

**Minuteman Senior Services**

**March 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	
<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>	<b>6</b>	<b>Sodium mg</b>
Philly Steak	408	Grilled Chicken Marsala	395	Turkey Corn Stew	464	Autumn Harvest Soup	162	Lasagna Roll	483
Provolone Cheese	248	Cavatappi Pasta	1	Carrots	43	Roast Pork w/		Marinara Sauce	94
Peppers & Onions	27	Italian Blend Veg	41	Whole Wheat Bread	170	Herb Gravy	99	Tossed Salad	5
Home Fries	5	Multigrain Bread	164	Fresh Fruit	1	Bread Stuffing	316	Italian Bread	230
Mini Sub Roll	218	Diced Pears	5			Wheat Dinner Roll	105	Fruit Yogurt	75
Pineapple Chunks	1					Pineapple Coconut Cake	338		
Cal:	686	Sod:	1032	Cal:	556	Sod:	731	Cal:	810
		Sod:		Sod:		Sod:		Sod:	1145
		Cal:	645	Sod:	1012				
<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>	<b>13</b>	<b>Sodium mg</b>
Grilled Chicken Breast	320	Three C Soup	299	Beef Stew	200	Sweet & Sour Chicken	445	Broccoli Bake	482
Red Pepper Pesto	22	Potato Pollock	273	Tossed Salad	5	Vegetable Fried Rice	98	Home Fries	5
Israeli Cous Cous	24	Tartar Sauce	100	Dinner Roll	132	Asian Veg Blend	21	Stewed Tomatoes	150
Spinach	65	Red Bliss Potatoes	5	Vanilla Yogurt	50	Multigrain Bread	164	Rye Bread	150
Multigrain Bread	164	Whole Wheat Bread	170			Chocolate Chip		Fresh Fruit	1
Mixed Fruit	10	Sliced Peaches	5			Cookie Bar	154		
Cal:	549	Sod:	730	Cal:	687	Sod:	512	Cal:	982
		Sod:		Sod:		Sod:		Sod:	1007
		Cal:	677	Sod:	977	Cal:	688	Sod:	913
<b>16</b>	<b>Sodium mg</b>	<b>17 SPECIAL</b>	<b>Sodium mg</b>	<b>18</b>	<b>Sodium mg</b>	<b>19</b>	<b>Sodium mg</b>	<b>20</b>	<b>Sodium mg</b>
Beef & Lentil Chili	260	<b>HIGH SODIUM MEAL**</b>		Mulligatawny Soup	153	Homestyle Chicken		Baked Pollock Picatta	135
Brown Rice	5	Corned Beef Hash*	874	Roast Pork	73	Drumstick	450	Spinach & Orzo Pilaf	57
California Blend Veg	22	Braised Cabbage	25	Onion Gravy	26	Au Gratin Potatoes	132	Broccoli	10
Dinner Roll	132	Glazed Carrots	81	Mashed Potatoes	66	Tossed Salad	5	Multigrain Bread	164
Diced Pears	5	Pumpernickel Bread	155	Multigrain Bread	164	Whole Wheat Bread	170	Lorna Doones	100
		Apple Streusel Cake	191	Fresh Fruit	1	Mandarin Oranges	7		
Cal:	644	Sod:	549	Cal:	748	Sod:	1451	Cal:	662
		Sod:		Sod:		Sod:		Sod:	889
		Cal:	748	Sod:	1451	Cal:	656	Sod:	608
<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>	<b>27</b>	<b>Sodium mg</b>
Chicken & Rice Bake	429	<b>HIGH SODIUM MEAL**</b>		Grilled Chicken Breast	320	Vegetable Barley Soup	257	Cheese Ravioli	
Brussels Sprouts	12	Corn Chowder	172	Supreme Sauce	56	Roast Turkey w/ Gravy	389	Primavera*	659
Multigrain Bread	164	Hot Dog	490	Sweet Potatoes	33	Mashed Potatoes	66	Tossed Salad	5
Sliced Peaches	5	Baked Beans	152	Spinach	65	Whole Wheat Dinner Roll	105	Italian Bread	230
		Hot Dog Bun	270	Whole Wheat Bread	170	Carnival Cookie	85	Fresh Fruit	1
		Pineapple Chunks	1	WG Choc Chip Muffin	190				
Cal:	538	Sod:	735	Cal:	752	Sod:	1210	Cal:	666
		Sod:		Sod:		Sod:		Sod:	1027
		Cal:	752	Sod:	1210	Cal:	650	Sod:	959
<b>30</b>	<b>Sodium mg</b>	<b>31</b>	<b>Sodium mg</b>			Entrees that contain more than 500mg sodium are designated by an *		For weather emergencies and cancellations, please check Fox 25 TV station.	
Navy Bean Soup	222	Grilled Chicken							
Chicken Meatballs	210	Cacciatore	325						
Swedish Sauce	10	Tri Color Rotini	1						
White Rice	4	Tossed Salad	5						
Whole Wheat Bread	170	Italian Bread	230						
Applesauce	14	Blueberry Buckle	360						
Cal:	658	Sod:	755	Cal:	665	Sod:	1046		
		Sod:							
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: <b>Denise Mercury RD, LDN</b> 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.