

Minuteman Senior Services

August 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 Turkey Corn Stew 464 Riviera Blend Veggies 140 Biscuit 340 Strawberry Yogurt 75	2 Sodium mg Roast Pork 73 Rosemary Gravy 83 Scalloped Potatoes 125 Spinach 65 Multigrain Bread 164 Apple Cobbler 317 Diet: Apple Cin Graham	3 Sodium mg Chicken Jamabalaya 310 Brown Rice 5 Broccoli 10 Wheat Bread 160 Raisins 4
		Cal: 548 Sod: 1144	Cal: 933 Sod: 952	Cal: 646 Sod: 614
6 Sodium mg Grilled Chicken 320 Cacciatore Sauce 106 Tricolor Pasta 1 Herbed Carrots 64 Wheat Bread 160 Applesauce 0	7 Sodium mg Broccoli Bake 482 Stewed Tomatoes 160 Red Bliss Potatoes 5 Multigrain Bread 164 Pineapple Whip 87	8 Sodium mg COLD PLATE Asian Chicken Salad 277 Asian Pasta Salad 318 Broccoli Salad 159 Fortune Coolie 6 Dinner Roll 132 Fresh Orange	9 Sodium mg Potato Pollock 270 Tartar Sauce 100 Whipped Potato 66 Green Beans 3 Multigrain Bread 164 Mixed Fruit 10	10 Sodium mg Beef Fajita 162 Red & Green Peppers 110 Mexicali Corn 6 Wheat Tortilla 220 Snack n' Loaf 115 Diet: Chocolate Grahams
Cal: 535 Sod: 776	Cal: 710 Sod: 1023	Cal: 715 Sod: 1017	Cal: 696 Sod: 738	Cal: 659 Sod: 738
13 Sodium mg Cheese Omelet 380 Chicken Sausage Patty 206 Seasoned Potatoes 5 Multigrain Bread 164 Mandarin Oranges 7	14 Sodium mg SPECIAL - HIGH SODIUM** Chicken Cordon Bleu* 750 Supreme Sauce 56 Wild Rice Pilaf 140 Broccoli 10 Peach Shortcake 345	15 Sodium mg Roast Pork 73 Herb Gravy 83 Sour Cream & Chive Whipped Potato 92 Peas & Carrots 72 Wheat Bread 160 Fresh Pear 2	16 Sodium mg Chicken Marsala 395 Yukon Gold Potatoes 5 Italian Blend Veggies 41 Multigrain Bread 164 Chocolate Chip Cookie 60 Diet: Vanilla Pudding	17 Sodium mg Salisbury Steak 201 Onion Gravy 26 Yams 2 Mixed Vegetables 88 Marble Rye Bread 127 Lorna Doones 100
Cal: 614 Sod: 887	Cal: 677 Sod: 1426	Cal: 690 Sod: 607	Cal: 547 Sod: 790	Cal: 676 Sod: 669
20 Sodium mg Swedish Meatballs 220 Egg Noodles 4 Genoa Blend Veggies 45 Wheat Bread 160 Mixed Fruit 10	21 Sodium mg Pork Riblet w/ BBQ Sauce 410 Whipped Potato 66 Green Beans 3 Corn Bread 291 Chocolate Pudding 135 Diet: Chocolate Pudding	22 Sodium mg Grilled Chicken 320 Cran-Orange Sauce 18 Spinach Orzo Pilaf 57 Broccoli Salad 10 Multigrain Bread 164 Fresh Fruit 1	23 Sodium mg Roast Turkey 330 Herbed Gravy 59 Butternut Squash 0 Brussels Sprouts 12 Wheat Bread 160 Diced Pears 5	24 Sodium mg Haddock Newburg 162 O'Brien Potatoes 34 California Blend Veg 22 Dinner Roll 132 Blueberry Yogurt 75
Cal: 622 Sod: 564	Cal: 785 Sod: 1112	Cal: 575 Sod: 695	Cal: 464 Sod: 691	Cal: 574 Sod: 550
27 Sodium mg Lasagna Roll 370 Meat Sauce 50 Italian Blend Veg 41 Italian Bread 230 Diced Peaches 5	28 Sodium mg COLD PLATE Caesar Salad* 793 Cous Cous w/ Carrots 24 Marble Rye Bread 127 Fresh Orange 0	29 Sodium mg Sloppy Joe 259 Spinach 65 Red Bliss Potatoes 5 Hamburger Roll 230 Snack n' Loaf 115 Diet: Chocolate Graham	30 Sodium mg Grilled Chicken 320 Coq Au Vin Sauce 59 Whipped Potato 66 Summer Squash & Zucchini 3 Wheat Dinner Roll 105 Blueberry Buckle 360 Diet: Lorna Doones	31 Sodium mg Roast Pork 73 Tarragon Gravy 83 Brown Rice Pilaf 150 Broccoli 10 Wheat Bread 160 Fruited Applesauce 10
Cal: 515 Sod: 821	Cal: 701 Sod: 1069	Cal: 710 Sod: 799	Cal: 680 Sod: 1038	Cal: 580 Sod: 611
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.