

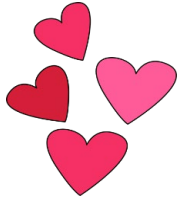


This program is made possible in part by funding from the Executive Office of Elder Affairs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>>1200mg is considered a HIGH SODIUM MEAL***</p> <p>Nutrition Totals: are in milligrams and include milk - 130mg</p>		<p>For weather emergencies and cancellations, please check Fox 25 TV station.</p>	<p>1 Sodium mg</p> <p>Ham w/ Glaze*** 950</p> <p>Au Gratin Potatoes 145</p> <p>Garden Salad 35</p> <p>LS Wheat Bread 0</p> <p>Bread Pudding 190</p> <p>Cal 880, Carb 140, Na 1485</p>	<p>2 Sodium mg</p> <p>Mac & Cheese 815</p> <p>Peas 60</p> <p>Oat Bread 150</p> <p>Orange 0</p> <p>Cal 735, Carb 125, Na 1200</p>
<p>5 Sodium mg</p> <p>BBQ Pulled Pork on Burger Bun 530</p> <p>Butternut Squash 20</p> <p>Corn & Bell Pepper 5</p> <p>Applesauce 15</p> <p>Cal 630, Carb 90, Na 950</p>	<p>6 Sodium mg</p> <p>Chicken w/ Gravy 570</p> <p>Mashed Potatoes 110</p> <p>Creamed Spinach 220</p> <p>LS Bread 0</p> <p>Chilled Fruit 5</p> <p>Cal 755, Carb 90, Na 1080</p>	<p>7 <i>Special</i> Sodium mg</p> <p>Chicken Scampi w/Pasta 465</p> <p>Mixed Vegetables 15</p> <p>Garlic Dinner Roll 240</p> <p>Chef Dessert 175</p> <p>Cal 790, Carb 95, Na 1175</p>	<p>8 Sodium mg</p> <p>Turkey & Sweet Potato Chili 540</p> <p>Green Beans 5</p> <p>ww Bread 165</p> <p>Yogurt 75</p> <p>Juice 0</p> <p>Cal 580, Carb 95, Na 830</p>	<p>9 Sodium mg</p> <p>Honey Garlic Salmon 95</p> <p>Brown Rice 25</p> <p>Brussel Sprouts 15</p> <p>MG Bread 150</p> <p>Chilled Fruit 5</p> <p>Cal 730, Carb 95, Na 460</p>
<p>12 Sodium mg</p> <p>Yankee Pot Roast 565</p> <p>Mashed Potatoes 115</p> <p>Beets 140</p> <p>ww Bread 165</p> <p>Pineapple 5</p> <p>Cal 570, Carb 75, Na 1160</p>	<p>13 Sodium mg</p> <p>Hot Dog on *** Hot Dog Roll 540</p> <p>Baked Beans 140</p> <p>Cole Slaw 45</p> <p>Warm Pears 