

Minuteman Senior Services

APRIL 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	
2	Sodium mg	3	Sodium mg	4	Sodium mg	5	Sodium mg	6	Sodium mg
BBQ Chicken Breast	402	Potato Crusted Pollack	273	Chicken Jambalaya	310	Beef Burgundy	159	Macaroni & Cheese	488
Baked Beans	39	Tartar Sauce	100	Brown Rice	5	Red Potatoes	5	Stewed Tomato	337
Carrots	64	Whipped Potato	66	Peas	68	Broccoli	10	Wheat Bread	160
Whole Wheat Bun	230	Genoa Blend Veggies	45	Wheat Bread	160	Multigrain Bread	164	Strawberry Yogurt	75
Pineapple	1	Wheat Dinner Roll	105	Fresh Orange	0	Hermit Cookie	24		
		Diced Peaches	5			Diet: Maple Walnut Graham			
Cal: 642	Sod: 861	Cal: 674	Sod: 719	Cal: 651	Sod: 668	Cal: 793	Sod: 487	Cal: 765	Sod: 1185
9	Sodium mg	10	Sodium mg	11	Sodium mg	12	Sodium mg	13	Sodium mg
Beef & Lentil Stew	179	SPECIAL		Roast Pork	73	Chicken Tetrzazini	487	Shepherd's Pie	136
Cauliflower Supreme	14	**HIGH SODIUM DAY**		in Herb Gravy	83	Brussels Sprouts	12	Green Beans	3
Biscuit	340	Stuffed Chicken Breast	430	Whipped Potato	66	Multigrain Bread	164	Whole Wheat Bread	160
Mixed Fruit	10	Wild Rice Pilaf	140	Corn	1	Mandarin Oranges	7	Fig Bar	100
		Broccoli Au Gratin	158	Whole Wheat Bread	160			Diet: Cinnamon Grahams	
		Wheat Dinner Roll	105	Fresh Apple	1				
		Chocolate Mousse	280						
		Diet: Chocolate Mousse							
Cal: 554	Sod: 668	Cal: 691	Sod: 1238	Cal: 656	Sod: 509	Cal: 543	Sod: 795	Cal: 652	Sod: 524
16	Sodium mg	17	Sodium mg	18	Sodium mg	19	Sodium mg	20	Sodium mg
PATRIOT'S DAY HOLIDAY No meals delivered		Meatloaf with	216	Broccoli Bake	482	Roast Turkey		Catch of the day	296
		Mushroom Gravy	85	Stewed Tomatoes	150	with Gravy	410	Newburg Sauce	68
		Chantilly Potato	238	Home Fries	5	Butternut Squash	48	Red Bliss Potatoes	1
		Carrots	64	Multigrain Bread	164	Spinach	65	Italian Blend Veggies	41
		Whole Wheat Bread	160	Fruit Crunch Bar	80	Multigrain Bread	164	Whole Wheat Bread	160
		Diced Peaches	5	Diet: Ginger Boy		Apple Streusel Cake	191	Fresh Fruit	1
						Diet: Vanilla Pudding			
		Cal: 708	Sod: 893	Cal: 907	Sod: 1006	Cal: 589	Sod: 1003	Cal: 481	Sod: 692
23	Sodium mg	24	Sodium mg	25	Sodium mg	26	Sodium mg	27	Sodium mg
Meatballs with	236	Chicken Teriyaki	479	Salisbury Steak	194	Chicken Breast	320	Roast Pork	73
Tomato Basil Sauce	142	Brown Rice	5	Onion Gravy	26	Red Pepper Pesto	22	Tarragon Gravy	83
Peppers & Onions	27	Scandinavian Veggies	41	Whipped Yams	31	Sour Cream & Chive		O'Brien Potatoes	8
Potato Puffs	29	Wheat Bread	160	Peas	66	Whipped Potato	94	Summer Veggie Blend	24
Grinder Roll	218	Almond Cookie	181	Whole Wheat Bread	160	Carrots	64	Wheat Dinner Roll	105
Pears	5	Diet: Lemon Grahams		Raisins	4	Wheat Bread	160	Blueberry Yogurt	75
						Applesauce	14		
Cal: 727	Sod: 782	Cal: 730	Sod: 991	Cal: 753	Sod: 606	Cal: 592	Sod: 799	Cal: 542	Sod: 493
30	Sodium mg								
Haddock	296							** HIGH SODIUM MEALS:	
Lemon Vinaigrette Sauce	11							Please call at least 2 days	
Au Gratin Potatoes	39							ahead for an alternative	
Broccoli	10							meal on the day marked	
Whole Wheat Bread	160							**High Sodium**.	
Cherry Snack 'N Loaf	115								
Diet: Cinn Grahams									
Cal: 700	Sod: 756								
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.