

**Minuteman Senior Services**

**April 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>1</b>	<b>Sodium mg</b>	<b>2</b>	<b>Sodium mg</b>	<b>3</b>	<b>Sodium mg</b>	<b>4</b>	<b>Sodium mg</b>	<b>5</b>	<b>Sodium mg</b>
Chicken Meatballs	210	Grilled Chicken Breast	320	Tomato Florentine Soup	164	Turkey Corn Stew	464	Broccoli Bake	482
Tomato Basil Sauce	142	Cran-Orange Sauce	18	Pork & Pepper Sauté	120	Green Beans	3	Stewed Tomatoes	150
Cavitappi Pasta	1	Sweet Potatoes	2	Wild Rice Pilaf	140	Wheat Dinner Roll	105	Home Fries	5
Italian Blend Veggies	41	Tossed Salad	5	Multigrain Bread	164	Mandarin Oranges	7	Multigrain Bread	164
Wheat Bread	160	Pumpernickel Bread	155	Apple Streusel Cake	191			Fresh Pear	2
Fruit Yogurt	75	Peaches	5						
Cal:	679	Sod:	754	Cal:	424	Sod:	630	Cal:	787
		Sod:	630	Cal:	787	Sod:	904	Cal:	435
		Sod:	704	Cal:	435	Sod:	704	Cal:	722
		Sod:	928	Cal:	722	Sod:	928		
<b>8</b>	<b>Sodium mg</b>	<b>9</b>	<b>Sodium mg</b>	<b>10</b>	<b>Sodium mg</b>	<b>11</b>	<b>Sodium mg</b>	<b>12</b>	<b>Sodium mg</b>
Split Pea Soup	96	<b>SPECIAL</b>		Cheesy Cauliflower Soup	319	Grilled Chicken Parmesan*	655	Potato Pollock	273
Grilled Chicken Breast	320	Salmon Boat	210	Beef Tips in		Bowtie Pasta	1	Tartar Sauce	100
Coq Au Vin Sauce	67	Lemon Dill Sauce	66	Burgundy Sauce	395	Tossed Salad	5	Orzo Pilaf w/ Spinach	57
Sour Cream & Chive		Roasted Potatoes	5	Butternut Squash	0	Multigrain Bread	164	Riviera Blend Veggies	140
Whipped Potatoes	92	Broccoli Au Gratin	158	Rye Bread	150	Pineapple	1	Wheat Bread	160
Wheat Bread	160	Wheat Dinner Roll	105	Raisins	4			Lorna Doones	100
Tropical Fruit Cup	10	Chocolate Mousse	280						
Cal:	733	Sod:	870	Cal:	680	Sod:	949	Cal:	795
		Sod:	949	Cal:	795	Sod:	993	Cal:	664
		Sod:	955	Cal:	664	Sod:	951	Cal:	777
		Sod:	955	Cal:	777	Sod:	955		
<b>15</b>	<b>Sodium mg</b>	<b>16</b>	<b>Sodium mg</b>	<b>17</b>	<b>Sodium mg</b>	<b>18</b>	<b>Sodium mg</b>	<b>19</b>	<b>Sodium mg</b>
<b>PATRIOT'S DAY HOLIDAY NO MEALS SERVED</b>		Autumn Harvest Soup	162	Grilled Chicken Breast	320	Meatloaf with Gravy	301	Macaroni & Cheese	488
		Chicken Kielbasa	400	Florentine Sauce	27	Whipped Potatoes	66	Italian Blend Vegetables	41
		with Peppers & Onions	27	Butternut Squash	48	Carrots	64	Wheat Bread	160
		Oven Roasted Potatoes	5	Multigrain Bread	164	Dinner Roll	132	Clementine	1
		Hot Dog Bun	270	Tossed Salad	5	Brownie	149		
		Apricots	10	Fig Bar	100				
		Cal:	699	Sod:	999	Cal:	619	Sod:	789
		Sod:	999	Cal:	619	Sod:	789	Cal:	822
		Sod:	837	Cal:	822	Sod:	837	Cal:	723
		Sod:	815	Cal:	723	Sod:	815		
<b>22</b>	<b>Sodium mg</b>	<b>23</b>	<b>Sodium mg</b>	<b>24</b>	<b>Sodium mg</b>	<b>25</b>	<b>Sodium mg</b>	<b>26</b>	<b>Sodium mg</b>
Gypsy Soup	272	Chicken Meatballs	210	Grilled Chicken Breast	320	White Bean Kale Soup	211	Pork Fried Rice*	508
BBQ Pork Rib	362	Swedish Sauce	10	Apricot Glaze	1	Roast Turkey	330	Asian Mixed Vegetables	21
O'Brien Potatoes	34	Parslied Egg Noodles	4	Chantilly Potato	238	Tarragon Gravy	59	Fortune Cookie	6
Multigrain Bread	164	Summer Blend Veggies	24	Tossed Salad	5	Bread Stuffing	316	Multigrain Bread	164
Pears	5	Rye Bread	150	Wheat Bread	160	Wheat Dinner Roll	105	Strawberry Cup	0
		Hermit Cookie	24	Fruit Yogurt	75	Tropical Fruit	10		
Cal:	586	Sod:	962	Cal:	752	Sod:	547	Cal:	632
		Sod:	962	Cal:	752	Sod:	547	Cal:	632
		Sod:	824	Cal:	632	Sod:	1156	Cal:	749
		Sod:	824	Cal:	749	Sod:	824		
<b>29</b>	<b>Sodium mg</b>	<b>30</b>	<b>Sodium mg</b>	Entrees that contain more than 500mg sodium are designated by an *					
Chicken Jambalaya	310	Omelet w/ Cheese Sauce	482						
Brown Rice	5	Sausage Patty	270	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 <a href="mailto:d.mercury@minutemansenior.org">d.mercury@minutemansenior.org</a>			
Broccoli	10	Home Fries	5						
Wheat Bread	160	Spinach	65						
Sliced Peaches	5	Wheat Dinner Roll	105						
		Snack N Loaf	115						
Cal:	591	Sod:	615	Cal:	822	Sod:	1167		
		Sod:	615	Cal:	822	Sod:	1167		
Acton:	781-221-7085	Harvard:	978-456-4120						
Arlington Sr Ctr.:	781-221-7099	Littleton:	781-325-7879						
Arlington Heights:	781-221-7081	Stow:	781-221-7048						
Burlington:	781-221-7094	Winchester:	781-221-7098						
		Woburn:	781-221-7084						

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.