

Minuteman Senior Services

November 2018

Meals on Wheels Menu

Menu subject to change without notice.

All meals include 1% milk.

Donation: \$2.00

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY																																																																																																																																																																																																																																																																																																																																																																																																																									
<p>** HIGH SODIUM MEALS: Please call at least 2 days ahead for an alternative meal on the day marked **High Sodium**.</p>	<p>Entrees that contain more than 500mg sodium are designated by an *</p>		<table border="1"> <tr> <td>1</td> <td>Sodium mg</td> <td>2</td> <td>Sodium mg</td> </tr> <tr> <td>White Bean Chicken Chili</td> <td>260</td> <td>Beef & Pork Meat Pie</td> <td>297</td> </tr> <tr> <td>Brown Rice</td> <td>5</td> <td>Spinach</td> <td>65</td> </tr> <tr> <td>Broccoli</td> <td>10</td> <td>Rye Bread</td> <td>150</td> </tr> <tr> <td>Multigrain Bread</td> <td>164</td> <td>Fresh Fruit</td> <td>1</td> </tr> <tr> <td>Diced Peaches</td> <td>5</td> <td></td> <td></td> </tr> <tr> <td>Cal:</td> <td>545</td> <td>Sod:</td> <td>569</td> </tr> <tr> <td>Cal:</td> <td>726</td> <td>Sod:</td> <td>638</td> </tr> </table>	1	Sodium mg	2	Sodium mg	White Bean Chicken Chili	260	Beef & Pork Meat Pie	297	Brown Rice	5	Spinach	65	Broccoli	10	Rye Bread	150	Multigrain Bread	164	Fresh Fruit	1	Diced Peaches	5			Cal:	545	Sod:	569	Cal:	726	Sod:	638																																																																																																																																																																																																																																																																																																																																																																																										
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Multigrain Bread	164	Wheat Dinner Roll	105	Italian Veg Blend	41																																																																																																																																																																																																																																																																																																																																																																																																																								
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		Diet: Gingerboy		Fresh Fruit	1																																																																																																																																																																																																																																																																																																																																																																																																																								
Cal:	602	Sod:	802	Cal:	672	Sod:	702																																																																																																																																																																																																																																																																																																																																																																																																																						
		Cal:	666	Sod:	790																																																																																																																																																																																																																																																																																																																																																																																																																								
		Cal:	666	Sod:	790																																																																																																																																																																																																																																																																																																																																																																																																																								
26	Sodium mg	27	Sodium mg	28	Sodium mg	29	Sodium mg	30	Sodium mg																																																																																																																																																																																																																																																																																																																																																																																																																				
Beef & Lentil Chili	260	Roast Pork w/ Apple Gravy	83	Chicken Chow Mein	258	Breaded Chicken Leg	450	Turkey Corn Stew	464																																																																																																																																																																																																																																																																																																																																																																																																																				
Brown Rice	5	Rosemary Roast Potatoes	5	Chow Mein Noodles	166	Baked Beans	152	Brussels Sprouts	12																																																																																																																																																																																																																																																																																																																																																																																																																				
Mexicali Corn	6	Broccoli	10	Vegetable Fried Rice	98	Mixed Vegetables	88	Wheat Bread	160																																																																																																																																																																																																																																																																																																																																																																																																																				
Cornbread	291	Multigrain Bread	164	Oriental Veg Blend	21	Multigrain Bread	164	Blueberry Yogurt	75																																																																																																																																																																																																																																																																																																																																																																																																																				
Strawberry Cup	0	Chocolate Pudding	135	Fortune Cookie	6	Raisins	4																																																																																																																																																																																																																																																																																																																																																																																																																						
Diet: Applesauce	0	Diet:SF Choc Pudding		Fresh Orange	0																																																																																																																																																																																																																																																																																																																																																																																																																								
Cal:	821	Sod:	687	Cal:	687	Sod:	674	Cal:	728																																																																																																																																																																																																																																																																																																																																																																																																																				
		Cal:	629	Sod:	595	Cal:	728	Sod:	983																																																																																																																																																																																																																																																																																																																																																																																																																				
		Cal:	629	Sod:	595	Cal:	514	Sod:	836																																																																																																																																																																																																																																																																																																																																																																																																																				
<p>For weather emergencies and cancellations, please check Fox 25 TV station.</p>	<p>For questions about the nutritional information in this menu or your nutritional needs, contact: Denise Mercury RD, LDN d.mercury@minutemansenior.org</p>		<p>To CANCEL meals or for QUESTIONS about your meal plan, call: 781.221.7083 or 1.888.222.6171 x7083 Call the day before by 11AM to make a change. Do not call your local meal site.</p>																																																																																																																																																																																																																																																																																																																																																																																																																										

The Sodium values are listed beside each menu item. The total calories & total sodium include milk.

Each carton of milk provides 110 calories and 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.