

Minuteman Senior Services

FEBRUARY 2019

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>For weather emergencies and cancellations, please check Fox 25 TV station.</p>				<p>1 Sodium mg</p> <p>Potato Pollock 273</p> <p>Tartar Sauce 100</p> <p>Brown Rice Pilaf 150</p> <p>Peas 66</p> <p>Pumpnickel Bread 155</p> <p>Clementine 1</p> <p>Cal: 670 Sod: 870</p>
	<p>4 Sodium mg</p> <p>Macaroni and Cheese 488</p> <p>Stewed Tomatoes 150</p> <p>Multigrain Bread 164</p> <p>Diced Peaches 5</p> <p>Cal: 741 Sod: 932</p>	<p>5 Sodium mg</p> <p>SPECIAL</p> <p>Marinated Beef Tips 272</p> <p>Scalloped Potatoes 125</p> <p>Brussels Sprouts 12</p> <p>Whole Wheat Dinner Roll 105</p> <p>Chocolate Mousse 280</p> <p>Diet: SF Chocolate Mousse</p> <p>Cal: 722 Sod: 919</p>	<p>6 Sodium mg</p> <p>Salisbury Steak 201</p> <p>Mushroom Gravy 85</p> <p>Whipped Potatoes 66</p> <p>Green Beans 3</p> <p>Dinner Roll 132</p> <p>Strawberry Cup 0</p> <p>Diet: Strawberry Yogurt</p> <p>Cal: 705 Sod: 612</p>	<p>7 Sodium mg</p> <p>Chicken Breast 320</p> <p>Red Pepper Pesto 22</p> <p>Wild Rice Pilaf 140</p> <p>Cauliflower Supreme 14</p> <p>Multigrain Bread 164</p> <p>Diced Pears 5</p> <p>Cal: 527 Sod: 790</p>
<p>11 Sodium mg</p> <p>Haddock Newburg 364</p> <p>Yams 31</p> <p>Mixed Vegetables 88</p> <p>Wheat Bread 160</p> <p>Raisins 4</p> <p>Cal: 653 Sod: 772</p>	<p>12 Sodium mg</p> <p>Chicken Breast 320</p> <p>Vodka Cream Sauce 139</p> <p>Cavatappi Pasta 1</p> <p>Spinach 65</p> <p>Italian Bread 230</p> <p>Mixed Fruit 10</p> <p>Cal: 605 Sod: 890</p>	<p>13 Sodium mg</p> <p>Beef & Cabbage Casserole 301</p> <p>Genoa Blend Veg 45</p> <p>Rye Bread 150</p> <p>Vanilla Yogurt 50</p> <p>Cal: 630 Sod: 671</p>	<p>14 Sodium mg</p> <p>Chicken Jambalaya 310</p> <p>Brown Rice 5</p> <p>Broccoli 10</p> <p>Multigrain Bread 164</p> <p>Almond Cookie 181</p> <p>Diet: Apple Cinn Grahams</p> <p>Cal: 782 Sod: 795</p>	<p>15 Sodium mg</p> <p>American Chop Suey 288</p> <p>Riviera Blend Veg 140</p> <p>Wheat Bread 160</p> <p>Applesauce Cup 14</p> <p>Cal: 653 Sod: 727</p>
<p>18 PRESIDENT'S DAY HOLIDAY</p> <p>No meals delivered</p> 	<p>19 Sodium mg</p> <p>Chicken Coq au Vin 387</p> <p>Garlic Mashed Potatoes 66</p> <p>Italian Green Beans 3</p> <p>Multigrain Bread 164</p> <p>Diced Pears 5</p> <p>Cal: 572 Sod: 750</p>	<p>20 Sodium mg</p> <p>Turkey Tetrizzini* 514</p> <p>Egg Noodles 4</p> <p>Broccoli 10</p> <p>Dinner Roll 132</p> <p>Lorna Doones 100</p> <p>Cal: 619 Sod: 885</p>	<p>21 Sodium mg</p> <p>Roast Pork 66</p> <p>Cran-Orange Sauce 18</p> <p>Mashed Sweet Potatoes 31</p> <p>Cauliflower 14</p> <p>Wheat Bread 160</p> <p>Lemon Cake 215</p> <p>Diet: Lemon Grahams</p> <p>Cal: 690 Sod: 629</p>	<p>22 Sodium mg</p> <p>Chicken & Corn Stew 265</p> <p>Brussels Sprouts 12</p> <p>Wheat Dinner Roll 105</p> <p>Fresh Apple 1</p> <p>Cal: 462 Sod: 508</p>
<p>25 Sodium mg</p> <p>BBQ Chicken Breast 402</p> <p>Macaroni & Cheese 195</p> <p>Green Peas 66</p> <p>Wheat Bread 160</p> <p>Pineapple 1</p> <p>Cal: 663 Sod: 949</p>	<p>26 Sodium mg</p> <p>Breaded Pollock 302</p> <p>Tartar Sauce 100</p> <p>Wild Rice Pilaf 140</p> <p>Winter Blend Veggies 29</p> <p>Multigrain Bread 164</p> <p>Spice Cake 245</p> <p>Diet: Ginger Boy</p> <p>Cal: 792 Sod: 1105</p>	<p>27 Sodium mg</p> <p>Chicken Meatballs 210</p> <p>Cacciatore Sauce 106</p> <p>Penne Pasta 1</p> <p>Italian Blend Veggies 41</p> <p>Italian Bread 230</p> <p>Raisins 4</p> <p>Cal: 659 Sod: 717</p>	<p>28 Sodium mg</p> <p>Beef Stew 200</p> <p>Spinach 65</p> <p>Wheat Dinner Roll 105</p> <p>Diced Peaches 5</p> <p>Cal: 659 Sod: 500</p>	<p>Entrees that contain more than 500mg sodium are designated by an *</p>
<p>** HIGH SODIUM MEALS:</p> <p>Please call at least 2 days ahead for an alternative meal on the day marked **High Sodium**.</p>	<p>For questions about the nutritional information in this menu or your nutritional needs, contact:</p> <p>Denise Mercury RD, LDN</p> <p>d.mercury@minutemansenior.org</p>	<p>To CANCEL meals or for QUESTIONS about your meal plan, call:</p> <p>781.221.7083 or 1.888.222.6171 x7083</p> <p>Call the day before by 11AM to make a change.</p> <p>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.