

This program is made possible in part by funding from the Executive Office of Elder Affairs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																																												
<p>>1200mg is considered a HIGH SODIUM MEAL ***</p> <p>Nutrition Totals: are in milligrams and include milk - 130mg</p>			<p>For weather emergencies and cancellations, please check Fox 25 TV station.</p>	<table><tr><td>1</td><td>Sodium mg</td></tr><tr><td>Bean & Vegetable</td><td></td></tr><tr><td>Stew</td><td>570</td></tr><tr><td>Quinoa</td><td>5</td></tr><tr><td>Biscuit</td><td>280</td></tr><tr><td>Cookie</td><td>60</td></tr><tr><td colspan="2">Cal 785, Carb 105, Na 1095</td></tr></table>	1	Sodium mg	Bean & Vegetable		Stew	570	Quinoa	5	Biscuit	280	Cookie	60	Cal 785, Carb 105, Na 1095																																																															
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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 meal plan, call: 781.221.7083 Call the day before by 11AM to make a change.																																																																													
For dining center information go to: https://www.minutemansenior.org/our-services/senior-nutrition/senior-dining-centers																																																																																

Totals include milk. Each carton of milk provides 130 calories & 125mg sodium.

The nutrition information provided here 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.