

**Minuteman Senior Services**

**JANUARY 2019**

**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>For weather emergencies and cancellations, please check Fox 25 TV station.</b>	<b>1</b> Holiday No Meals Served 	<b>2</b> Sodium mg Apricot Glazed Chicken Breast 352 Veg Fried Rice 98 Bok Choy Soup 99 Multigrain Bread 164 Blueberry Buckle 360 Cal: 809 Sod: 1198	<b>3</b> Sodium mg BBQ Beef Burger 282 Potato Wedges 273 Broccoli Salad 159 Hamburger Roll 230 Mixed Fruit Cup 10 Cal: 662 Sod: 1079	<b>4</b> Sodium mg Beef Bolognese 163 Cavatappi Pasta 1 Mixed Vegetables 88 Wheat Dinner Roll 105 Snack n' Loaf 115 Cal: 753 Sod: 597
	<b>7</b> Sodium mg Shepherd's Pie 136 Broccoli 10 Wheat Bread 160 Vanilla Yogurt 75 Cal: 573 Sod: 506	<b>8</b> Sodium mg Chicken Breast 320 Florentine Sauce 27 Vegetable Soup 115 Orzo Pilaf w/ Spinach 57 Multigrain Bread 164 Apple Crisp 59 Cal: 620 Sod: 867	<b>9</b> Sodium mg Turkey Corn Stew 464 Genoa Blend Veg 45 Biscuit 340 Fresh Fruit 1 Cal: 508 Sod: 975	<b>10</b> Sodium mg BBQ Pulled Pork 492 Tossed Salad 5 Macaroni & Cheese 195 Hamburger Bun 230 Pineapple Whip 87 Cal: 760 Sod: 1134
<b>14</b> Sodium mg Chicken Teriyaki 242 Veg Fried Rice 98 Three C Soup 299 Multigrain Bread 164 Tropical Fruit 10 Fortune Cookie 6 Cal: 672 Sod: 944	<b>15</b> Sodium mg Potato Pollock 273 Tartar Sauce 100 Italian Green Beans 3 Yams 31 Wheat Bread 160 Canned Peaches 5 Cal: 674 Sod: 697	<b>16 SPECIAL</b> Sodium mg **HIGH SODIUM MEAL** Chicken Cordon Bleu* 750 Chicken Gravy 35 Garlic Mashed Potatoes 66 Tossed Salad 5 Wheat Dinner Roll 105 Chocolate Chip Cookie 154 Cal: 891 Sod: 1240	<b>17</b> Sodium mg Beef Stew 200 Brussels Sprouts 12 Italian Bread 230 Strawberry Cup 0 Cal: 786 Sod: 567	<b>18</b> Sodium mg Broccoli Bake 482 Stewed Tomato 150 Roasted Home Fries 5 Multigrain Bread 164 Gingerboy 60 Cal: 717 Sod: 986
<b>21</b> Holiday No Meals Served 	<b>22</b> Sodium mg Chicken Breast 320 Supreme Sauce 46 Corn Chowder 172 Sweet Potato Coins 190 Wheat Bread 160 Pineapple 1 Cal: 668 Sod: 1014	<b>23</b> Sodium mg Roast Pork 73 Apple Gravy 83 Roasted Potatoes 5 Tossed Salad 5 Wheat Bread 160 Applesauce Cup 0 Cal: 517 Sod: 451	<b>24</b> Sodium mg White Bean Chicken Chili 260 Brown Rice 5 Broccoli 10 Multigrain Bread 164 Oatmeal Cookie 124 Cal: 619 Sod: 688	<b>25</b> Sodium mg Meatloaf 216 Mushroom Gravy 85 Whipped Potatoes 66 Green Peas 66 Wheat Dinner Roll 105 Strawberry Yogurt 75 Cal: 717 Sod: 738
<b>28</b> Sodium mg Chicken and Rice Bake 429 Autumn Harvest Soup 162 Wheat Bread 160 Mixed Fruit 10 Cal: 566 Sod: 886	<b>29</b> Sodium mg Lasagna Roll Up 290 Meat Sauce 76 Tossed Salad 5 Italian Bread 230 Brownie 165 Cal: 617 Sod: 891	<b>30</b> Sodium mg Chicken Breast 320 Lemon Piccata Sauce 81 Quinoa w/ Roasted Veg 47 Multigrain Bread 164 Strawberry Cup 0 Cal: 674 Sod: 737	<b>31</b> Sodium mg Roast Turkey 330 Herb Gravy 59 Split Pea Soup 96 Garlic Whipped Potatoes 66 Wheat Dinner Roll 105 Butterscotch Pudding 230 Cal: 700 Sod: 1011	<b>Entrees that contain more than 500mg sodium are designated by an *</b>
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: <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>	

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.