

**Minuteman Senior Services**

**APRIL 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		
<b>2</b>	<b>Sodium mg</b>	<b>3</b>	<b>Sodium mg</b>	<b>4</b>	<b>Sodium mg</b>	<b>5</b>	<b>Sodium mg</b>	<b>6</b>	<b>Sodium mg</b>	
BBQ Chicken Breast	402	Potato Crusted Pollack	273	Chicken Jambalaya	310	Beef Burgundy	159	Macaroni & Cheese	488	
Baked Beans	39	Tartar Sauce	100	Brown Rice	5	Red Potatoes	5	Stewed Tomato	337	
Carrots	64	Whipped Potato	66	Tossed Salad	5	Broccoli	10	Wheat Bread	160	
Whole Wheat Bun	230	Lentil Spinach Soup	304	Wheat Bread	160	Multigrain Bread	164	Strawberry Yogurt	75	
Pineapple	1	Wheat Dinner Roll	105	Fresh Orange	0	Hermit Cookie	24			
		Diced Peaches	5							
<b>Cal:</b>	<b>642</b>	<b>Sod:</b>	<b>861</b>	<b>Cal:</b>	<b>732</b>	<b>Sod:</b>	<b>978</b>	<b>Cal:</b>	<b>605</b>	
								<b>Cal:</b>	<b>793</b>	
								<b>Sod:</b>	<b>487</b>	
								<b>Cal:</b>	<b>765</b>	
								<b>Sod:</b>	<b>1185</b>	
<b>9</b>	<b>Sodium mg</b>	<b>10</b>	<b>Sodium mg</b>	<b>11</b>	<b>Sodium mg</b>	<b>12</b>	<b>Sodium mg</b>	<b>13</b>	<b>Sodium mg</b>	
Beef & Lentil Stew	179	<b>SPECIAL</b>		Roast Pork	73	Chicken Tetrzzini	487	Shepherd's Pie	136	
Cauliflower Supreme	14	<b>*HIGH SODIUM DAY*</b>		in Herb Gravy	83	Tossed Salad	5	Green Beans	3	
Biscuit	340	Stuffed Chicken Breast	430	Whipped Potato	66	Multigrain Bread	164	Whole Wheat Bread	160	
Mixed Fruit	10	Wild Rice Pilaf	140	Vegetable Gumbo	50	Mandarin Oranges	7	Fig Bar	100	
		Broccoli Au Gratin	158	Whole Wheat Bread	160					
		Wheat Dinner Roll	105	Fresh Apple	1					
		Chocolate Mousse	280							
<b>Cal:</b>	<b>554</b>	<b>Sod:</b>	<b>668</b>	<b>Cal:</b>	<b>691</b>	<b>Sod:</b>	<b>1238</b>	<b>Cal:</b>	<b>526</b>	
								<b>Cal:</b>	<b>526</b>	
								<b>Sod:</b>	<b>788</b>	
								<b>Cal:</b>	<b>652</b>	
								<b>Sod:</b>	<b>524</b>	
<b>16</b>	<b>Sodium mg</b>	<b>17</b>	<b>Sodium mg</b>	<b>18</b>	<b>Sodium mg</b>	<b>19</b>	<b>Sodium mg</b>	<b>20</b>	<b>Sodium mg</b>	
<b>PATRIOT'S DAY</b>		Meatloaf with	216	Broccoli Bake	482	Roast Turkey		Catch of the Day	296	
<b>HOLIDAY</b>		Mushroom Gravy	85	Stewed Tomatoes	150	with Gravy	410	Newburg Sauce	68	
<b>No meals served</b>		Chantilly Potato	238	Home Fries	5	Butternut Squash	48	Red Bliss Potatoes	1	
		Tomato Florentine Soup	164	Multigrain Bread	164	Tossed Salad	5	Italian Blend Vegetable	41	
		Whole Wheat Bread	160	Fruit Crunch Bar	80	Multigrain Bread	164	Whole Wheat Bread	160	
		Diced Peaches	5			Apple Streusel Cake	191	Fresh Fruit	1	
		<b>Cal:</b>	<b>749</b>	<b>Sod:</b>	<b>993</b>	<b>Cal:</b>	<b>907</b>	<b>Sod:</b>	<b>1006</b>	
								<b>Cal:</b>	<b>570</b>	
								<b>Sod:</b>	<b>943</b>	
								<b>Cal:</b>	<b>481</b>	
								<b>Sod:</b>	<b>692</b>	
<b>23</b>	<b>Sodium mg</b>	<b>24</b>	<b>Sodium mg</b>	<b>25</b>	<b>Sodium mg</b>	<b>26</b>	<b>Sodium mg</b>	<b>27</b>	<b>Sodium mg</b>	
Meatballs with	236	Chicken Teriyaki	479	Salisbury Steak	194	Chicken Breast	320	Roast Pork	73	
Tomato Basil Sauce	142	Brown Rice	5	Onion Gravy	26	Red Pepper Pesto	22	Tarragon Gravy	83	
Peppers & Onions	27	Egg Drop Soup	167	Whipped Yams	31	Sour Cream & Chive		O'Brien Potatoes	8	
Potato Puffs	29	Wheat Bread	160	Tossed Salad	5	Whipped Potato	94	Summer Veggie Blend	24	
Grinder Roll	218	Almond Cookie	181	Whole Wheat Bread	160	Three C's Soup	299	Wheat Dinner Roll	105	
Pears	5			Raisins	4	Wheat Bread	160	Blueberry Yogurt	75	
						Applesauce	14			
<b>Cal:</b>	<b>727</b>	<b>Cal:</b>	<b>731</b>	<b>Cal:</b>	<b>699</b>	<b>Cal:</b>	<b>621</b>	<b>Cal:</b>	<b>542</b>	
								<b>Sod:</b>	<b>493</b>	
								<b>Sod:</b>		
<b>30</b>	<b>Sodium mg</b>	<b>To CANCEL or ORDER</b>			<b>Entrees that contain more</b>			<b>than 500mg sodium are</b>		
Haddock	296	<b>Call your <u>local</u> meal site</b>			<b>designated by an *</b>					
Lemon Vinaigrette Sauce	11	<b>by 11AM</b>								
Au Gratin Potatoes	39	<b>the <u>DAY BEFORE</u></b>								
Broccoli	10									
Whole Wheat Bread	160									
Cherry Snack 'N Loaf	115									
<b>Cal:</b>	<b>700</b>									
Acton:	978-263-5053	Burlington:	781-221-7094	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: <b>Denise Mercury RD, LDN</b> 781.221.7018 or 1.888.222.6171 x7018 <a href="mailto:d.mercury@minutemansenior.org">d.mercury@minutemansenior.org</a>			
Arlington Sr Ctr.:	781-316-3423	Littleton:	978-540-2474							
Arlington Heights:	781-221-7081	Maynard:	339-234-3726							
		Stow:	781-825-5194							
		Woburn:	781-221-7084							

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.