



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

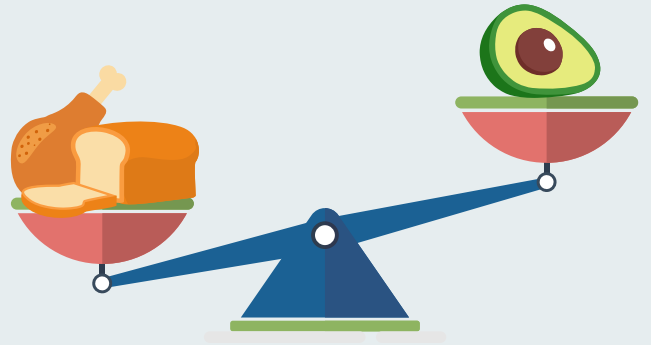
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Regular & Heart Healthy Menus are on our website! MinutemanSenior.org	1200mg is considered a HIGH SODIUM MEAL*** Nutrition Totals: are in milligrams and include milk - 130mg Protein-30-45gm/meal	For weather emergencies, and cancellations, please check Fox 25 TV station		1 Sodium mg Chicken a la King 320 Buttered Noodles 35 Vegetable Blend 50 Multigrain Bread 150 Fresh Fruit 5
				Cal 790, Carb 100, Na 705
4 Sodium mg Mac & Cheese 695 Broccoli 15 WW Dinner Roll 180 Applesauce 15	5 Sodium mg Chicken and Rice Bake 370 Green Beans 5 Multigrain Bread 150 Pudding 180	6 Sodium mg Beef Sloppy Joe 175 Hamburger Roll 215 Sweet Potato Tots 120 Spinach 145 Fresh Orange 5	7 Mother's Day Special Tuscan Turkey Orzo Casserole *** 680 Beets 185 Oat Bread 115 Chocolate Trifle 275	8 Sodium mg Mixed Bean & Veg Stew 590 Cauliflower 25 LS Wheat Bread 65 Fig Bar 150
Cal 820, Carb 95, Na 1055	Cal 655, Carb 90, Na 860	Cal 705, Carb 85, Na 805	Cal 895, Carb 115, Na 1415	Cal 690, Carb 120, Na 980
11 Sodium mg Honey Mustard Chicken 475 Sweet Potatoes 30 Jardiniere Veg. 30 Multigrain Bread 150 Pudding 190	12 Sodium mg Lasagna w/ Marinara Sauce 560 Green Beans 5 Garlic Roll 135 Chilled Peaches 10	13 Sodium mg Beef Stroganoff 145 Buttered Noodles 35 Vegetable Blend 25 LS Wheat Bread 65 Brownie 280	14 Sodium mg Turkey Pot Pie 365 Mashed Potatoes 120 Buttermilk Biscuit 280 Mandarin 5	15 Sodium mg Fish Scampi 270 Couscous 25 Vegetable Blend 10 Rye Bread 150 Fresh Fruit 5
Cal 740, Carb 110, Na 1030	Cal 610, Carb 85, Na 860	Cal 870, Carb 115, Na 700	Cal 585, Carb 85, Na 930	Cal 540, Carb 85, Na 605
18 Sodium mg Bell Pepper & Beef Casserole 225 Peas and Onions 80 LS Wheat Bread 65 Fresh Fruit 5	19 Sodium mg Lemon Chicken w/ Peas 300 Quinoa Pilaf 60 Vegetable Blend 70 WW Dinner Roll 180 Tropical Fruit 0	20 Sodium mg Lentil Stew 60 w/Mozzarella 160 Root Vegetables 35 Oat Bread 140 Pudding 220	21 Sodium mg Stuffed Shells w/ Marinara Sauce 635 Vegetable Blend 30 WW Dinner Roll 180 Applesauce 15	22 Sodium mg Rosemary Balsamic Pork 450 Red Bliss Potatoes 20 Ratatouille 120 Multigrain Bread 150 Cookie 60
Cal 795, Carb 95, Na 525	Cal 715, Carb 95, Na 760	Cal 850, Carb 125, Na 770	Cal 550, Carb 85, Na 1010	Cal 765, Carb 65, Na 945
 No Meals Served	26 Sodium mg Potato Crunch Fish 340 Sweet Potatoes 55 Vegetable Blend 15 Multigrain Bread 150 Cookie 75	27 Sodium mg Chicken Meatballs 210 w/Tomato Basil 300 Penne Pasta 5 Vegetable Blend 20 Fresh Orange 5	28 Sodium mg Broccoli Egg Bake 340 Home Fries 30 Stewed Tomatoes 250 Rye Bread 150 Applesauce 15	29 Sodium mg Pot Roast w/Gravy 130 Mashed Potatoes 120 Carrots 80 WW Dinner Roll 180 Pudding 190
	Cal 750, Carb 90, Na 785	Cal 690, Carb 95, Na 655	Cal 615, Carb 80, Na 940	Cal 730, Carb 95, Na 855
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



MASTERING YOUR MACROS: THE BASICS OF BALANCED NUTRITION



Nutrition helps keep your body strong, your mind sharp, and your energy steady. Macronutrients—carbohydrates, protein, and fat—give your body the fuel it needs. Eating the right amount of each helps support healthy aging.

Carbohydrates Your Body's Main Energy Source

What they do: Give you energy for daily activities and help your brain and muscles work well.

Best choices: Whole grains, fruits, vegetables, beans, and lentils.

Why they matter for seniors: *Fiber-rich carbs help digestion and support heart health.*

Recommended amount: About 45–65% of total calories.

Protein Supports Muscles & Healing

What it does: Builds and repairs muscle and other tissues. Helps maintain strength, especially as we age.

Best choices: Fish, seafood, poultry, lean red meat, eggs, and tofu.

Senior tip: *Eating protein evenly throughout the day supports muscle maintenance.*

Recommended amount: About 10–35% of total calories.

Healthy Fats Good for Heart & Brain

What they do: Support brain function, protect organs, and help your body absorb vitamins.

Best choices: Avocados, nuts, seeds, olive or canola oil, and fatty fish.

Senior tip: *Choose unsaturated fats more often; limit saturated and trans fats.*

Recommended amount: About 20–35% of total calories.

**Most Foods Contain
More Than One Macro**

Examples

**Beans, lentils, quinoa,
milk, yogurt:**
carbs + protein

Nuts, seeds, salmon:
protein + healthy fats

Eating a variety of foods helps you get the benefits of all three.