

Minuteman Senior Services

February 2018

Senior Dining Menu

Menu subject to change without notice.

All soups served with crackers. All meals include margarine and 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>To CANCEL or ORDER Call your local meal site by 11AM the DAY BEFORE</p>						<p>1 Sodium mg Mulligatawny Soup 120 Roast Pork w/ Apple Gravy 89 Yams 31 Wheat Bread 160 Applesauce 14</p>		<p>2 Sodium mg Chicken Teriyaki 293 Vegetable Fried Rice 332 Oriental Vegetables 21 Multigrain Bread 164 Tropical Fruit 10 Fortune Cookie 6</p>	
						<p>Cal: 636 Sod: 539</p>	<p>Cal: 676 Sod: 951</p>		
<p>5 Sodium mg Cream of Broccoli Soup 275 Beef Patty w/ Onion Gravy 226 Sour Cream & Chive Mashed Potatoes 94 Multigrain Bread 164 Diced Peaches 5</p>		<p>6 Sodium mg Sage Stuffed Chicken with Gravy 465 Mashed Sweet Potatoes 35 Cauliflower Au Gratin 158 Dinner Roll 132 Almond Cookie 181</p>		<p>7 Sodium mg Tossed Salad 5 Beef Bolognese 223 Penne Pasta 1 Italian Bread 230 Vanilla Yogurt 50</p>		<p>8 Sodium mg Chunky Tomato Soup 177 Macaroni & Cheese 488 Wheat Bread 160 Diced Pears 5</p>		<p>9 Sodium mg Beef Burgundy 159 Egg Noodles 4 Broccoli 10 Multigrain Bread 164 Fresh Fruit 1</p>	
<p>Cal: 766 Sod: 889</p>	<p>Cal: 922 Sod: 1096</p>	<p>Cal: 638 Sod: 634</p>	<p>Cal: 731 Sod: 955</p>	<p>Cal: 666 Sod: 463</p>					
<p>12 Sodium mg Escarole Soup 52 Chicken Jumbalaya 310 Brown Rice 5 Wheat Bread 160 Applesauce 14</p>		<p>13 Sodium mg Tossed Salad 5 Roast Pork w/ Rosemary Gravy 149 Garlic Mashed Potatoes 66 Dinner Roll 132 Mixed Fruit 10</p>		<p>14 Sodium mg Vegetable Soup 240 Broccoli Bake 482 Home Fries 5 Wheat Bread 160 Fresh Fruit 1</p>		<p>15 Sodium mg Chicken w/ Apple Berry Sauce 325 Wild Rice Pilaf 279 Brussels Sprouts 12 Multigrain Bread 164 Chocolate Mousse 280</p>		<p>16 Sodium mg Potato Pollock 273 Tartar Sauce 100 Orzo Pilaf w/ Spinach 57 Mixed Vegetables 88 Wheat Bread 160 Snack'n'Loaf 120</p>	
<p>Cal: 645 Sod: 666</p>	<p>Cal: 596 Sod: 487</p>	<p>Cal: 692 Sod: 1013</p>	<p>Cal: 638 Sod: 1185</p>	<p>Cal: 825 Sod: 923</p>					
<p>19 PRESIDENT'S DAY HOLIDAY No meals served</p> 		<p>20 Sodium mg Beef and Lentil Chili 260 Brown Rice 5 Broccoli 10 Italian Bread 230 Diced Peaches 5</p>		<p>21 Sodium mg Grilled Chicken Florentine 347 Cheesy Mashed Potatoes 73 Glazed Carrots 64 Wheat Bread 160 Gingerbread 314</p>		<p>22 Sodium mg Roast Turkey w/ Herb Gravy 410 Stuffing 176 Butternut Squash 0 Multigrain Bread 164 Diced Peaches 5</p>		<p>23 Sodium mg Lasagna w/ Marinara Sauce* 577 Wheat Dinner Roll 105 Fresh Fruit 1 Tossed Salad 5</p>	
		<p>Cal: 634 Sod: 635</p>	<p>Cal: 640 Sod: 1083</p>	<p>Cal: 493 Sod: 880</p>	<p>Cal: 602 Sod: 813</p>				
<p>26 Sodium mg Chicken Cacciatore 426 Cavatappi Pasta 1 Riviera Blend 140 Italian Bread 230 Applesauce 14</p>		<p>27 Sodium mg Egg Drop Spinach Soup 167 Sweet & Sour Meatballs 228 White Rice 4 Multigrain Bread 164 Mandarin Oranges 7</p>		<p>28 Sodium mg Shepherd's Pie 136 Pumpnickel Bread 155 Snack'n'Loaf 160 Tossed Salad 5</p>		<p>Entrees that contain more than 500mg sodium are designated by an *</p>			
<p>Cal: 539 Sod: 936</p>		<p>Cal: 576 Sod: 695</p>		<p>Cal: 628 Sod: 581</p>					
<p>Acton: 978-263-5053 Arlington Sr Ctr.: 781-316-3423 Arlington Heights: 781-221-7081</p>		<p>Burlington: 781-221-7094 Littleton: 978-540-2474 Maynard: 339-234-3726 Stow: 781-825-5194 Woburn: 781-221-7084</p>		<p>For weather emergencies and cancellations, please check Fox 25 TV station.</p>		<p>For questions about the nutritional information in this menu or your nutritional needs, contact: Denise Mercury RD, LDN 781.221.7018 or 1.888.222.6171 x7018 d.mercury@minutemansenior.org</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.