5</p> <p>Cal 800, Carb 100, Na 1245</p>	<p>14 Sodium mg</p> <p>Ravioli Marinara 510</p> <p>Squash Blend 10</p> <p>Vienna Bread 140</p> <p>Mandarins 5</p> <p>Cal 675, Carb 90, Na 955</p>	<p>15 <i>Cold</i> Sodium mg</p> <p>Cobb Salad 705</p> <p>Potato Salad 100</p> <p>Pita Bread 160</p> <p>Jello 65</p> <p>Cal 785, Carb 105, Na 1025</p>	<p>16 Sodium mg</p> <p>Breaded Fish 190</p> <p>Vegetable Rice 90</p> <p>Broccoli 30</p> <p>MG Bread 150</p> <p>Cookie 60</p> <p>Cal 800, Carb 120, Na 705</p>
<p>19</p>  <p>No Meals Delivered</p>	<p>20 Sodium mg</p> <p>Turkey w/ Gravy 765</p> <p>Mashed Butternut 25</p> <p>Brussel Sprouts 15</p> <p>LS Wheat Bread 0</p> <p>Applesauce 0</p> <p>Cal 595, Carb 95, Na 1005</p>	<p>21 Sodium mg</p> <p>Chicken Cacciatore 420</p> <p>Parmesan Risotto 110</p> <p>Mixed Vegetables 20</p> <p>Oat Bread 150</p> <p>Cookie 60</p> <p>Cal 660, Carb 75, Na 940</p>	<p>22 Sodium mg</p> <p>Beef Stew 245</p> <p>Mashed Potatoes 110</p> <p>Corn Bread 235</p> <p>Fruit 5</p> <p>Cal 730, Carb 95, Na 770</p>	<p>23 Sodium mg</p> <p>Lasagna w/Spinach Alfredo Sauce 540</p> <p>Squash Blend 10</p> <p>ww Dinner Roll 180</p> <p>Mandarins 5</p> <p>Cal 710, Carb 85, Na 1020</p>
<p>26 Sodium mg</p> <p>Meatloaf w/Gravy 210</p> <p>Mashed Potatoes 110</p> <p>Peas 60</p> <p>Oat Bread 150</p> <p>Pudding 190</p> <p>Cal 785, Carb 95, Na 895</p>	<p>27 Sodium mg</p> <p>Stuffed Shells 585</p> <p>Broccoli 30</p> <p>ww Dinner Roll 180</p> <p>Chilled Fruit 5</p> <p>Cal 645, Carb 95, Na 1085</p>	<p>28 <i>Cold</i> Sodium mg</p> <p>Turkey & Cranberry Salad 475</p> <p>Butternut Salad 10</p> <p>Garden Salad 150</p> <p>Pita Bread 160</p> <p>Chilled Fruit 5</p> <p>Cal 465, Carb 60, Na 930</p>	<p>29 Sodium mg</p> <p>Chicken Kiev 410</p> <p>Sweet Potatoes 45</p> <p>Beets 140</p> <p>MG Bread 150</p> <p>Pineapple 5</p> <p>Cal 775, Carb 85, Na 935</p>	

