


This program is made possible in part by funding from the Executive Office of Elder Affairs.

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY		
Entrees that contain more than 500mg sodium are designated by an *			For weather emergencies and cancellations, please check Fox 25 TV station.											
1	Carbs	Sod	2	Carbs	Sod	3	Carbs	Sod	4	Carbs	Sod	5	Carbs	Sod
Chicken Meatballs with Hawaiian Sauce	18	247	Sloppy Joe	4	148	Breaded Chicken Drumstick	5	450	Beef and Lentil Chili	12	262	Potato Pollock	13	273
Brown Rice	25	4	Potato Wedges	19	273	Whipped Sweet Potato	26	36	Brown Rice	25	4	Tartar Sauce	1	100
Asian Veg Blend	8	21	Broccoli	5	10	Peas & Onions	10	42	Mixed Veg	17	88	Butternut Squash	16	48
Multigrain Bread	21	140	Whole Wheat Bun	15	124	Pumpernickel Bread	13	155	Corn Muffin	25	80	Cauliflower	4	14
Dessert of the Day	27	11	Dessert of the Day	10	0	Dessert of the Day	19	75	Dessert of the Day	12	1	Rye Bread	16	156
												Dessert of the Day	16	85
Cal: 747	112	548	Cal: 601	66	680	Cal: 632	86	883	Cal: 782	104	560	Cal: 709	79	801
8	Carbs	Sod	9	Carbs	Sod	10	Carbs	Sod	11	Carbs	Sod	12	Carbs	Sod
Macaroni & Cheese	41	498	SPECIAL			Lasagna Roll with Meat Sauce	32	493	Grilled Chicken Breast			Roast Pork with Cran Orange Sauce	14	93
Stewed Tomatoes	12	251	Chili Cheeseburger*	15	514	Italian Veg Blend	8	41	With Honey Mustard Sauce	8	354	Smashed Red Potatoes	19	67
Multigrain Bread	21	140	Sweet Potato Tots	25	190	Wheat Dinner Roll	9	105	Brown Rice	25	4	Carrots	8	64
Dessert of the Day	13	14	California Veg Blend	5	22	Dessert of the Day	25	2	Green Beans	7	3	Pumpernickel Bread	14	134
			Wheat Hamburger Roll	22	230				Wheat Bread	17	170	Dessert of the Day	26	240
			Dessert of the Day	23	85				Dessert of the Day	15	0	Diet Dessert of the Day		
			Diet Dessert of the Day											
Cal: 843	100	1028	Cal: 875	103	1166	Cal: 540	87	766	Cal: 528	85	656	Cal: 732	94	723
15	Carbs	Sod	16	Carbs	Sod	17	Carbs	Sod	18	Carbs	Sod	19	Carbs	Sod
Breaded Fish			Shepherd's Pie			Chicken and Sausage Paella**	85	326	Chicken Teriyaki	22	255	Roast Turkey with Herb Gravy	4	349
With Cheese*	25	587	With Gravy	25	335	Spinach	5	109	Vegetable Fried Rice	8	21	Bread Stuffing	23	316
Potato Wedges	19	273	Scandinavian Veg Blend	8	61	Wheat Dinner Roll	9	105	Asian Veg Blend	24	98	Carrots	8	64
Broccoli	5	10	Pumpernickel Bread	13	155	Dessert of the Day	20	147	Wheat Bread	15	124	Wheat Bread	17	170
Wheat Dinner Roll	9	105	Dessert of the Day	15	0				Dessert of the Day	17	6	Dessert of the Day	12	1
Dessert of the Day	15	85				**Sausage has pork casing**								
Cal: 711	86	1185	Cal: 515	74	676	Cal: 876	132	812	Cal: 663	99	629	Cal: 607	77	1025
22	Carbs	Sod	23	Carbs	Sod	24	Carbs	Sod	25	Carbs	Sod	26	Carbs	Sod
Beef Bolognese	11	162	Chicken Fajita with Red and Green Peppers	11	302	Ravioli Primavera*	30	609	Roast Pork with Onion Gravy	3	107	Turkey Corn Stew	27	464
Penne Pasta	22	1	Corn	16	1	Capri Veg Blend	5	15	Whipped Potato	24	66	Roasted Brussels Sprouts	6	12
Italian Veg Blend	8	41	Flour Tortilla	16	190	Italian Bread	8	41	Green Beans	8	3	Whole Wheat Dinner Roll	9	105
Wheat Dinner Roll	9	105	Dessert of the Day	12	1	Dessert of the Day	8	0	Wheat Bread	15	124	Dessert of the Day	19	5
Dessert of the Day	12	14							Dessert of the Day	12	60			
Cal: 609	75	448	Cal: 523	68	619	Cal: 509	64	790	Cal: 642	75	485	Cal: 484	74	711
29	Carbs	Sod	30	Carbs	Sod	31	Carbs	Sod						
Chicken Breast with Pesto Cream	5	474	Potato Pollock	14	273	Chicken Meatballs with Marinara Sauce	21	304						
Cavatappi Pasta	22	1	Tartar Sauce	1	100	Tri Color Rotini	21	1						
Summer Squash Blend	5	8	Rice Pilaf	27	141	Italian Veg Blend	8	41						
Wheat Bread	15	124	Mixed Veg	17	88	Wheat Dinner Roll	9	105						
Dessert of the Day	15	55	Multigrain Bread	22	223	Dessert of the Day	19	5						
			Dessert of the Day	15	0									
Cal: 600	75	787	Cal: 748	109	950	Cal: 661	91	581						
For Congregate Meals, please call the number for your mealsite to register:														
Acton: 781-221-7098			Lexington: 781-325-1613									To CANCEL Meals on Wheels 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.		
Arlington Sr Ctr.: 781-221-7099			Littleton: 781-325-7879											
Arlington Heights: 781-221-7081			Stow: 781-221-7048											
Burlington: 781-221-7094			Woburn: 781-221-7084											
Harvard: 978-456-4120														

The sodium and carbohydrate values are listed beside each menu item. The total calories, carbohydrates, and sodium include milk. Each carton of milk provides 110 calories, 13g carbohydrates, 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.

For questions about the nutritional information in this menu or your nutritional needs, contact:

Catherine York, MPH, RD, LDN 781-221-7018 or 1-888-222-6171 x 7018

Menu subject to change without notice.