliflower Oat Bread Cookie
12 	13 Tofu Stir Fry Garlic Sauce Rice Vegetable Blend Dinner Roll Fruit	14 Lentil Bolognese Egg Noodles Broccoli Multigrain Bread Chilled Fruit	15 BBQ Tempeh Sweet Potatoes Cauliflower & Parsley Oat Bread Cake	16 Veggie Burger on WW Burger Bun Mashed Potatoes Green Beans Pudding
19 Black Beans w/ Peppers & Onions Spanish Rice Corn Multigrain Bread Yogurt	20 Lasagna Marinara Vegetable Blend WW Garlic Roll Cookie	21 Vegetarian Sausage on Hot Dog Roll Baked Beans Garden Salad Apples & Cinnamon	22 General Tso Crispy Tofu Vegetable Lo Mein Broccoli Multigrain Bread Fresh Fruit	23 Frittata Mashed Potatoes Peas Oat Bread Chilled Fruit
26 Tofu & Tomatoes Rice Dinner Roll Fresh Fruit	27 Tempeh w/Maple Sauce Quinoa Green Beans Multigrain Bread Mandarins	28 Chickpeas w/Marry Me Sauce Mashed Potatoes Broccoli Cookie	29 Vegetarian Chili w/ <i>soy crumbles & beans</i> Brown Rice Cornbread Cookie	30 Breaded "Chicken" Patty Oat Bread Sweet Potatoes Cauliflower Pudding
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.

PROTEIN



BUILDING BLOCKS FOR LIFE

Protein is one of the three macronutrients, along with fats and carbohydrates, that helps your body function properly.

Why is Protein Important?

- Building blocks for bones, muscles, cartilage, skin, and blood
- Produces antibodies to help fight infection
- Creates enzymes and hormones that regulate body functions
- Maintains proper pH and fluid balance
- Stabilizes blood sugar when paired with carbs and fats
- Helps you feel full and satisfied after meals and snacks

How Much Protein Do You Need?

Protein needs vary. Active individuals and older adults often need more protein, while sedentary adults typically need less. If following a plant-based diet, be mindful of meeting your needs.

Good Sources of Protein

ANIMAL

- Fish and seafood
- Meat and poultry
- Eggs
- Milk, yogurt, and cheese

PLANT

- Beans, peas, and lentils
- Nuts, nut butters, seeds
- Soy food, such as tofu, tempeh, and edamame
- Quinoa and other whole grains



Smart Protein Tips

- Start the day with protein-rich breakfast options
- Add protein to snacks
- Prioritize protein after physical activity
- Spread throughout the day instead of eating it all at one meal
- Combine protein with fiber for better fullness