For questions about the nutritional information in this menu or your nutritional needs, contact:
Deborah McLean, Dietitian
781.221.7018

To CANCEL Meals on Wheels or for QUESTIONS about your meal plan, call:
781.221.7083
Call the day before by 11AM to make a change.

For dining center information go to:
<https://www.minutemansenior.org/our-services/senior-nutrition/senior-dining-centers>

Totals include milk. Each carton of milk provides 130 calories & 125mg sodium.
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It is by no means exact and recipes are continually being reviewed.
Menu subject to change without notice.

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<p>>1200mg is considered a HIGH SODIUM MEAL ***</p> <p>Nutrition Totals: are in milligrams and include milk - 130mg</p>			<p>For weather emergencies and cancellations, please check Fox 25 TV station.</p>	<p>1 Sodium mg</p> <p>Bean & Vegetable Stew 570</p> <p>Quinoa 5</p> <p>Biscuit 280</p> <p>Cookie 60</p> <p>Cal 785, Carb 105, Na 1095</p>
	<p>4 Sodium mg</p> <p>American Chop Suey 310</p> <p>Zucchini 5</p> <p>Garlic Roll 240</p> <p>Mandarins 10</p> <p>Cal 660, Carb 80, Na 855</p>			<p>5 Sodium mg</p> <p>Baked Cod w/ Crumb Topping 380</p> <p>Pearled Couscous 5</p> <p>Brussel Sprouts 15</p> <p>Oat Bread 150</p> <p>Cookie 60</p> <p>Cal 630, Carb 85, Na 770</p>
<p>11 Sodium mg</p> <p>Sweet & Sour 250</p> <p>Chicken Meatballs 150</p> <p>Fried Rice 150</p> <p>Mandarin Veggies 25</p> <p>MG Bread 150</p> <p>Pudding 190</p> <p>Cal 695, Carb 80, Na 940</p>	<p>12 Sodium mg</p> <p>Chicken Piccata 530</p> <p>WW Spaghetti 5</p> <p>Green Beans 5</p> <p>Dinner Roll 260</p> <p>Mandarins 10</p> <p>Cal 650, Carb 90, Na 980</p>	<p>13 <i>Special</i> Sodium mg</p> <p>Corned Beef *** & Cabbage 740</p> <p>Carrot & Turnip 65</p> <p>Potatoes & Parsley 5</p> <p>Marble Rye 150</p> <p>Mint Bar 160</p> <p>Cal 950, Carb 105, Na 1460</p>	<p>14 Sodium mg</p> <p>BBQ Pulled Pork 530</p> <p>Burger Bun 250</p> <p>Sweet Potato Tots 270</p> <p>Corn & Bell Pepper 5</p> <p>Chilled Fruit 5</p> <p>Cal 740, Carb 115, Na 1190</p>	<p>15 Sodium mg</p> <p>Mac & Cheese 815</p> <p>Peas 60</p> <p>Oat Bread 150</p> <p>Orange 0</p> <p>Cal 735, Carb 125, Na 1200</p>
<p>18 Sodium mg</p> <p>Chicken w/ Gravy 570</p> <p>Sweet Potatoes 25</p> <p>Creamed Spinach 220</p> <p>Vienna Bread 130</p> <p>Applesauce 0</p> <p>Cal 755, Carb 95, Na 1140</p>	<p>19 Sodium mg</p> <p>Ravioli Marinara 510</p> <p>Squash Blend 15</p> <p>WW Bread 165</p> <p>Mandarins 10</p> <p>Cal 665, Carb 90, Na 985</p>	<p>20 Sodium mg</p> <p>Glazed Pork 290</p> <p>Mashed Butternut 15</p> <p>Garden Salad 35</p> <p>LS Wheat Bread 0</p> <p>Bread Pudding 190</p> <p>Cal 1175, Carb 185, Na 890</p>	<p>21 Sodium mg</p> <p>Salisbury Steak 485</p> <p>Mashed Potatoes 110</p> <p>Mixed Vegetables 55</p> <p>Corn Bread 235</p> <p>Chilled Fruit 5</p> <p>Cal 780, Carb 105, Na 1060</p>	<p>22 Sodium mg</p> <p>Garlic Salmon 170</p> <p>Brown Rice 25</p> <p>Brussel Sprouts 15</p> <p>MG Bread 150</p> <p>Jello 0</p> <p>Cal 762, Carb 90, Na 600</p>
<p>25 Sodium mg</p> <p>Yankee Pot Roast 565</p> <p>Scalloped Potato 165</p> <p>Beets 140</p> <p>WW Bread 0</p> <p>Pineapple 5</p> <p>Cal 635, Carb 80, Na 1050</p>	<p>26 Sodium mg</p> <p>Hot Dog *** 540</p> <p>Hot Dog Roll 250</p> <p>Baked Beans 140</p> <p>Coleslaw 45</p> <p>Cinnamon Apples 10</p> <p>Cal 800, Carb 95, Na 1255</p>	<p>27 <i>Cold</i> Sodium mg</p> <p>Cobb Salad 705</p> <p>Corn Salad 85</p> <p>Pita Bread 215</p> <p>Yogurt 75</p> <p>Juice 0</p> <p>Cal 700, Carb 110, Na 1085</p>	<p>28 Sodium mg</p> <p>Chicken Pot Pie w/ Peas & Carrots 570</p> <p>Mashed Potatoes 110</p> <p>Oat Bread 150</p> <p>Cake 175</p> <p>Cal 710, Carb 90, Na 1180</p>	<p>29 Sodium mg</p> <p>Lasagna w/ Spinach Alfredo Sauce 510</p> <p>Squash Blend 10</p> <p>Dinner Roll 180</p> <p>Fruit Loaf 5</p> <p>Cal 740, Carb 95, Na 1015</p>
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