

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

Monday	Tuesday	Wednesday	Thursday	Friday																														
Total Calories, Na and Carb include: Entrée, sides, dessert, fruit, bread, milk & margarine.	Sodium (Na): Milligrams noted in parenthesis *High sodium item (>500mg) Shading = High sodium meal (>1200mg)	1 Mac & Cheese* (650) Peas (60) WW Roll (180) Fruit Whip (5)	 2 Turkey & Sweet Potato Chili* (530) Brussel Sprouts (15) Cornbread (235) Mixed Fruit (10) 	3 Salmon (90)  Mashed Potato (110) Carrots (45) Vienna Bread (140) Mixed Fruit (10)																														
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 6 Broccoli & Cheese Chicken (460) Rice Pilaf (70) Peas (60) MG Bread (150) Mixed Fruit (10) 	 7 Stuffed Shells w/ Marinara* (585) Cauliflower (15) Vienna Bread (140) Mixed Fruit (10) 	8 Meatloaf w/ Gravy (460) Mashed Potato (110) Garden Salad (150) Oat Bread (150) Berry Cobbler (105)	 9 Crab Cakes w/ Sauce* (690) Orzo Pilaf (40) Mixed Veggies (55) WW Roll (180) Fresh Fruit (5) 	10 Lentil Stew (190) Brown Rice (25) Veggie Blend (20) Roll (260) Pudding (170)																														
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13 BBQ Boneless Pork Rib* (695) Butternut (25) Corn (5) Roll (250) Applesauce (20)	 14 Breaded Chicken w/ Gravy* (570) Mashed Potato (110) Green Beans (5) WW Roll (180) Peaches (5) 	15 COLD: Egg Salad (350) Sweet Potato (220) Garden Salad (35) WW Bread (330) Yogurt (75) Juice (0)	 16 SPECIAL: Corned Beef & Cabbage* (740) Carrot & Turnip (30) Potatoes (5) Rye Bread (150) Mint Bar (160) 	17 Ravioli w/ Garlic Sauce (395) Zucchini (5) Oat Bread (150) Mixed Fruit (10)																														
<table border="1"> <tr><th>Cal</th><th>Carb</th><th>Na</th></tr> <tr><td>670</td><td>100</td><td>1115</td></tr> </table>	Cal	Carb	Na	670	100	1115	<table border="1"> <tr><th>Cal</th><th>Carb</th><th>Na</th></tr> <tr><td>690</td><td>90</td><td>1040</td></tr> </table>	Cal	Carb	Na	690	90	1040	<table border="1"> <tr><th>Cal</th><th>Carb</th><th>Na</th></tr> <tr><td>780</td><td>100</td><td>1010</td></tr> </table>	Cal	Carb	Na	780	100	1010	<table border="1"> <tr><th>Cal</th><th>Carb</th><th>Na</th></tr> <tr><td>950</td><td>105</td><td>1460</td></tr> </table>	Cal	Carb	Na	950	105	1460	<table border="1"> <tr><th>Cal</th><th>Carb</th><th>Na</th></tr> <tr><td>790</td><td>80</td><td>840</td></tr> </table>	Cal	Carb	Na	790	80	840
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20 Chicken Alfredo w/ Pasta* (545) Broccoli (10) WW Bread (165) Mixed Fruit (10)	 21 Turkey w/ Gravy* (790) Mashed Potato (110) Carrots (45) Bread (0) Mixed Fruit (10) 	22 Pork w/ Apples (295) Sweet Potato (25) Bread Pudding (190) Garden Salad (150) Oat Bread (150)	 23 Beef, Onions & Peppers (380) Black Beans (140) Spanish Rice (260) Tortilla (220) Mixed Fruit (10) 	24 Frittata (180) Ratatouille (115) Roasted Potatoes (5) Muffin (190) Yogurt (75) Juice (0)																														
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27 Meatballs w/ Marinara (310) Pasta (200) Spinach (220) Sub Roll (330) Mixed Fruit (10)	 28 Pot Roast (565) Scallop Potato (280) Peas (60) WW Bread (165) Mixed Fruit (10) 	29 Chicken Pot Pie* (570) Mashed Potato (110) MG Bread (150) Cupcake (175)	 30 Hot Dog* (540) Baked Beans (370) Coleslaw (45) Roll (25) Warm Apples (19) 	31 Cod w/ Wine Sauce (245)  Couscous (5) Veggie Blend (15) WW Roll (180) Mixed Fruit (10)																														
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To CANCEL Meals or for QUESTIONS please call: 781.221.7083 – Call the day before by 11AM for changes.
For weather emergencies and cancellations, please check Fox 25 TV station.

For dining center information go to:

<https://www.minutemansenior.org/our-services/senior-nutrition/senior-dining-centers>
Menu Subject to Change Without Notice