

Minuteman Senior Services

June 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	
3	Sodium mg	4	Sodium mg	5	Sodium mg	6	Sodium mg	7	Sodium mg
Chicken Meatballs	210	Shepherd's Pie	136	Grilled Chicken	320	**High Sodium**		Potato Pollock	273
Sweet & Sour Sauce	38	Peas	66	Peach Salsa	43	Three C Soup	299	Tartar Sauce	100
White Rice	4	Rye Bread	150	Orzo Pilaf w/ Spinach	57	Roast Turkey w/ Gravy	389	Wild Rice Pilaf	140
Asian Blend Veggies	21	Strawberry Cup	0	Tossed Salad	5	Bread Stuffing	316	Broccoli	10
Wheat Bread	170			Multigrain Bread	164	Wheat Bread	170	Wheat Dinner Roll	105
Lorna Doones	100			Pineapple Whip	87	Applesauce Cup	5	Fresh Plum	1
Cal: 681	Sod: 668	Cal: 597	Sod: 477	Cal: 643	Sod: 801	Cal: 619	Sod: 1304	Cal: 640	Sod: 754
10	Sodium mg	11	Sodium mg	12	Sodium mg	13	Sodium mg	14	Sodium mg
Macaroni & Cheese	488	Lasagna Roll w/		SPECIAL		Cold Plate		Chicken & White Bean	
Stewed Tomatoes	150	Meat Sauce	340	Roast Beef w/ Gravy	106	Chicken Breast	320	Chili	260
Wheat Bread	170	Tossed Salad	5	Garlic Mashed Potatoes	66	Red Pepper Pesto	22	Brown Rice	5
Diced Peaches	5	Italian Bread	230	Green Bean Casserole	262	Red Potato Salad	96	California Blend Veggies	22
		Dried Cherries	5	Dinner Roll	132	Broccoli Salad	159	Multigrain Bread	164
				Chocolate Cake	410	Multigrain Bread	164	Vanilla Yogurt	45
						Fresh Apple	1		
Cal: 745	Sod: 938	Cal: 567	Sod: 705	Cal: 851	Sod: 1101	Cal: 553	Sod: 887	Cal: 590	Sod: 621
17	Sodium mg	18	Sodium mg	19	Sodium mg	20	Sodium mg	21	Sodium mg
Haddock Newburg	364	*Steak & Cheese Pinwheel	550	Vegetable Barley Soup	257	Chicken and Rice Bake	429	Beef Hot Dog	490
Red Bliss Potatoes	4	Potato Wedges	273	Grilled Chicken Teriyaki	362	Brussels Sprouts	12	Baked Beans	152
Spinach	65	Tossed Salad	5	Vegetable Fried Rice	98	Wheat Bread	170	Carrots	64
Multigrain Bread	164	Fruit Yogurt	51	Multigrain Bread	164	Chocolate Chip Cookie	160	Hot Dog Bun	270
Mixed Fruit	10			Fortune Cookie	6			Pineapple Chunks	1
				Fresh Orange	0				
Cal: 502	Sod: 732	Cal: 660	Sod: 1004	Cal: 751	Sod: 1012	Cal: 784	Sod: 896	Cal: 661	Sod: 1102
24	Sodium mg	25	Sodium mg	26	Sodium mg	27	Sodium mg	28	Sodium mg
Beef Bolognese	163	Glazed Chicken Drumstick	290	Cold Plate		Corn Chowder	172	Chicken Meatballs	210
Penne Pasta	1	Cinnamon Mashed		Turkey & Tortellini Salad	430	BBQ Pulled Pork Sandwich	389	Swedish Sauce	10
Mixed Vegetables	88	Sweet Potatoes	2	Beet & Onion Salad	217	O'Brien Potatoes	34	Egg Noodles	4
Italian Bread	230	Tossed Salad	5	Three Bean Salad	89	Hamburger Bun	230	Genoa Blend	45
Diced Pears	5	Multigrain Bread	164	Wheat Dinner Roll	105	Tropical Fruit	10	Rye Bread	150
		Almond Cookie	181	Fig Bar	35			Fresh Peach	1
Cal: 684	Sod: 612	Cal: 621	Sod: 767	Cal: 946	Sod: 1001	Cal: 707	Sod: 960	Cal: 619	Sod: 545
						Entrees that contain more than 500mg sodium are designated by an *		For weather emergencies and cancellations, please check Fox 25 TV station.	
Acton:	781-221-7085	Harvard:	978-456-4120	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					
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.