

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 *	For weather emergencies and cancellations, please check Fox 25 TV station.		 Chicken & Rice Bake Spinach Marble Rye Bread Dessert of the Day Diet Dessert of the Day 2% Milk Cal: 668 	Sod 2 Beef Bolognese 223 Penne Pasta 1 Italian Vegetable Blend 41 Wheat Dinner Roll 105 Dessert of the Day 147 2% Milk 125 Cal: 699 642	
		 Sod 7 Chicken Breast 121 Mediterranean Sauce Orzo & Spinach Pilaf 12 Capri Vegetable Blend 134 Multigrain Bread 85 Dessert of the Day 85 2% Milk 125 Cal: 477 738 	 Sod 8 Roast Turkey 420 Rosemary Gravy 198 Bread Stuffing 57 Glazed Carrots 15 Wheat Dinner Roll 223 Dessert of the Day 1 2% Milk 125 Cal: 642 1039 	Sod 9 Potato Pollock 330 Tartar Sauce 27 Scalloped Potatoes 316 Scandinavian Vegetable Blend 81 Wheat Bread 105 Wheat Bread 10 Dessert of the Day 124 2% Milk 125 Cal: 757 813	
		 Sod 13 Chicken Teriyaki 434 Vegetable Fried Rice 98 Asian Vegetable Blend 21 Multigrain Bread 223 Dessert of the Day 75 2% Milk 125 Cal: 716 991 	 Sod 14 Lasagna Roll with Meat Sauce 98 Italian Vegetable Blend 21 Italian Bread 223 Dessert of the Day 75 Diet Dessert of the Day 125 2% Milk 125 Cal: 628 976 	Sod 15 Chicken Breast 420 Picadilla Sauce 7 Yukon Gold Potatoes 5 Broccoli & Cauliflower 31 Wheat Dinner Roll 124 Dessert of the Day 1 2% Milk 125 Cal: 638 821	Sod 16 Roast Pork with Apple Gravy 7 Whipped Potatoes 5 Peas & Carrots 31 Wheat Dinner Roll 124 Dessert of the Day 1 2% Milk 125 Cal: 632 470
		 Sod 18 Beef & Sausage Chili 262 Brown Rice 4 Carrots 64 Wheat Dinner Roll 105 Dessert of the Day 1 2% Milk 125 Cal: 611 561 	 SPECIAL Broccoli & Cheese Stuffed 4 Chicken with Gravy 64 Smashed Red Potatoes 105 French Green Beans 1 Wheat Dinner Roll 125 Dessert of the Day 1 2% Milk 125 Cal: 639 714 	Sod 21 Sweet & Sour Meatballs 236 Egg Noodles 4 Spinach 65 Marbled Rye Bread 127 Dessert of the Day 150 Diet Dessert of the Day 2 2% Milk 125 Cal: 714 707	Sod 23 Meatloaf with Gravy 234 Garlic Mashed Potatoes 4 Green Beans 65 Dinner Roll 127 Dessert of the Day 147 2% Milk 125 Cal: 780 707
		 Sod 27 Chicken Thigh with Cavatappi Pasta 126 Italian Vegetable Blend 41 Italian Bread 230 Dessert of the Day 110 Diet Dessert of the Day 110 2% Milk 125 Cal: 680 633 	 Sod 28 Macaroni & Cheese 126 Stewed Tomatoes 1 Dinner Roll 41 Dessert of the Day 230 2% Milk 110 Cal: 633 750 	Sod 29 Slow Roast Pork 498 Jardiniere Gravy 251 Yukon Gold Potatoes 132 Green Peas 10 Multigrain Bread 125 Dessert of the Day 1 2% Milk 125 Cal: 702 1016	Sod 30 Chicken & White Bean Chili 260 Brown Rice 48 Corn 5 Wheat Bread 66 Dessert of the Day 223 2% Milk 1 2% Milk 125 Cal: 629 519
No Meals Served 					
For Congregate Meals, please call the number for your meal site to register:			To CANCEL Meals on Wheels or for QUESTIONS about your meal plan, call: 781.221.7083 Call the day before by 11AM to make a change. Do not call your local meal site.		
Acton: 781-221-7098 Arlington Sr Ctr.: 781-221-7099 Arlington Heights: 781-221-7081 Burlington: 781-221-7094 Harvard: 978-456-4120	Lexington: 781-325-1613 Littleton: 781-325-7879 Stow: 781-221-7048 Woburn: 781-221-7084				

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.

Menu subject to change without notice.