

Minuteman Senior Services

AUGUST 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	
For weather emergencies and cancellations, please check Fox 25 TV station.		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		3 Sodium mg Chicken Jambalaya 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 150 Red Bliss Potatoes 5 Multigrain Bread 164 Pineapple Whip 87		8 Sodium mg COLD PLATE Bok Choy Soup 99 Asian Chicken Salad 277 Asian Pasta Salad 318 Fortune Cookie 6 Dinner Roll 132 Fresh Orange 0		9 Sodium mg Tossed Salad 5 Potato Pollock 270 Tartar Sauce 100 Whipped Potato 66 Multigrain Bread 164 Mixed Fruit 10		10 Sodium mg Beef Fajita 162 Red & Green Peppers 110 Mexicali Corn 6 Whole Wheat Tortilla 220 Snack n' Loaf 115	
Cal: 535 Sod: 776	Cal: 710 Sod: 1013	Cal: 727 Sod: 957	Cal: 676 Sod: 740	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 Tossed Salad 5 Sour Cream & Chive Whipped Potato 92 Wheat Bread 160 Fresh Pear 2		16 Sodium mg Vegetable Gumbo 50 Chicken Marsala 395 Yukon Gold Potatoes 5 Multigrain Bread 164 Chocolate Chip Cookie 60		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: 657 Sod: 540	Cal: 563 Sod: 799	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 Chicken Escarole Soup 52 Pork Riblet 410 w/ BBQ Sauce 82 Whipped Potato 66 Corn Bread 291 Chocolate Pudding 135		22 Sodium mg Grilled Chicken 320 Cran-Orange Sauce 18 Spinach Orzo Pilaf 57 Broccoli 10 Multigrain Bread 164 Fresh Fruit 1		23 Sodium mg Tossed Salad 5 Roast Turkey 330 Herbed Gravy 59 Butternut Squash 0 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: 841 Sod: 1161	Cal: 575 Sod: 695	Cal: 447 Sod: 684	Cal: 574 Sod: 550					
27 Sodium mg Lasagna Roll 370 Meat Sauce 50 Italian Blend Veggies 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 Cole Slaw 101 Red Bliss Potatoes 5 Hamburger Roll 230 Snack n' Loaf 115		30 Sodium mg Muligatawny Soup 120 Grilled Chicken 320 Coq Au Vin sauce 67 Whipped Potato 66 Wheat Dinner Roll 105 Blueberry Buckle 360		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: 759 Sod: 835	Cal: 739 Sod: 1163	Cal: 580 Sod: 611					
Acton: 781-221-7085 Arlington Sr Ctr.: 781-221-7099 Arlington Heights: 781-221-7081 Burlington: 781-221-7094	Harvard: 978-456-4120 Littleton: 781-325-7879 Maynard: 781-221-7048 Stow: 781-325-7832 Winchester: 781-221-7098 Woburn: 781-221-7084	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 781.221.7018 or 1.888.222.6171 x7018 d.mercury@minutemansenior.org						

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.