

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

MONDAY		WEDNESDAY	THURSDAY	FRIDAY
For weather emergencies and cancellations, please check Fox 25 TV station.	1 Vegetarian Meatloaf w/ Soy Crumbles Mashed Potatoes Corn Multigrain Bread Chilled Fruit	2 Cold Curried Chickpeas Caesar Salad Cucumber Couscous Vienna Bread Pudding	3 BBQ Tempeh Sweet Potatoes Cauliflower & Parsley Oat Bread Cookie	4 Black Bean Burger on WW Burger Bun Roasted Potatoes Green Beans Fruit
	7  No Meals Served	8 Lasagna Marinara Vegetable Blend WW Garlic Dinner Roll Cookie	9 Vegetarian Sausage on Hot Dog Roll Baked Beans Latin Slaw Blueberry Crisp	10 Cold Liangban Tofu Spicy Noodles Garden Salad Dinner Roll Fruit
14 Garlic Tempeh w/ Mushroom Sauce Sweet Potatoes Cauliflower Multigrain Bread Applesauce	15 Vegetarian Chili w/ Soy Crumbles Brown Rice Corn Bread Pineapple	16 Cold Egg Salad on Rye Potato Salad Garden Salad Yogurt <i>no milk</i> Juice	17 Brown Lentils Garlic Mashed Roasted Vegetables Dinner Roll Brownie Cookie	18 Mac & Cheese Stewed Tomatoes Fruit
21 Tofu w/Butter Sauce Basmati Rice & Peas Pita Bread Mandarins	22 Vegetable Fried Rice Steamed Vegetables ww Dinner Roll Pineapple	23 Sweet & Sour Vegetarian Meatballs Vegetable Lo Mein Vegetable Blend Oat Bread Fruit	24 Cold Greek Orzo Salad Chickpeas Marinated Green Beans Multigrain Bread Cake	25 Cuban Black Beans Yellow Rice Carrots Italian Bread Yogurt
28 Red Lentil Dal Mashed Potatoes Carrots Honey Wheat Roll Applesauce	29 Marry Me Vegetarian Chicken Patty Couscous Green Beans Oat Bread Pineapple	30 Cold Garlic Ginger Edamame Sesame Noodles Garden Salad Dinner Roll Yogurt <i>no milk</i> Juice		
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.



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!