Minuteman
SENIOR SERVICES

July 2022

All meals include 2% milk.

Menu of the Month

Donation: $2.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
To CANCEL or ORDER, Call your local meal site by 11AM the DAY BEFORE	**For weather emergencies and cancellations, please check Fox 25 TV station.**			1 Potato Pollock Whipped Potatoes Zucchini & Summer Squash Whole Wheat Dinner Roll Dessert of the Day
	STOW ONLY TUES. & THURSDAYS			
4 **HOLIDAY** **NO MEALS SERVED** 	5 **SPECIAL** Chicken Sausage**, Pepper, & Cheese Grinder Red Bliss Potatoes Grinder Roll Dessert of the Day Diet Dessert of the Day **Sausage has pork casing**	6 Grilled Chicken Breast With Peach Salsa Wild Rice Pilaf Broccoli Rye Bread Dessert of the Day	7 Chicken with Balsamic Glaze Quinoa with Roasted Veggies Glazed Carrots Wheat Bread Dessert of the Day	8 Roast Pork With Herb Gravy Scalloped Potatoes Italian Veg Blend Wheat Dinner Roll Dessert of the Day
11 Barley Black Bean Chili* Brussels Sprouts Whole Wheat Dinner Roll Dessert of the Day	12 Grilled Chicken Breast With Marsala Sauce Bread Stuffing Broccoli Pumpernickel Bread Dessert of the Day	13 French Meat Pie Capri Vegetable Blend Multigrain Bread Dessert of the Day	14 Sliced Roast Turkey With Tarragon Gravy Whipped Sweet Potato Peas Rye Bread Dessert of the Day	15 Chicken Teriyaki Vegetable Fried Rice Asian Veg Blend Multigrain Bread Dessert of the Day
18 Breaded Chicken Drumstick Sour Cream & Chive Whipped Potato Carrots Whole Wheat Dinner Roll Dessert of the Day	19 Potato Pollock Tartar Sauce Yukon Gold Potato Green Beans Multigrain Bread Dessert of the Day	20 Meatball Grinder With Tomato Basil Sauce Seasoned Potato Wedges Spinach Grinder Roll Dessert of the Day	21 Beef Stew Brussels Sprouts Corn Muffin Dessert of the Day	22 Broccoli Bake Home Fries Stewed Tomatoes Wheat Bread Dessert of the Day
25 Beef Taco Spanish Rice & Beans Corn Tortilla Dessert of the Day	26 Breaded Chicken Breast * With Tomato Basil Sauce and Mozzarella Cavatappi Pasta Brussels Sprouts Whole Wheat Dinner Roll Dessert of the Day	27 Pulled Pork Sandwich With BBQ Sauce Baked Beans California Veg Blend Whole Wheat Bread Dessert of the Day	28 Cheese Omelet With Cheese Sauce Chicken Sausage Patty Seasoned Home Fries Spinach Whole Wheat Dinner Roll Dessert of the Day	29 Meatloaf With Beef Gravy Mashed Potatoes Green Beans Multigrain Bread Dessert of the Day

Acton: 781-221-7098

Arlington Senior 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

Woburn: 781-221-7084

For questions about the nutritional information in this menu or your nutritional needs, contact:

Catherine York MPH, RD, LDN
781-221-7018 or 1-888-222-6171 x7018

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

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

Menu subject to change without notice