

Minuteman Senior Services

November 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 White Bean Chicken Chili 260 Brown Rice 5 Tossed Salad 5 Multigrain Bread 164 Diced Peaches 5		2 Sodium mg Beef & Pork Meat Pie 297 Spinach 65 Rye Bread 150 Fresh Fruit 1	
						Cal: 535 Sod: 564	Cal: 726 Sod: 638		
5 Sodium mg Gypsy Soup 272 Chicken Meatballs 210 Hawaiian Sauce 37 White Rice 90 Wheat Bread 160 Fortune Cookie 6 Pineapple Chunks 1		6 Sodium mg Beef Stew 200 Tossed Salad 5 Biscuit 340 Cranberry Apple Crisp 56		7 Sodium mg Autumn Harvest Soup 162 Chicken Picatta 401 Orzo Pilaf w/ Spinach 57 Multigrain Bread 164 Fresh Orange 0		8 Sodium mg Meatloaf 216 with Jardiniere Gravy 68 Yukon Gold Potatoes 5 Brussels Sprouts 12 Dinner Roll 132 Mixed Fruit 10		9 Sodium mg Potato Pollack 273 Tartar Sauce 100 Macaroni & Cheese 195 Winter Veggie Blend 29 Wheat Bread 160 Fudge Brownie 165	
Cal: 738 Sod: 901		Cal: 748 Sod: 726		Cal: 586 Sod: 909		Cal: 648 Sod: 568		Cal: 845 Sod: 1047	
12 VETERANS DAY OBSERVED NO MEALS SERVED 		13 Sodium mg Potato Leek Soup 131 Beef & Cabbage Casserole 301 Rye Bread 150 Diced Pears 5		14 SPECIAL Sodium mg **High Sodium Meal** Roast Turkey w/ Gravy 389 Mashed Potatoes 66 Breaded Stuffing 158 Butternut Squash 0 Wheat Dinner Roll 105 Pumpkin Pie 430		15 Sodium mg Broccoli Bake 482 Red Bliss Potatoes 5 Tossed Salad 5 Multigrain Bread 164 Fig Bar 100		16 Sodium mg Roast Pork 73 Cran-Orange Sauce 18 Cin. Sweet Potatoes 31 Green Beans 3 Wheat Bread 160 Applesauce Cup 0	
Cal: 602 Sod: 802		Cal: 813 Sod: 1087		Cal: 905 Sod: 1273		Cal: 729 Sod: 881		Cal: 597 Sod: 410	
19 Sodium mg Chicken Coq Au Vin 387 Garlic Mashed Potatoes 66 Creamed Spinach 55 Multigrain Bread 164 Sliced Peaches 5		20 Sodium mg Cheesy Cauliflower Soup 319 Haddock Newburg 364 Brown Rice Pilaf 150 Wheat Dinner Roll 105 Hermit Cookie 24		21 Sodium mg Chicken Meatballs 210 Marinara Sauce 94 Penne Pasta 1 Tossed Salad 5 Italian Bread 230 Fresh Fruit 1		22 HOLIDAY NO MEALS SERVED 		23 NO MEALS SERVED	
Cal: 602 Sod: 802		Cal: 813 Sod: 1087		Cal: 647 Sod: 666					
26 Sodium mg Beef & Lentil Chili 260 Brown Rice 5 Mexicali Corn 6 Cornbread 291 Strawberry Cup 0		27 Sodium mg Roast Pork with Apple Gravy 73 Rosemary Roast Potatoes 83 Broccoli 5 Multigrain Bread 164 Chocolate Pudding 135		28 Sodium mg Egg Drop Soup 167 Chicken Chow Mein 258 Chow Mein Noodles 166 Vegetable Fried Rice 98 Fortune Cookie 6 Fresh Orange 0		29 Sodium mg Breaded Chicken Leg 450 Baked Beans 152 Cole Slaw 101 Multigrain Bread 164 Raisins 4		30 Sodium mg Turkey Corn Stew 464 Brussels Sprouts 12 Wheat Bread 160 Blueberry Yogurt 75	
Cal: 821 Sod: 687		Cal: 629 Sod: 595		Cal: 693 Sod: 820		Cal: 722 Sod: 996		Cal: 514 Sod: 836	
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 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.