

Minuteman Senior Services

SEPTEMBER 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	
2 HOLIDAY NO Meals Served  HAPPY LABOR DAY		3 Sodium mg Chunky Tomato Soup 177 Macaroni and Cheese 488 Italian Bread 230 Peaches 5		4 Sodium mg Grilled Chicken Breast 320 Honey Mustard Sauce 213 Cous Cous with Carrots 24 Tossed Salad 5 Wheat Bread 170 Fresh Fruit 1		5 Sodium mg SPECIAL **HIGH SODIUM Veal Parmigiana* 853 Garlic Mashed Potatoes 66 Italian Green Beans 3 Dinner Roll 132 Cherry Apple Crisp 56		6 Sodium mg Roast Pork 73 Cran-Orange Sauce 18 Mashed Sweet Potatoes 31 Cauliflower 14 Multi-Grain Bread 164 Fruit Crunch Bars 80	
Cal: 684 Sod: 898		Cal: 709 Sod: 1025		Cal: 652 Sod: 858		Cal: 1003 Sod: 1235		Cal: 813 Sod: 505	
9 Sodium mg Haddock 296 Lemon Dill Sauce 66 O'Brien Potatoes 34 California Blend Veggies 22 Pumpnickel Bread 155 Lemon Pudding 200		10 Sodium mg Shepherd's Pie 136 Beef Gravy 140 Tossed Salad 5 Wheat Bread 170 Diced Pears 5		11 Sodium mg Glazed Chicken Drumstick 450 Baked Beans 152 Brussels Sprouts 12 Multigrain Bread 164 Fig Bar 65		12 Sodium mg COLD PLATE Bok Choy Soup 99 Asian Chicken Salad 277 Pasta and Cucumber Salad 69 Dinner Roll 132 Pineapple Whip 87		13 Sodium mg Bateman Meatloaf 216 Onion Gravy 26 Sour Cream and Chive Mashed Potatoes 92 Peas and Carrots 72 Wheat Bread 170 Fresh Fruit 1	
Cal: 684 Sod: 898		Cal: 565 Sod: 581		Cal: 658 Sod: 968		Cal: 637 Sod: 789		Cal: 767 Sod: 702	
16 Sodium mg Steak Fajita 217 Red and Green Peppers 27 Red Bliss Potatoes 5 Tortilla 220 Mixed Fruit 10		17 Sodium mg Grilled Chicken Breast 320 Pesto Cream Sauce 70 TriColor Rotini 1 Genoa Blend Veggies 45 Multigrain Bread 164 Oatmeal Cookie 97		18 Sodium mg **HIGH SODIUM Three C's Soup 299 Turkey Cranberry Salad 468 Tangy 4-Bean Salad 225 Wheat Dinner Roll 105 Fresh Fruit 1		19 Sodium mg BBQ Pulled Pork 389 Mashed Potatoes 66 Tossed Salad 5 Hamburger Roll 230 Peaches 5		20 Sodium mg Chicken Meatballs 210 Tomato Basil Sauce 142 Pasta 1 Italian Blend Veggies 41 Italian Bread 230 Fruited Yogurt 75	
Cal: 522 Sod: 604		Cal: 726 Sod: 822		Cal: 729 Sod: 1223		Cal: 612 Sod: 820		Cal: 669 Sod: 824	
23 Sodium mg Vegetable Soup 115 Grilled Chicken Breast 320 Teriyaki Sauce 42 Veggie Fried Rice 98 Multigrain Bread 164 Pineapple 1 Fortune Cookie 6		24 Sodium mg Potato Pollock 273 Tartar Sauce 100 Butternut Squash 0 Tossed Salad 5 Wheat Bread 170 Applesauce 0		25 Sodium mg Chicken and Rice Casserole 429 Spinach 65 Marble Rye 127 Snack N Loaf 115		26 Sodium mg Beef Stew 200 Brussels Sprouts 12 Dinner Roll 132 Blueberry Buckle 360		27 Sodium mg Broccoli Bake 482 Stewed Tomatoes 150 Baked Home Fries 5 Wheat Bread 170 Fresh Fruit 1	
Cal: 675 Sod: 871		Cal: 618 Sod: 673		Cal: 628 Sod: 861		Cal: 842 Sod: 829		Cal: 708 Sod: 933	
30 Sodium mg Beef and Lentil Chili 260 Brown Rice 5 Genoa Blend Veggies 45 Wheat Dinner Roll 105 Diced Pears 5				For weather emergencies and cancellations, please check Fox 25 TV station.		Entrees that contain more than 500mg sodium are designated by an *			
Cal: 624 Sod: 545									
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.