


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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1 Sodium mg		2 Sodium mg		3 Sodium mg		4 Sodium mg		5 Sodium mg	
Swedish Chicken		Garlic Lemon		Apple Glazed		Shepherd's Pie 185		Chicken Parm 705	
Meatballs 250		Fish 105		Pork Roast 215		Mashed Potatoes 110		Pasta 5	
Rice 5		Orzo 30		Butternut Squash 25		Biscuit 280		Broccoli 15	
Carrots 70		Creamed Spinach 210		Brussels Sprouts 15		Chilled Fruit 5		WW Bread 165	
Oat Bread 150		MG Bread 150		Dinner Roll 260				Chilled fruit 5	
Pineapple 5		Jello 10		Cookie 60					
Cal 635, Carb 85, Na 605		Cal 640, Carb 80, Na 640		Cal 760, Carb 85, Na 705		Cal 710, Carb 80, Na 710		Cal 775, Carb 110, Na 1125	
8 Sodium mg		9 Sodium mg		10 Special Sodium mg		11 Sodium mg		12 Sodium mg	
Beef Fajitas w/		Honey Garlic		Glazed Ham*** 945		Crab Cake 510		Mac & Cheese 375	
Onions & Peppers 310		Chicken 426		Garlic Mashed 110		Chuckwagon Corn 5		Peas 60	
Rice & Beans 75		Steam Potatoes 30		Green Beans &		Beets 140		MG Bread 150	
Tortilla 190		Vegetable Blend 30		Bell Peppers 5		LS Bread 0		Chilled Fruit 5	
Chilled Fruit 5		Oatmeal Bread 150		LS Wheat Bread 0		Cookie 60			
		Fruit 5		Chocolate Mousse 165					
Cal 580, Carb 75, Na 715		Cal 650, Carb 115, Na 760		Cal 685, Carb 85, Na 1350		Cal 625, Carb 75, Na 1040		Cal 690, Carb 100, Na 715	
15 Sodium mg		16 Sodium mg		17 Sodium mg		18 Sodium mg		19 Sodium mg	
Turkey w/ Gravy 765		Cheese Omelet 310		Beef Stew 480		Marry Me Chicken		Pasta Fagioli	
Mashed Potatoes 110		Sausage Patty 280		Steamed Potatoes 5		(tomato garlic cream) 740		(beans, spinach) 430	
Peas 60		Polenta 60		Cornbread 180		Couscous 5		Cauliflower 15	
LS Wheat Bread 0		Vegetable Blend 5		Chilled Fruit 5		Vegetable Blend 15		Oatmeal Bread 130	
Chilled Fruit 5		Fruit Loaf 170				Dinner Roll 260		Cookie 230	
		Yogurt (no milk) 75				Fruit 5			
Cal 520, Carb 70, Na 1075		Cal 800, Carb 95, Na 1000		Cal 855, Carb 100, Na 805		Cal 950, Carb 110, Na 1150		Cal 945, Carb 140, Na 1045	
22 Sodium mg		23 Sodium mg		24 Cold Sodium mg		25		26 Sodium mg	
Chicken Pot Pie 650		Hot Dog***		Tuna Salad 240		 No Meals Served		American Chop	
Mashed Potatoes 110		(beef/pork) 540		on Vienna Bread 360				Suey 350	
Biscuit 280		on Hot Dog Roll 270		Corn & Black Beans 175				Brussels Sprouts 15	
Jello 10		Baked Beans 370		Garden Salad 35				Garlic Dinner Roll 240	
		Coleslaw 15		Chilled Fruit 5				Cookie 60	
		Cinnamon Apples 10							
Cal 590, Carb 65, Na 1175		Cal 840, Carb 90, Na 1475		Cal 555, Carb 80, Na 950				Cal 735, Carb 95, Na 780	
29 Sodium mg		30 Sodium mg		31 Sodium mg		For weather emergencies and cancellations, please check Fox 25 TV station.		1200mg is considered a HIGH SODIUM MEAL*** Nutrition Totals: are in milligrams and include milk - 125mg Protein-30-45gm/meal	
Lemon Pepper		Potato Crunch		Pork w/ Dijon 350					
Chicken 360		Fish 270		Rice 5					
Bean & Pasta 420		on Burger Bun 250		Brussels Sprouts 15					
MG Bread 150		Sweet Potatoes 25		Dinner Roll 260					
Cookie 60		Cheesy Cauliflower 135		Pudding 190					
		Chilled Fruit 5							
Cal 845, Carb 70, Na 1115		Cal 810, Carb 100, Na 1075		Cal 865, Carb 105, Na 950					
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.

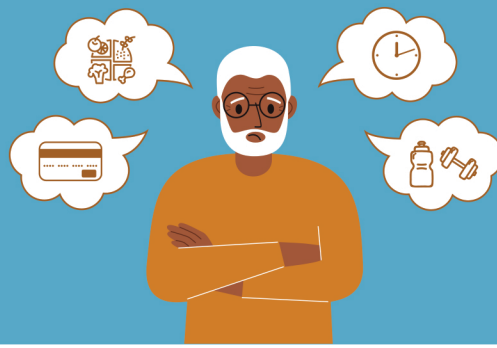
It is by no means exact and recipes are continually being reviewed.

Menu subject to change without notice.

Thank you to our Senior Nutrition Corporate Sponsor



FOOD, FEELINGS, & FINDING YOUR CALM



*How Food &
Healthy Habits
Can Make You
Feel Better*

Stress and Your Health

Stress is how your body responds to challenges. It can affect your sleep, digestion, mood, memory, and immune system. Signs of stress include trouble sleeping, irritability, loss of interest in hobbies, changes in appetite, feeling isolated, and difficulty focusing.

Are You Hungry or Just Feeling Something?

Pausing and tuning into your body can help you choose foods that truly support how you feel.

- **Physical hunger signs:** stomach growling, low energy/fatigue, irritability, lightheadedness, or trouble focusing.
- **Emotional hunger signs:** sudden cravings, eating out of boredom or sadness, not satisfied after eating

Foods that Help You Feel Calmer

Some food helps your body and brain feel calmer and more focused.

- **Complex Carbs** - Oats, Quinoa, Sweet Potatoes, Brown Rice
→ Boost serotonin, your feel-good brain chemical
- **Protein-Rich Snacks** - Boiled Eggs, Yogurt, Hummus, Nut Butters, Edamame
→ Stabilize blood sugar and mood
- **Omega-3s** - Salmon, Walnuts, Chia Seeds, Flaxseeds
→ Support brain health and reduce anxiety
- **Magnesium-Rich Foods** - Spinach, Kale, Pumpkin Seeds, Avocados, Dark Chocolate
→ Relax muscles and calm nerves

- **Probiotic & Fermented Foods** - Yogurt, Kimchi, Sauerkraut, Miso, Kombucha
→ Support your gut, which connects to your mood
- **Herbal Teas** - Chamomile, Peppermint
→ Can help you relax and sleep better

Healthy Habits That Ease Stress

- Eat regular, balanced meals slowly and without screens.
- Keep balanced snacks handy to avoid energy crashes.
- Prioritize sleep, move daily, and connect with others regularly.
- Stay hydrated — thirst is often confused with hunger.
- Practice self-compassion. Emotional eating happens, and that is okay.