

Minuteman Senior Services

FEBRUARY 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	
<p>For weather emergencies and cancellations, please check Fox 25 TV station.</p>								<p>1 Sodium mg</p> <p>Potato Pollock 273</p> <p>Tartar Sauce 100</p> <p>Brown Rice Pilaf 150</p> <p>Peas 66</p> <p>Pumpernickel Bread 155</p> <p>Clementine 1</p>	
								<p>Cal: 670 Sod: 870</p>	
<p>4 Sodium mg</p> <p>Macaroni and Cheese 488</p> <p>Chunky Tomato Soup 177</p> <p>Multigrain Bread 164</p> <p>Diced Peaches 5</p>		<p>5 Sodium mg</p> <p>SPECIAL</p> <p>Marinated Beef Tips 272</p> <p>Scalloped Potatoes 125</p> <p>Brussels Sprouts 12</p> <p>Whole Wheat Dinner R 105</p> <p>Chocolate Mousse 280</p>		<p>6 Sodium mg</p> <p>Salisbury Steak 201</p> <p>Mushroom Gravy 85</p> <p>Whipped Potatoes 66</p> <p>Tossed Salad 5</p> <p>Dinner Roll 132</p> <p>Strawberry Cup 0</p>		<p>7 Sodium mg</p> <p>Portuguese Kale Soup 281</p> <p>Chicken Breast 320</p> <p>Red Pepper Pesto 22</p> <p>Wild Rice Pilaf 140</p> <p>Multigrain Bread 164</p> <p>Diced Pears 5</p>		<p>8 Sodium mg</p> <p>Chicken Meatballs 210</p> <p>Sweet & Sour Sauce 38</p> <p>White Rice 90</p> <p>Broccoli 10</p> <p>Wheat Bread 160</p> <p>Fig Bar 100</p>	
<p>Cal: 726 Sod: 959</p>		<p>Cal: 722 Sod: 919</p>		<p>Cal: 685 Sod: 614</p>		<p>Cal: 573 Sod: 1057</p>		<p>Cal: 710 Sod: 733</p>	
<p>11 Sodium mg</p> <p>Haddock Newburg 364</p> <p>Yams 31</p> <p>Mulligatawny Soup 120</p> <p>Wheat Bread 160</p> <p>Raisins 4</p>		<p>12 Sodium mg</p> <p>Chicken Breast 320</p> <p>Vodka Cream Sauce 139</p> <p>Cavatappi Pasta 1</p> <p>Tossed Salad 5</p> <p>Italian Bread 230</p> <p>Mixed Fruit 10</p>		<p>13 Sodium mg</p> <p>Beef & Cabbage Casserole 301</p> <p>Spinach Lentil Soup 304</p> <p>Rye Bread 150</p> <p>Vanilla Yogurt 50</p>		<p>14 Sodium mg</p> <p>Chicken Jambalaya 310</p> <p>Brown Rice 5</p> <p>Broccoli 10</p> <p>Multigrain Bread 164</p> <p>Almond Cookie 181</p>		<p>15 Sodium mg</p> <p>American Chop Suey 288</p> <p>Riviera Blend Veg 140</p> <p>Wheat Bread 160</p> <p>Applesauce Cup 14</p>	
<p>Cal: 634 Sod: 804</p>		<p>Cal: 586 Sod: 830</p>		<p>Cal: 688 Sod: 930</p>		<p>Cal: 782 Sod: 795</p>		<p>Cal: 653 Sod: 727</p>	
<p>18 PRESIDENT'S DAY HOLIDAY</p> <p>No meals delivered</p> 		<p>19 Sodium mg</p> <p>Chicken Coq au Vin 387</p> <p>Garlic Mashed Potatoes 66</p> <p>Minestrone Soup 152</p> <p>Multigrain Bread 164</p> <p>Diced Pears 5</p>		<p>20 Sodium mg</p> <p>Turkey Tetrazzini* 514</p> <p>Egg Noodles 4</p> <p>Tossed Salad 5</p> <p>Dinner Roll 132</p> <p>Lorna Doones 100</p>		<p>21 Sodium mg</p> <p>Roast Pork 66</p> <p>Cran-Orange Sauce 18</p> <p>Mashed Sweet Potatoes 31</p> <p>Cauliflower 14</p> <p>Wheat Bread 160</p> <p>Lemon Cake 215</p>		<p>22 Sodium mg</p> <p>Chicken & Corn Stew 265</p> <p>Brussels Sprouts 12</p> <p>Wheat Dinner Roll 105</p> <p>Fresh Apple 1</p>	
<p>Cal: 663 Sod: 949</p>		<p>Cal: 779 Sod: 1081</p>		<p>Cal: 681 Sod: 975</p>		<p>Cal: 690 Sod: 629</p>		<p>Cal: 462 Sod: 508</p>	
<p>25 Sodium mg</p> <p>BBQ Chicken Breast 402</p> <p>Macaroni & Cheese 195</p> <p>Green Peas 66</p> <p>Wheat Bread 160</p> <p>Pineapple 1</p>		<p>26 Sodium mg</p> <p>Breaded Pollock 302</p> <p>Tartar Sauce 100</p> <p>Wild Rice Pilaf 140</p> <p>Tossed Salad 5</p> <p>Multigrain Bread 164</p> <p>Spice Cake 245</p>		<p>27 Sodium mg</p> <p>Chicken Meatballs 210</p> <p>Cacciatore Sauce 106</p> <p>Penne Pasta 1</p> <p>Three C Soup 299</p> <p>Italian Bread 230</p> <p>Raisins 4</p>		<p>28 Sodium mg</p> <p>Beef Stew 200</p> <p>Spinach 65</p> <p>Wheat Dinner Roll 105</p> <p>Diced Peaches 5</p>		<p>Entrees that contain more than 500mg sodium are designated by an *</p>	
<p>Acton: 781-221-7085</p> <p>Arlington Sr Ctr.: 781-221-7099</p> <p>Arlington Heights: 781-221-7081</p> <p>Burlington: 781-221-7094</p>		<p>Harvard: 978-456-4120</p> <p>Littleton: 781-325-7879</p> <p>Stow: 781-221-7048</p> <p>Winchester: 781-221-7098</p> <p>Woburn: 781-221-7084</p>		<p>For weather emergencies and cancellations, please check Fox 25 TV station.</p>		<p>For questions about the nutritional information in this menu or your nutritional needs, contact:</p> <p>Denise Mercury RD, LDN</p> <p>781.221.7018 or 1.888.222.6171 x7018</p> <p>d.mercury@minutemansenior.org</p>			

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.