

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.	1200mg is considered a HIGH SODIUM MEAL*** Nutrition Totals: are in milligrams	1 Sodium mg Beef Burgundy 105 Garlic Mashed 105 Root Vegetables 35 Multigrain Bread 150 Pudding 220 Cal 740, Carb 95, Na 770	2 Sodium mg Swedish Chicken 270 Meatballs over Noodles 5 Brussels Sprouts 20 LS Wheat Bread 65 Mixed Fruit 5 Cal 685, Carb 90, Na 515	3 Sodium mg White Bean & Spinach Stew 465 Green Beans 5 WW Dinner Roll 180 Fresh Fruit 5 Cal 560, Carb 95, Na 805
		6 Sodium mg Hot Dog*** (beef /pork) 540 on Hot Dog Bun 210 Baked Beans 370 Root Vegetables 35 Chilled Peaches 10 Cal 800, Carb 90, Na 1398	7 Sodium mg Chicken Souvlaki (garlic, wine, lemon) 460 Seasoned Orzo 30 Vegetable Blend 70 LS Wheat Bread 65 Brownie 135 Cal 870, Carb 105, Na 910	8 Sodium mg Stuffed Shells Marinara 585 Vegetable Blend 35 Garlic Dinner Roll 135 Fresh Fruit 5 Cal 585, Carb 85, Na 905
13 Sodium mg Lentil Stew 220 Roasted Potatoes 5 Vegetable Blend 15 WW Dinner Roll 180 Cookie 60 Cal 805, Carb 115, Na 635	14 Sodium mg Chicken Stir Fry 460 Fried Rice 260 LS Wheat Bread 65 Fruit 5 Cal 600, Carb 80, Na 945	15 Sodium mg Spinach & Red Pepper Frittata 300 Red Potatoes 25 Brussels Sprouts 20 Oat Bread 115 Yogurt 75 Cal 670, Carb 95, Na 685	16 Sodium mg Fish w/ Dijon Wine over Couscous 270 Peas & Onions 25 LS Wheat Bread 80 Chilled Pears 65 5 Cal 675, Carb 100, Na 695	17 Sodium mg Turkey w/ Gravy 615 Sage Stuffing 140 Butternut Squash 30 LS Wheat Bread 65 Apple Slices 15 Cal 605, Carb 90, Na 1020
 No Meals Served	21 Sodium mg BBQ Pulled Pork*** on Burger Bun 440 212 Baked Beans 390 Vegetable Blend 30 Chilled Peaches 10 Cal 740, Carb 90, Na 1235	22 Sodium mg Greek Chicken (feta, spinach, bell pepper) 480 Seasoned Orzo 30 Vegetable Blend 10 Multigrain Bread 150 Cookie 75 Cal 700, Carb 90, Na 900	23 Sodium mg Black Bean & Barley Chili 665 Vegetable Blend 25 WW Dinner Roll 180 Fruit 5 Cal 725, Carb 120, Na 1025	24 Sodium mg Salisbury Steak w/ Mushroom Gravy 255 Garlic Mashed 105 Root Vegetables 35 LS Wheat Bread 65 Pudding 190 Cal 935, Carb 105, Na 800
	27 Sodium mg Chicken Meatballs on Sub Roll 445 220 Roasted Potatoes 5 Vegetable Blend 20 Chilled Fruit 5 Cal 800, Carb 90, Na 960	28 Sodium mg Broccoli & Mushroom Frittata 365 O'Brien Potatoes 40 Stewed Tomatoes 250 LS Wheat Bread 65 Mandarin 10 Cal 655, Carb 90, Na 880	29 Sodium mg Potato Crunch Fish 340 Root Vegetables 35 Vegetable Blend 35 WW Dinner Roll 180 Pudding 220 Cal 815, Carb 100, Na 960	30 Sodium mg Pot Roast w/ Gravy 130 Mashed Potatoes 120 Peas & Carrots 80 Rye Bread 150 Cupcake 170 Cal 775, Carb 95, Na 810
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



WELLNESS FROM THE GROUND UP

EAT WELL, LIVE SUSTAINABLY

Human health and the planet's health are closely linked. The foods we choose affect the environment that grows and supplies them. When we understand this connection and make small, realistic shifts, we can improve our own well-being while also supporting a healthier world.

Actions You Can Take to Make a Positive Difference

- **Choose local and seasonal foods.**
Fresher, more nutritious, and supports nearby farms.
- **Eat more plant-forward meals.**
Beans, lentils, vegetables, and grains often require fewer resources to produce.
- **Minimize food waste.**
Plan ahead, store food properly, and use leftovers creatively. Compost or donate food you cannot use.
- **Reduce packaging.** Buy in bulk, use reusable bags when shopping to reduce plastic usage, package food in reusable containers, or choose sustainable packaging.
- **Support sustainable foods and brands.**
Make mindful choices within your budget.
- **Grow something.** Start with herbs, a small garden, or community garden involvement.

Creating Well-Being Through Sustainable Choices

Better nutrition means stronger immune systems, more energy, improved brain function, and reduced risk of chronic diseases. A healthy environment ensures clean air, clean water, and resilient ecosystems. Both are essential for sustainable wellness—feeling good today while creating a livable world for tomorrow.

Food Choices & Their Benefits

Food Choices	Benefit For You	Benefit For Planet
Beans, Lentils, Chickpeas	High in plant protein and fiber	Lower land & water use; smaller carbon footprint
Seasonal Fruits & Vegetables	Nutrient-dense, fresher flavor	Supports local farms; fewer transportation emissions
"Ugly" Produce	May come off as imperfect, but same nutrients, often lower cost	Reduces food waste
Farmers Markets	Fresher food; supports local economy	Less packaging; shorter supply chain

Sources: Academy of Nutrition & Dietetics