Minuteman SENIOR SERVICES

December 2026

Meals include milk & margarine

Regular Menu

Donation: $3.00

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.	**1** Sodium mg Lasagna Marinara 560 Vegetable Blend 50 Garlic Dinner Roll 135 Chilled Peaches 10 **Cal 595, Carb 85, Na 900**	**2** Sodium mg Pork w/Apples 140 Sweet Potatoes 55 Green Beans 5 WW Dinner Roll 180 Pudding 190 **Cal 750, Carb 100, Na 720**	**3** Sodium mg Chicken & Sauté Vegetables 335 Coconut Rice 10 Multigrain Bread 150 Pineapple 10 **Cal 630, Carb 80 Na 630**	**4** Sodium mg Shepherd's Pie 210 Vegetable Blend 30 WW Dinner Roll 180 Pudding 220 **Cal 845, Carb 130, Na 795**
7 Sodium mg Chicken Cacciatore 645 Ziti 5 Vegetable Blend 15 Multigrain Bread 150 Applesauce 15 **Cal 600, Carb 80, Na 980**	**8** Sodium mg White Bean & Spinach Stew 465 Green Beans 5 WW Dinner Roll 180 Fresh Fruit 5 **Cal 560, Carb 95, Na 805**	**9** Sodium mg Beef Burgundy 105 Garlic Mashed 20 Root Vegetables 35 Multigrain Bread 150 Pudding 220 **Cal 645, Carb 80, Na 680**	**10** Sodium mg Swedish Chicken Meatballs 270 Egg Noodles 5 Brussels Sprouts 20 LS Wheat Bread 65 Mixed Fruit 5 **Cal 870, Carb 100, Na 715**	**11** Sodium mg Breaded Fish Filet 260 Burger Bun 180 Sweet Potato Tots 230 Vegetable Blend 15 Cookie 75 **Cal 880, Carb 115, Na 1145**
14 Sodium mg Hot Dog*** 540 Hot Dog Roll 210 Baked Beans 390 Root Vegetables 35 Chilled Peaches 10 **Cal 770, Carb 85, Na 1340**	**15** ***Special*** Sodium mg Glazed Ham *** 940 Mashed Potatoes 120 Green Beans 5 LS Wheat Bread 65 Mint Chocolate Mousse 135 **Cal 585, Carb 75, Na 1310**	**16** Sodium mg Stuffed Shells w/ Marinara Sauce 580 Vegetable Blend 35 Garlic Dinner Roll 135 Fresh Fruit 5 **Cal 585, Carb 85, Na 905**	**17** Sodium mg Meatloaf /Gravy 170 Cheddar Mashed 95 Peas & Carrots 80 WW Dinner Roll 180 Cookie 60 **Cal 895, Carb 105, Na 740**	**18** Sodium mg Mac & Cheese 695 Zucchini & Tomato 65 LS Wheat Bread 65 Chilled Fruit 10 **Cal 880, Carb 110, Na 985**
21 Sodium mg Sweet Potato Quinoa Chili 265 Vegetable Blend 50 WW Dinner Roll 180 Cookie 60 **Cal 655, Carb 100, Na 705**	**22** Sodium mg Chicken Stir Fry 460 Fried Rice 260 LS Wheat Bread 65 Fresh Fruit 5 **Cal 600, Carb 80, Na 945**	**23** Sodium mg Spinach & Red Bell Pepper Frittata 300 Red Potatoes 25 Brussels Sprouts 15 Oat Bread 115 Yogurt 90 **Cal 665, Carb 95, Na 685**	**24** Sodium mg Tuscan Fish ***spinach cream, tomato*** 580 Couscous 25 Peas & Onions 75 LS Wheat Bread 65 Chilled Pears 5 **Cal 725, Carb 110, Na 905**	**25**  ***No Meals Served***
28 Sodium mg Baked Ziti w/ Ricotta & Mozzarella 745 Green Beans 5 Garlic Knot 135 Mixed Fruit 5 **Cal 725, Carb 95, Na 1040**	**29** Sodium mg BBQ Pulled Pork*** 440 Burger Bun 210 Baked Beans 390 Vegetable Blend 30 Chilled Peaches 10 **Cal 735, Carb 90, Na 1235**	**30** Sodium mg Marry Me Chicken ***tomato garlic cream*** 310 Buttered Orzo 30 Vegetable Blend 10 Multigrain Bread 150 Cookie 75 **Cal 840, Carb 90, Na 950**	**31** Sodium mg Black Bean & Barley Chili 665 Vegetable Blend 25 WW Dinner Roll 180 Fresh Fruit 5 **Cal 725, Carb 120, Na 1025**	**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:
Minuteman 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.

BUILDING FOOD SKILLS *in nutrition*



Building food skills is essential to create meals that are enjoyable and nourishing. Developing these skills can help support sustainable habits that make eating healthy seem more achievable.

Stick to the Basics

- Avoid skipping meals.
- Prioritize protein and fiber-rich foods (whole grains, fruits, vegetables).
- Focus on consistency, not perfection.

Aim for 3–4 food groups per meal & 2–3 food groups per snack

- **Protein |** Lean poultry, meats, fish, seafood, eggs, tofu, tempeh, legumes, nuts, and seeds
- **Grains |** Whole wheat pasta, bread, grains, legumes
- **Fruit |** Berries, apples, pineapple, watermelon
- **Vegetables |** Spinach, carrots, cucumber, tomato, potatoes
- **Dairy |** Low fat milk, yogurt, cheese or non-dairy alternatives

Build Confidence in the Kitchen

- **Essential Kitchen Tools:** Oven & stove, measuring cups/spoons, thermometer, nonstick pan, pot, baking sheet, chef's knife & cutting board, silicon spatula, steamer basket
- **Better-for-You Cooking Methods:**
  - **Roasting:** Cook in the oven with oil and seasonings.
  - **Steaming:** Cook over boiling water using a steamer basket.
  - **Sautéing:** Cook in a pan with a small amount of oil over medium heat, stirring often.
- **Make a Healthy Flavor Boosters:** Simple Dressing: 3 parts oil + 1 part acid (vinegar or lemon juice) + 1 part emulsifier (mustard, tahini, or honey)

Looking for More Support?

- Take a cooking or knife skills class.
- Work with a registered dietitian.

Sources: www.bonappetit.com | The 7 Essentials of Becoming a Better Cook

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