

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Sodium mg Honey Mustard Chicken 475 Sweet Potatoes 30 Jardiniere Veg. 30 MG Bread 150 Pudding 190 Cal 740, Carb 110,Na 1030	4 Sodium mg Lasagna w/ Marinara Sauce 560 Ital' Green Beans 5 Garlic Roll 135 Chilled Peaches 10 Cal 610, Carb 85, Na 860	5 Sodium mg Beef Stroganoff 145 Buttered Noodles 35 Vegetable Blend 25 LS Wheat Bread 65 Brownie 280 Cal 870, Carb 115, Na 700	6 Sodium mg Turkey Pot Pie w/ 365 Buttermilk Biscuit 280 Mashed Potatoes 120 Mandarins 5 Cal 585, Carb 85, Na 930	7 Sodium mg Fish Scampi 270 Couscous 25 Vegetable Blend 10 Rye Bread 150 Fresh Fruit 5 Cal 475, Carb 85, Na 425
10 Sodium mg Beef & Bell Pepper Casserole 225 Peas & Onions 75 LS Wheat Bread 65 Fresh Fruit 5 Cal 790, Carb 95, Na 525	11 Sodium mg Lemon Chicken w/ Peas 300 Quinoa Pilaf 60 Vegetable Blend 70 WW Dinner Roll 180 Tropical Fruit 5 Cal 710, Carb 95, Na 760	12 Special Sodium mg Breaded Chicken 430 w/Honey Mustard 185 Hamburger Roll 180 Sweet Potato 200 Coleslaw 45 Watermelon 5 Cal 865, Carb 140, Na 1200	13 Sodium mg Stuffed Shells w/ Marinara Sauce 635 Vegetable Blend 30 WW Dinner Roll 180 Applesauce 15 Cal 550, Carb 85, Na 1010	14 Sodium mg Rosemary Balsamic Pork 450 Red Bliss Potatoes 20 Ratatouille 115 MG Bread 150 Cookie 60 Cal 765, Carb 60, Na 945
17 Sodium mg Chicken Marsala 585 Seasoned Orzo 30 Green Beans & Red Bell Pepper 5 LS Wheat Bread 65 Chilled Pears 5 Cal 735, Carb 105, Na 845	18 Sodium mg Potato Crunch Fish 340 Sweet Potatoes 55 Vegetable Blend 15 Multigrain Bread 150 Cookie 75 Cal 750, Carb 90, Na 785	19 Sodium mg Chicken Meatballs w/Tomato Basil 400 Penne Pasta 5 Vegetable Blend 20 ww Dinner Roll 180 Fresh Orange 5 Cal 775, Carb 100, Na 755	20 Sodium mg Broccoli Egg Bake 340 Home Fries 30 Stewed Tomatoes 250 Rye Bread 150 Applesauce 15 Cal 615, Carb 80, Na 940	21 Sodium mg Pot Roast w/Gravy 130 Mashed Potatoes 120 Carrots 80 WW Dinner Roll 180 Pudding 190 Cal 730, Carb 95, Na 855
24 Sodium mg Mixed Bean & Vegetable Stew 590 Cauliflower 20 LS Wheat Bread 65 Brownie 135 Cal 645, Carb 110, Na 960	25 Sodium mg Chicken Scallopini 290 Buttered Noodles 35 Green Beans 5 LS Wheat Bread 65 Fresh Fruit 5 Cal 715, Carb 100, Na 550	26 Sodium mg Mac & Cheese 695 Vegetable Blend 10 MG Bread 150 Chilled Peaches 10 Cal 820, Carb 95, Na 1015	27 Sodium mg American Chop Suey 160 Broccoli 15 Multigrain Bread 150 Pudding 220 Cal 735, Carb 85, Na 695	28 Sodium mg Chicken & Rice Bake 370 Spinach 145 Garlic Knot Roll 135 Mandarin Orange 10 Cal 635, Carb 75, Na 810
31 Sodium mg Sweet & Sour Chicken Meatballs 485 Lo Mein 60 StirFry Veggies 5 LS Wheat Bread 65 Pudding 270 Cal 860, Carb 115, Na 1040		Regular & Heart Healthy Menus are on our website! www.MinutemanSenior.org	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
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.

Recipes are continually being reviewed. Menu subject to change without notice.



ON-THE-GO NUTRITION

BALANCED EATING FOR A HECTIC SCHEDULE

PROTEIN

KEEPS YOU FULL

COTTAGE CHEESE · EGGS
· PROTEIN BAR · NUTS ·
GREEK YOGURT

FIBER RICH CARBS

*GIVES STEADY
ENERGY*

APPLES · GRAPES ·
CARROTS · WHOLE
GRAINS

HEALTHY FATS

*PROVIDE
SATISFACTION
& NUTRIENT
ABSORPTION*

NUT BUTTER · NUTS ·
SEEDS · AVOCADO ·
OLIVES