

Minuteman Senior Services

MAY 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	
		Entrees that contain more than 500mg sodium are designated by an *		1 Sodium mg Butternut Bisque 149 French Meat Pie (Beef & Pork) 297 Wheat Dinner Roll 105 Clementine 1		2 Sodium mg Grilled Chicken Breast 320 Lemon Picatta Sauce 4 Whipped Potato 66 Tossed Salad 5 Multigrain Bread 164 Blueberry Buckle 360		3 Sodium mg Roast Pork 73 Apple Gravy 83 Sweet Potato 31 Green Beans 3 Marble Rye Bread 127 Applesauce Cup 0	
				Cal: 727 Sod: 677		Cal: 691 Sod: 1044		Cal: 535 Sod: 442	
6 Sodium mg Baked Haddock 296 Lemon Dill Sauce 66 Chantilly Potato 238 Carrots 64 Wheat Bread 170 Lemon Pudding 200		7 Sodium mg BBQ Beef Burger 139 Mexicali Corn 6 Tater Tots 29 Hamburger Bun 230 Mandarin Oranges 7		8 Sodium mg COLD PLATE Chicken Caesar Salad* 750 Cous Cous w/ Carrots 24 Pumpnickel Bread 155 Strawberry Cup 0		9 Sodium mg SPECIAL Breaded Chicken Breast* 573 Francaise Sauce 19 Broccoli Au Gratin 158 Garlic Whipped Potatoes 66 Wheat Dinner Roll 105 Strawberry Rhubarb Crisp 7		10 Sodium mg Beef and Lentil Chili 260 Brown Rice 5 Genoa Blend Veg 45 Multigrain Bread 164 Raisins 4	
Cal: 752 Sod: 1159		Cal: 738 Sod: 536		Cal: 689 Sod: 1054		Cal: 702 Sod: 1053		Cal: 716 Sod: 603	
13 Sodium mg BBQ Pulled Pork 389 Macaroni and Cheese 195 Summer Blend Veg 24 Hamburger Bun 230 Sliced Apples 10		14 Sodium mg Grilled Chicken Breast 320 Supreme Sauce 46 Wild Rice Pilaf 140 Tossed Salad 5 Wheat Bread 170 Canned Peaches 5		15 Sodium mg Turkey and Corn Stew 464 Spinach 65 Biscuit 340 Sugar Cookie 181		16 Sodium mg Mulligatawny Soup 153 Salisbury Steak 201 Onion Gravy 26 Whipped Potatoes 66 Multigrain Bread 164 Mixed Fruit 10		17 Sodium mg Chicken Meatballs 210 Tomato Basil Sauce 142 Tri-Color Rotini 1 Broccoli 10 Italian Bread 230 Snack n' Loaf 115	
Cal: 643 Sod: 973		Cal: 501 Sod: 811		Cal: 699 Sod: 1175		Cal: 716 Sod: 745		Cal: 725 Sod: 833	
20 Sodium mg Grilled Chicken Breast 320 Honey Mustard Sauce 213 Peas and Carrots 72 Sweet Potato Coins 190 Multigrain Bread 164 Pineapple Chunks 1		21 Sodium mg Potato Pollock 273 Tartar Sauce 100 Italian Green Beans 3 O'Brien Potatoes 34 Rye Bread 150 Lemon Cake 215		22 Sodium mg Vegetable Soup 115 Chicken Teriyaki 242 Brown Rice 5 Wheat Bread 170 Fortune Cookie 6 Clementine 1		23 Sodium mg Beef Stew 200 Tossed Salad 5 Pumpnickel Bread 155 Canned Pears 5		24 Sodium mg Broccoli Bake 482 Stewed Tomatoes 150 Home Fries 5 Wheat Bread 170 Fruited Yogurt 75	
Cal: 619 Sod: 1085		Cal: 739 Sod: 900		Cal: 561 Sod: 664		Cal: 632 Sod: 490		Cal: 721 Sod: 1007	
27 MEMORIAL DAY HOLIDAY No meals served 		28 Sodium mg Chicken Drumstick 450 Baked Beans 152 Coleslaw 101 Wheat Bread 170 Strawberry Cup 0		29 Sodium mg Pork & Red Pepper Pasta 122 Broccoli 10 Multigrain Bread 164 Fig Bar 100		30 Sodium mg COLD PLATE White Bean Kale Soup 211 Chicken Salad with Cranberries 323 Macaroni Salad 206 Wheat Dinner Roll 105 Chocolate Brownie 149		31 Sodium mg Sloppy Joe 259 Spinach 65 Potato Wedges 273 Hamburger Bun 230 Fresh Apple 2	
		Cal: 703 Sod: 998		Cal: 742 Sod: 521		Cal: 800 Sod: 1119		Cal: 686 Sod: 954	
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.