

Minuteman Senior Services

August 2019

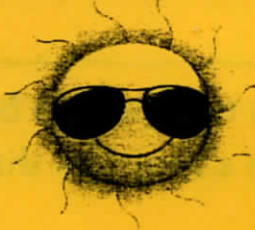
Senior Dining Menu

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	
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 Chicken Meatballs 210 Hawaiian Sauce 37 Brown Rice 5 Asian Vegetable Blend 21 Multigrain Bread 164 Almond Cookie 181		2 Sodium mg American Chop Suey 288 Spinach 65 Italian Bread 230 Applesauce Cup 0	
						Cal: 830 Sod: 743	Cal: 630 Sod: 708		
5 Sodium mg Shepherd's Pie 136 Beef Gravy 85 Green Beans 3 Multigrain Bread 164 Pineapple 1		6 Sodium mg Grilled Chicken 320 Apricot Glaze 32 Orzo Pilaf w/ Spinach 57 Italian Blend Veg 41 Wheat Dinner Roll 105 Cherry Brownie 165		7 Sodium mg COLD PLATE Vegetable Gumbo 50 Turkey Cranberry Salad* 596 Wild Rice Salad 140 Potato Bread 170 Clementine 1		8 Sodium mg Roast Pork in Apple Gravy 96 O'Brien Potatoes 34 Tossed Salad 5 Wheat Bread 170 Peaches 5		9 Sodium mg Chicken Jambalaya 310 Brown Rice 5 Mixed Vegetables 88 Multigrain Bread 164 Fruit Yogurt 51	
Cal: 577 Sod: 514	Cal: 615 Sod: 845	Cal: 707 Sod: 1082	Cal: 581 Sod: 435	Cal: 707 Sod: 743					
12 Sodium mg Grilled Chicken 320 BBQ Sauce 82 Potato Wedges 273 Bursells Sprouts 12 Hamburger Roll 230 Pears 5		13 Sodium mg SPECIAL Teriyaki Beef Strips 314 Vegetable Fried Rice 98 Broccoli 10 Multigrain Bread 164 Fortune Cookie 10 Pineapple Cake 338		14 Sodium mg Roasted Chicken Patty 397 Tomato Basil Sauce 335 Penne Pasta 1 Tossed Salad 5 Italian Bread 230 Applesauce Cup 0		15 Sodium mg Tomato Florentine Soup 164 Broccoli Bake 482 Home Fries 5 Multigrain Bread 164 Chocolate Pudding 135		16 Sodium mg Potato Pollock 273 Tartar Sauce 100 Butternut Saush 48 Cauliflower 14 Wheat Dinner Roll 105 Fresh Fruit 0	
Cal: 592 Sod: 1047	Cal: 921 Sod: 1059	Cal: 646 Sod: 1093	Cal: 804 Sod: 1075	Cal: 582 Sod: 665					
19 Sodium mg Lasagna Roll w/ Meat Sauce 420 Italian Blend Veg 41 Multigrain Bread 164 Peach Yogurt Parfait 50		20 Sodium mg Breaded Chicken Drumstick 450 Whipped Sweet Potato 78 Tossed Salad 5 Pumpnickel Bread 155 Mandarin Oranges 7		21 Sodium mg BBQ Pulled Pork 492 Brussels Sprouts 12 Seasoned Potatoes 5 Sub Roll 218 Fresh Fruit 2		22 Sodium mg Chicken Brunswick Stew 365 Genoa Blend Veg 45 Corn Bread 291 Mixed Fruit 10		23 Sodium mg Salisbury Steak 201 Onion Gravy 26 Sour Cream & Chive Whipped Potatoes 92 Green Beans 3 Wheat Dinner Roll 105 Fruit Crunch Bar 80	
Cal: 624 Sod: 800	Cal: 568 Sod: 820	Cal: 683 Sod: 854	Cal: 616 Sod: 836	Cal: 903 Sod: 632					
26 Sodium mg Chicken Meatballs 210 Swedish Sauce 10 Egg Noodles 4 Broccoli 10 Multigrain Bread 164 Tropical Fruit 10		27 Sodium mg **HIGH SODIUM** Omelet w/ Cheese Sauce 482 Sausage Patty 270 Home Fries 5 Stewed Tomato 150 Wheat Dinner Roll 105 Apple Streusel Cake 191		28 Sodium mg Gypsy Soup 272 Grilled Chicken Picatta 324 Wild Rice Pilaf 140 Rye Bread 150 Fruit Yogurt 51		29 Sodium mg COLD PLATE Tuna Salad 328 Israeli Cous Cous Salad 42 Beet & Onion Salad 217 Marble Rye Bread 127 Fresh Fruit 0		30 Sodium mg Roast Turkey 440 Herb Gravy 59 Bread Stuffing 316 Glazed Carrots 64 Multigrain Bread 164 Clementine 1	
Cal: 614 Sod: 533	Cal: 841 Sod: 1328	Cal: 594 Sod: 1062	Cal: 709 Sod: 839	Cal: 619 Sod: 1169					
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 Stow: 781-221-7048 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: 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.