

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:</p> <p>are in milligrams and include milk - 130mg</p>			<p>For weather emergencies and cancellations, please check Fox 25 TV station.</p>	<table><tr><td>1</td><td>Sodium mg</td></tr><tr><td>Bean & Vegetable</td><td></td></tr><tr><td>Stew</td><td>570</td></tr><tr><td>Quinoa</td><td>5</td></tr><tr><td>Biscuit</td><td>280</td></tr><tr><td>Cookie</td><td>60</td></tr><tr><td colspan="2">Cal 785, Carb 105, Na 1095</td></tr></table>	1	Sodium mg	Bean & Vegetable		Stew	570	Quinoa	5	Biscuit	280	Cookie	60	Cal 785, Carb 105, Na 1095																																																									
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Totals include milk. Each carton of milk provides 130 calories & 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.

Menu subject to change without notice.

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Sodium mg	2	Sodium mg	3	Sodium mg	4	Special Sodium mg	5	Sodium mg
Turkey w/ Gravy	765	Stuffed Shells	585	Steak Fajita w/		Chicken Cordon		Lentil Stew w/	
Mashed Potatoes	110	Cauliflower	15	Peppers & Onions	305	Bleu Supreme***	600	Potatoes	300
Carrots	45	Vienna Bread	140	Rice & Black Beans	400	Sweet Potatoes	55	Green Beans	5
LS Wheat Bread	0	Chilled Fruit	5	Tortilla	220	Caesar Salad	160	WW Dinner Roll	180
Applesauce	15			Fruit	5	Onion Roll	240	Yogurt, Juice	75
						Fruit Crisp	110		
Cal 490, Carb 65, Na 1110		Cal 605, Carb 90, Na 925		Cal 870, Carb 125, Na 1070		Cal 965, Carb 105, Na 1360		Cal 650, Carb 120, Na 605	
8	Sodium mg	9	Sodium mg	10	Sodium mg	11	Sodium mg	12	Sodium mg
Chicken Stir Fry	560	Hot Dog ***	540	Beef Burgundy on		Egg Salad on Roll	475	Mediterranean	
Brown Rice	5	(pork & beef)		Egg Noodles	450	Quinoa Salad	230	Cod	420
Oat Bread	150	on Hot Dog Roll	250	Broccoli	30	Garden Salad	150	Roasted Potatoes	5
Pineapple	5	Baked Beans	370	MG Bread	150	Jello	65	Creamed Spinach	220
		Cole Slaw	45	Cupcake	175			WW Dinner Roll	180
		Cinnamon Apples	5					Fruit	5
Cal 725, Carb 105, Na 890		Cal 780, Carb 100, Na 1485		Cal 675, Carb 80, Na 965		Cal 735, Carb 105, Na 1050		Cal 785, Carb 105, Na 1085	
15		16	Sodium mg	17	Sodium mg	18	Sodium mg	19	Sodium mg
Patriots' Day No Meals		Broccoli Egg Bake	340	Chicken Parm		Meatloaf w/ Gravy	210	Pork w/ Apples	220
		Roasted Potatoes	5	w/ Pasta	790	Mashed Potatoes	110	Sweet Potatoes	55
		Carrots	45	Zucchini	5	Peas	60	Garden Salad	150
		Fruit Loaf	170	MG Bread	150	Oat Bread	150	Cornbread	210
		Yogurt	75	Pineapple	5	Fruit Crisp	5	Bread Pudding	190
		Cal 845, Carb 120, Na 765		Cal 720, Carb 90, Na 1115		Cal 740, Carb 95, Na 710		Cal 1020, Carb 135, Na 1000	
22	Sodium mg	23	Sodium mg	24	Sodium mg	25	Sodium mg	26	Sodium mg
Shepherd's Pie	245	Balsamic Chicken	345	Turkey & Swiss on		BBQ Pulled Pork		Tuscan Salmon	185
Mashed Potatoes	110	Parmesan Risotto	105	Rye Bread	635	on Burger Bun	780	Orzo	40
Biscuit	280	Sauteed Kale	45	3 Bean Salad	325	Sweet Potato Tots	230	Vegetable Blend	15
Pudding	190	WW Dinner Roll	180	Garden Salad	35	Cauliflower	5	MG Bread	150
		Chilled Fruit	5	Fruit	5	Applesauce	15	Cookie	60
Cal 805, Carb 85, Na 1005		Cal 790, Carb 110, Na 860		Cal 620, Carb 85, Na 1180		Cal 605, Carb 90, Na 1170		Cal 920, Carb 85, Na 630	
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Chicken Alfredo		Turkey, Rice, Chickpeas	400						
w/ Pasta	435	& Bell Peppers	5						
Broccoli	30	Green Beans	210						
Dinner Roll	260	Cornbread	65						
Chilled Fruit	5	Jello							
Cal 720, Carb 90, Na 890		Cal 925, Carb 120, Na 855							
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.

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.

Menu subject to change without notice.