

Minuteman Senior Services

July 2020


Meals on Wheels Menu

Menu subject to change without notice.

All meals include 1% 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
<p>** HIGH SODIUM MEALS: Please call at least 2 days ahead for an alternative meal on the day marked **High Sodium**.</p>	<p>Entrees that contain more than 500mg sodium are designated by an *</p>	<p>1 Sodium mg Grilled Chicken Breast 320 Francaise Sauce 19 Garlic Mashed Potatooe 66 Green Beans 3 Wheat Bread 170 Yogurt 75 Cal: 598 Sod: 778</p>	<p>2 Sodium mg Chicken Meatballs 210 Sweet & Sour Sauce 46 Veggie Fried Rice 98 Asian Veggie Blend 21 Multigrain Bread 164 Fortune Cookie 6 Fruit Cup 5 Cal: 741 Sod: 675</p>	<p>3 HOLIDAY NO MEALS SERVED</p> 
<p>6 Sodium mg Cheeseburger 384 Ketchup 82 O'Brien Potatoes 34 Mixed Vegetables 88 Hamburger Bun 230 Yogurt 75 Cal: 829 Sod: 1018</p>	<p>7 SPECIAL Sodium mg Marinated Steak Tips 431 Red Bliss Potatoes 4 Zucchini & Summer Squash 3 Dinner Roll 132 Fruit Cup 5 Cal: 591 Sod: 700</p>	<p>8 Sodium mg Chicken Sausage 400 Peppers & Onions 27 White Rice 90 Mini Sub Roll 218 Fruit Cup 5 Cal: 641 Sod: 865</p>	<p>9 Sodium mg Roast Pork 73 Jardiniere Gravy 48 Mashed Potatoes 66 Green Beans 3 Wheat Bread 170 Lorna Doones 100 Cal: 704 Sod: 585</p>	<p>10 Sodium mg Chicken & Rice Bake 429 Spinach 65 Multigrain Bread 164 Fruit Cup 5 Cal: 551 Sod: 788</p>
<p>13 Sodium mg Grilled Chicken Breast 320 Peach Salsa 43 Orzo Pilaf w/ Spinach 57 California Blend Veg 22 Multigrain Bread 164 Chocolate Chip Muffin 95 Diet: Grahams Cal: 718 Sod: 826</p>	<p>14 Sodium mg Potato Pollock 273 Tartar Sauce 100 Scalloped Potatoes 125 Mixed Vegetables 88 Wheat Bread 170 Yogurt 75 Cal: 814 Sod: 956</p>	<p>15 Sodium mg Chicken Meatballs 210 Marinara Sauce & Cheese 287 Potato Wedges 273 Italian Blend Veggies 41 Sub Roll 218 Fruit Cup 5 Cal: 792 Sod: 1159</p>	<p>16 Sodium mg Beef Teriyaki 431 White Rice 90 Broccoli 10 Multigrain Bread 164 Fruit Cup 5 Cal: 654 Sod: 825</p>	<p>17 Sodium mg BBQ Sliced Pork 216 Baked Beans 152 Brussels Sprouts 12 Hamburger Bun 230 Fruit Cup 5 Cal: 689 Sod: 740</p>
<p>20 Sodium mg Beef & Lentil Chili 262 Mixed Veg 88 Dinner Roll 132 Cherry Snack n' Loaf 240 Diet: Grahams Cal: 680 Sod: 847</p>	<p>21 Sodium mg Grilled Chicken Breast 320 Florentine Sauce 27 Wild Rice Pilaf 140 Carrots 64 Multigrain Bread 164 Fruit Cup 5 Cal: 549 Sod: 845</p>	<p>22 Sodium mg Macaroni & Cheese 488 Stewed Tomatoes 251 Multigrain Bread 164 Fruit Cup 5 Cal: 747 Sod: 1033</p>	<p>23 Sodium mg Chicken Meatballs 210 Swedish Sauce 39 Egg Noodles 4 Spinach 65 Wheat Bread 170 Yogurt 75 Cal: 646 Sod: 688</p>	<p>24 Sodium mg Meatloaf 216 Mushroom Gravy 30 Mashed Potatoes 66 Green Peas 66 Wheat Dinner Roll 105 Fruit Cup 5 Cal: 701 Sod: 613</p>
<p>27 Sodium mg Chicken a la Vodka* 518 Cavatappi Pasta 1 Italian Blend 41 Dinner Roll 132 Yogurt 75 Cal: 667 Sod: 892</p>	<p>28 Sodium mg Beef Hot Dog 490 Corn 1 Green Beans 3 Hot Dog Bun 270 Applesauce Cup 14 Cal: 558 Sod: 903</p>	<p>29 Sodium mg Grilled Chicken Breast 320 Apricot Glaze 36 Israeli Cous Cous 24 Scandanavian Blend 61 Wheat Bread 170 Fruit Cup 5 Cal: 595 Sod: 741</p>	<p>30 Sodium mg Roast Turkey w/ Gravy 349 Stuffing 316 Butternut Squash 48 Multigrain Bread 164 Fruit Cup 5 Cal: 661 Sod: 1007</p>	<p>31 Sodium mg Tuna Casserole 417 California Blend Veg 22 Wheat Bread 170 Cookie 105 Cal: 640 Sod: 839</p>
<p>For weather emergencies and cancellations, please check Fox 25 TV station.</p>	<p>For questions about the nutritional information in this menu or your nutritional needs, contact: Denise Mercury RD, LDN d.mercury@minutemansenior.org</p>		<p>To CANCEL meals or for QUESTIONS about your meal plan, call: 781.221.7083 or 1.888.222.6171 x7083 Call the day before by 11AM to make a change. Do not call your local meal site.</p>	

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.