

Minuteman Senior Services

February 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** .						1 Sodium mg Roast Pork w/ Apple Gravy 89 Yams 31 Green Beans 3 Wheat Bread 160 Applesauce 14 Cal: 600 Sod: 422		2 Sodium mg Chicken Teriyaki 293 Vegetable Fried Rice 332 Oriental Vegetables 21 Multigrain Bread 164 Tropical Fruit 10 Fortune Cookie 6 Cal: 676 Sod: 951	
5 Sodium mg Beef Patty w/ Onion Gravy 226 Sour Cream & Chive Mashed Potato 94 Carrots 43 Multigrain Bread 164 Diced Peaches 5 Cal: 649 Sod: 657		6 Sodium mg Sage Stuffed Chicken with Gravy 465 Mashed Sweet Potatoes 35 Cauliflower Au Gratin 158 Dinner Roll 132 Almond Cookie 181 Diet: Cinnamon Apples Cal: 922 Sod: 1096		7 Sodium mg Beef Bolognese 223 Penne Pasta 1 Italian Blend Vegetable 41 Italian Bread 230 Vanilla Yogurt 50 Cal: 662 Sod: 670		8 Sodium mg Macaroni & Cheese 488 Stewed Tomatoes 150 Wheat Bread 160 Diced Pears 5 Cal: 745 Sod: 928		9 Sodium mg Beef Burgundy 159 Egg Noodles 4 Broccoli 10 Multigrain Bread 164 Fresh Fruit 1 Cal: 666 Sod: 463	
12 Sodium mg Chicken Jumbalaya 310 Brown Rice 5 Spinach 65 Wheat Bread 160 Applesauce 1 Cal: 589 Sod: 666		13 Sodium mg Roast Pork w/ Rosemary Gravy 149 Garlic Mashed Potatoes 66 Green Beans 3 Dinner Roll 132 Mixed Fruit 10 Cal: 616 Sod: 485		14 Sodium mg Broccoli Bake 482 Home Fries 5 Stewed Tomatoes 150 Wheat Bread 160 Fresh Fruit 1 Diet: Gingerboy Cal: 708 Sod: 923		15 Sodium mg Chicken w/ Apple Berry Sauce 325 Wild Rice Pilaf 279 Brussels Sprouts 12 Multigrain Bread 164 Chocolate Mousse 280 Diet: Chocolate Mousse Cal: 638 Sod: 1185		16 Sodium mg Potato Pollock 273 Tartar Sauce 100 Orzo Pilaf w/ Spinach 57 Mixed Vegetables 88 Wheat Bread 160 Snack'n'Loaf 120 Diet: Lorna Doones Cal: 825 Sod: 923	
19 PRESIDENT'S DAY HOLIDAY No meals delivered 		20 Sodium mg Beef and Lentil Chili 260 Brown Rice 5 Broccoli 10 Italian Bread 230 Diced Peaches 5 Cal: 634 Sod: 635		21 Sodium mg Grilled Chicken Florentine 347 Cheesy Mashed Potatoes 73 Glazed Carrots 64 Wheat Bread 160 Gingerbread 314 Diet: Gingerboy Cal: 640 Sod: 1083		22 Sodium mg Roast Turkey w/ Herb Gravy 410 Stuffing 176 Butternut Squash 0 Multigrain Bread 164 Diced Peaches 5 Cal: 493 Sod: 880		23 Sodium mg Lasagna w/ Marinara Sauce* 577 Green Peas 58 Wheat Dinner Roll 105 Fresh Fruit 1 Cal: 649 Sod: 866	
26 Sodium mg Chicken Cacciatore 426 Cavatappi Pasta 1 Riviera Blend 140 Italian Bread 230 Applesauce 14 Cal: 539 Sod: 936		27 Sodium mg Sweet & Sour Meatballs 228 White Rice 4 Oriental Blend Vegetables 21 Multigrain Bread 164 Mandarin Oranges 7 Cal: 569 Sod: 549		28 Sodium mg Shepherd's Pie 136 Broccoli 10 Pumpernickel Bread 155 Snack'n'Loaf 160 Diet: Lorna Doones Cal: 638 Sod: 586		Entrees that contain more than 500mg sodium are designated by an *			
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.