

Menu subject to change without notice.

All Soups served with crackers.

All meals include margarine and milk.

This program is made possible in part by funding from Executive Office of Elder Affairs.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>To CANCEL or ORDER, Call your local meal site by 11AM the DAY BEFORE</p>	<p>For weather emergencies and cancellations, please check Fox 25 TV station.</p>		<p>1 Chicken Ala King Penne Pasta Mixed Vegetables Whole Wheat Bread Chocolate Pudding Diet: SF Chocolate Pudding</p>	<p>2 Salisbury Steak Jardiniere Gravy Red Bliss Potatoes Carrots Dinner Roll Fresh Fruit w/C</p>
			<p>Calories: Sodium:</p>	<p>Calories: Sodium:</p>
<p>5 LABOR DAY NO MEALS SERVED</p>	<p>6 Corn Chowder Grilled Chicken Pico de Gallo Cous Cous Mexicali Corn Whole Wheat Bread Mixed Fruit</p>	<p>7 Chef Salad w/ Turk, Egg, Cheese and Romaine Pasta Salad with Red peppers Italian Bread Vanilla Yogurt</p>	<p>8 Marinated Beef Tips Peppers and Onions Herbed Egg Noodles Tossed Salad Wheat Dinner Roll Straw Apple Crisp Dt: Apple Cinn Graham</p>	<p>9 Sweet and Sour Meatballs Brown Rice Broccoli Multigrain Bread Fortune Cookie Mandarin Oranges</p>
<p>Calories: Sodium:</p>	<p>Calories: Sodium:</p>	<p>Calories: Sodium:</p>	<p>Calories: Sodium:</p>	<p>Calories: Sodium:</p>
<p>12 Veg Gumbo Soup Chicken w/Lemon Piccata Sauce Cavatappi Pasta Wheat Bread Applesauce</p>	<p>13 Potato Pollock Filet Scalloped Potatoes Tossed Salad Multigrain Bread Pineapple</p>	<p>14 Chicken Corn Stew Peas and Carrots Wheat Dinner Roll Fresh Orange</p>	<p>15 Sliced BBQ Pork Sweet Potato Coins Cole Slaw Hamburg Roll Apple Streusel Cake</p>	<p>16 Macaroni & Cheese Stewed Tomatoes Italian Bread Snack n Loaf</p>
<p>Calories: Sodium:</p>	<p>Calories: Sodium:</p>	<p>Calories: Sodium:</p>	<p>Calories: Sodium:</p>	<p>Calories: Sodium:</p>
<p>19 Beef and Lentil Chili Brown Rice Carrots Multigrain Bread Mandarin Oranges</p>	<p>20 Grilled Chicken Florentine Sauce Mashed Potatoes Ratatouille Whole Wheat Bread Choc Chip Cookie Diet: Choc Grahams</p>	<p>21 Roast Pork Apple Cider Gravy Yams Green Beans Dinner Roll Applesauce</p>	<p>22 Chicken and Rice Casserole Tossed Salad Whole Wheat Bread Tropical Fruit Salad</p>	<p>23 Sloppy Joes Tater Tots Spinach Hamburger Roll Blueberry Yogurt</p>
<p>Calories: Sodium:</p>	<p>Calories: Sodium:</p>	<p>Calories: Sodium:</p>	<p>Calories: Sodium:</p>	<p>Calories: Sodium:</p>
<p>26 Kielbasa Cabbage Casserole Diced Red Potatoes w/ Dill Rye Bread Peaches</p>	<p>27 Roast Turkey Cran Orange Sauce Butternut Squash Tossed Salad Italian Bread Fruit n Snack Loaf Diet: Lorna Doons</p>	<p>28 Grilled Chicken Coq Au Vin Rice Pilaf Brussels Sprouts Multigrain Bread Lemon Cake Diet:Lemon Grahams</p>	<p>29 Portuguese Kale Soup Meatloaf with Mushroom Gravy Mashed Potatoes Wheat Dinner Roll Mixed Fruit</p>	<p>30 Rainbow Trout Lemon Vinaigrette Au Gratin Potatoes Calif Veg Blend Wheat Bread Fresh Apple</p>
<p>Calories: Sodium:</p>	<p>Calories: Sodium:</p>	<p>Calories: Sodium:</p>	<p>Calories: Sodium:</p>	<p>Calories: Sodium:</p>
<p>Acton 978-263-5053 Arlington Sr. Ctr. 781-316-3423 Arlington Heights 781-221-7081</p>	<p>Burlington 781-221-7094 Littleton 978-540-2474 Maynard 339-234-3726</p>	<p>Stow 781-825-5194 Woburn 781-221-7084</p>	<p>Nutrition Questions: Contact Denise Mercury 781.221.7018 or 1.888.222.6171 x7018 d.mercury@minutemansenior.org.</p>	

The Sodium values are listed beside each menu item. The total calories include the calories from milk, soup and crackers. Each carton of milk provides 110 calories and 125mg sodium. The nutrition information here is meant to guide you with your daily choices. It is by no means exact and recipes are continually being reviewed.

*Entrees that contain more than 500mg sodium are designated by an *.*