

Minuteman Senior Services

June 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	
** HIGH SODIUM MEALS: Please call at least 2 days ahead for an alternative meal on the day marked **High Sodium** .		Entrees that contain more than 500mg sodium are designated by an *						1 Sodium mg Haddock Newburg 364 Brown Rice Pilaf 150 Spinach 65 Rye Bread 150 Raisins 4 <hr/> Cal: 574 Sod: 858	
4 Sodium mg Beef & Lentil Chili 260 Brown Rice 5 Green Beans 3 Dinner Roll 132 Mandarin Oranges 7		5 Sodium mg Chicken Meatballs 190 Swedish Sauce 10 Egg Noodles 4 Broccoli 10 Rye Bread 150 Blueberry Buckle 360 Diet: Apple Cinn Grahams		6 Sodium mg Broccoli Bake 482 Home Fries 5 Stewed Tomatoes 271 Multigrain Bread 164 Lorna Doones 100		7 Sodium mg Grilled Chicken 320 Apricot Sauce 32 Scalloped Potatoes 25 Mixed Vegetables 88 Wheat Bread 160 Diced Pears 5		8 Sodium mg Roast Pork 66 Rosemary Gravy 83 Mashed Potatoes 66 Glazed Carrots 43 Multigrain Bread 164 Fresh Fruit 1	
Cal: 638 Sod: 532	Cal: 736 Sod: 849	Cal: 770 Sod: 1147	Cal: 614 Sod: 755	Cal: 623 Sod: 548					
11 Sodium mg Lemon Dill Haddock 362 Red Bliss Potatoes 5 Summer Blend Veg 24 Wheat Bread 160 Diced Pears 5		12 Sodium mg Beef Bolognese 163 Penne Pasta 1 Genoa Blend Veg 45 Italian Bread 230 Fresh Fruit 1		13 Sodium mg SPECIAL **High Sodium** *Chicken French 573 Wild Rice Pilaf 140 Broccoli Au Gratin 158 Multigrain Bread 164 Pineapple Whip 87		14 Sodium mg COLD MEAL Chef Salad w/ Egg, Turkey & Cheese 245 Three Bean Salad 89 Multigrain Bread 164 Applesauce 14		15 Sodium mg Meatloaf w/ Onion Gravy 242 Sour Cream & Chive Mashed Potatoes 94 Peas & Carrots 72 Dinner Roll 132 Cherry Snack n Loaf 240 Diet: Gingerboy	
Cal: 591 Sod: 681	Cal: 659 Sod: 565	Cal: 689 Sod: 1247	Cal: 578 Sod: 637	Cal: 868 Sod: 905					
18 Sodium mg BBQ Pork Rib Patty 362 Baked Beans 200 California Blend Veg 22 Hamburger Bun 230 Blueberry Yogurt 75		19 Sodium mg Chicken Marsala 395 Orzo Pilaf w/ Spinach 57 Brussel Sprouts 12 Multigrain Bread 164 Apple Streusel Cake 191 Diet: Lemon Grahams		20 Sodium mg COLD MEAL Turkey Apple Salad 353 Macaroni Salad 206 Raisin & Carrot Salad 149 1/2 Pita Pocket 161 Fresh Fruit 1		21 Sodium mg Roast Pork w/ Apple Gravy 89 Yams 31 Cauliflower 16 Wheat Bread 160 Mixed Fruit 10		22 Sodium mg Chicken & Rice Bake 327 Broccoli 10 Multigrain Bread 164 Diced Pears 5	
Cal: 647 Sod: 1014	Cal: 650 Sod: 944	Cal: 714 Sod: 995	Cal: 595 Sod: 431	Cal: 561 Sod: 631					
25 Sodium mg *Chicken Parmesan 860 Cavitappi Pasta 1 Genoa Blend Veg 45 Dinner Roll 132 Fresh Fruit 1		26 Sodium mg Potato Pollock 273 Tartar Sauce 100 Butternut Squash 0 Spinach 65 Multigrain Bread 164 Diced Peaches 5		27 Sodium mg Chicken Meatballs 190 Hawaiian Sauce 37 White Rice 4 Oriental Blend Veg 21 Wheat Bread 160 Raisins 4		28 Sodium mg Marinated Steak Tips 272 Peppers & Onions 27 Potato Wedges 29 Sub Roll 218 Almond Cookie 181 Diet: Lorna Doones		29 Sodium mg Mac & Cheese 488 Stewed Tomatoes 271 Wheat Bread 160 Vanilla Yogurt 50	
Cal: 810 Sod: 1164	Cal: 613 Sod: 732	Cal: 660 Sod: 541	Cal: 896 Sod: 852	Cal: 771 Sod: 1094					
For weather emergencies and cancellations, please check Fox 25 TV station.		For questions about the nutritional information in this menu or your nutritional needs, contact: Denise Mercury RD, LDN d.mercury@minutemansenior.org			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.				

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.