

Minuteman Senior Services

February 2020

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	
3	Sodium mg	4	Sodium mg	5	Sodium mg	6	Sodium mg	7	Sodium mg
Beef & Lentil Chili	260	Grilled Chicken Breast	320	Butternut Bisque	149	Chicken ala Vodka		Salisbury Steak	201
Brown Rice	5	Mediterranean Sauce	197	Roast Pork	73	with Penne	494	Jardiniere Gravy	68
Carrots	64	CousCous with		Rosemary Gravy	83	Spinach	65	Sour Cream & Chive	
Wheat Bread	170	Roasted Vegetables	24	Yukon Gold Potatoes	4	Dinner Roll	132	Mashed Potatoes	92
Mandarin Oranges	7	Genoa Vegetable Blend	45	Rye Bread	150	Cran-Apple Crisp	56	Green Beans	3
		Multigrain Bread	164	Vanilla Yogurt	50			Multigrain Bread	164
		Diced Pears	5					Fig Bar	65
Cal:	639	Sod:	631	Cal:	685	Sod:	880	Cal:	594
		Sod:	634	Cal:	594	Sod:	634	Cal:	979
		Sod:	872	Cal:	979	Sod:	872	Cal:	765
		Sod:	718	Cal:	765	Sod:	718		
10	Sodium mg	11	Sodium mg	12	Sodium mg	13	Sodium mg	14	Sodium mg
HIGH SODIUM MEAL		SPECIAL		Roast Turkey	384	Cream of Broccoli Soup	275	Potato Pollock	273
Minestrone Soup	152	Beef Burgundy	159	Herb Gravy	59	BBQ Beef Burger	139	Tartar Sauce	100
Breaded Chicken		Scalloped Potatoes	125	Bread Stuffing	316	Potato Wedges	273	Butternut Squash	0
Parmesan*	860	Creamed Spinach	55	Scandinavian		Hamburger Bun	230	Mixed Vegetables	88
Cavatappi Pasta	1	Wheat Dinner Roll	105	Vegetable Blend	61	Applesauce	14	Wheat Bread	170
Italian Bread	230	Cherry Brownie	165	Multigrain Bread	164			Fruit Yogurt	75
Apricots	10			Fresh Fruit	1				
Cal:	825	Sod:	1378	Cal:	818	Sod:	734	Cal:	616
		Sod:	1110	Cal:	616	Sod:	1110	Cal:	789
		Sod:	1056	Cal:	789	Sod:	1056	Cal:	703
		Sod:	831	Cal:	703	Sod:	831		
17	Sodium mg	18	Sodium mg	19	Sodium mg	20	Sodium mg	21	Sodium mg
HOLIDAY		Chicken Corn Stew	265	White Bean Kale Soup	211	Homestyle Chicken		Roast Pork	73
NO MEALS SERVED		Winter Vegetable Blend	29	Vegetable Lasagna		Drumstick	450	Apple Gravy	23
		Multigrain Bread	164	Roll Up	370	O'Brien Potatoes	34	Mashed Sweet Potatoes	31
		Butterscotch Pudding	317	with Tomato Basil Sauce	142	Green Peas	66	Spinach	65
				and Mozzarella Cheese	193	Wheat Bread	170	Multigrain Bread	164
				Dinner Roll	132	Almond Cookie	181	Fresh Fruit	1
				Mixed Fruit	10				
		Cal:	564	Sod:	900	Cal:	691	Sod:	1183
		Sod:	1026	Cal:	826	Sod:	1026	Cal:	606
		Sod:	482	Cal:	606	Sod:	482		
24	Sodium mg	25	Sodium mg	26	Sodium mg	27	Sodium mg	28	Sodium mg
Vegetable Soup	115	Shepherd's Pie		Gypsy Soup	272	Chicken Kielbasa and		Macaroni & Cheese	488
Grilled Chicken Breast	320	with Gravy	221	Baked Pollock Loin	94	Cabbage Casserole	364	Stewed Tomatoes	150
Honey Ginger Glaze	88	Green Beans	3	Florentine Sauce	27	Red Bliss Potatoes	5	Wheat Bread	170
Vegetable Fried Rice	98	Pumpnickel Bread	155	Orzo Pilaf with Spinach	57	Carrots	64	Lorna Doones	100
Wheat Dinner Roll	105	Pineapple	1	Multigrain Bread	164	Rye Bread	150		
Fortune Cookie	6			Fresh Fruit	2	Sliced Peaches	5		
Gingerbread Cake	314								
Cal:	767	Sod:	1171	Cal:	556	Sod:	505	Cal:	612
		Sod:	741	Cal:	612	Sod:	741	Cal:	614
		Sod:	713	Cal:	614	Sod:	713	Cal:	830
		Sod:	1033	Cal:	830	Sod:	1033		
		For weather emergencies and cancellations, please check Fox 25 TV station.				Entrees that contain more than 500mg sodium are designated by an *			
Acton: 781-221-7085	Harvard: 978-456-4120			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:			
Arlington Sr Ctr.: 781-221-7099	Littleton: 781-325-7879					Denise Mercury RD, LDN			
Arlington Heights: 781-221-7081	Stow: 781-221-7048					781.221.7018 or 1.888.222.6171 x7018			
Burlington: 781-221-7094	Winchester: 781-221-7098					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.