



Lexington Senior Center Menu March 2018

RESERVATION SYSTEM: Please call 781-698-4850 to make your reservation. Seating is limited.

LEXINGTON RESIDENTS can reserve 2 days in advance. **NON-LEXINGTON RESIDENTS** can reserve the day before.

1. Call on Thursday (anytime) and/or Friday (by 10:00a.m.) to reserve for Monday
2. Call on Monday (anytime) and/or Tuesday (by 10:00a.m.) to reserve for Wednesday
3. Call on Wednesday (anytime) and/or Thursday (by 10:00a.m.) to reserve for Friday
4. If you are attending a meal and are a Lexington resident you may sign up for the following meal in person. (e.g. If you attend lunch on Monday, you can sign up for the Wed. lunch and won't have to call in.)

MONDAY		WEDNESDAY		FRIDAY	
				2.	Sodium
				Snapper with Lemon	85
				Basmati Rice	85
				Swiss Chard	230
				Canned Fruit	
5.	Sodium	7.	Sodium	9.	Sodium
No Meals Served		Pork Parmigiana	290	Cod with Shiitake and Leeks	250
		Greek Orzo and Rice Pilaf	55	Paprika Roasted Potatoes	20
		Brussel Sprouts	25	Braised Green Beans with Carrots, Ginger, Turmeric	110
		Canned Fruit		Brownie	
12.	Sodium	14.	Sodium	16.	Sodium
Asian BBQ Roast Pork	280	Pot Roast with Gravy	570	Curried Lentil, Squash, Apple Stew	570
Rice Pilaf with Green Onion	110	Oven Roasted Potatoes	70	Wild Rice	120
Spinach	90	Roasted Butternut Squash	200	Broccoli	30
Canned Pineapple		Cookies		Fresh Apple	
19.	Sodium	21.	Sodium	23.	Sodium
Skate w/ Capers and Brown Butter	390 0	Beef Stew	540	Yellowtail with Charred Tomato Salsa	250
Penne Pasta with Basil Oil	90	Creamy Polenta	150	Herbed Risotto	150
Roasted Root Vegetables		Brussel Sprouts	160	Swiss Chard	230
Fresh Orange		Apricots		Brownie	
26.	Sodium	28.	Sodium	30.	Sodium
Roast Turkey with Gravy	450	London Broil with Red Wine Reduction	590	Snapper with Lemon	85
Mashed Potatoes	100	Roasted Garlic Red Potatoes	70	Basmati Rice	85
Roasted Butternut Squash	200	Baked Tomato	80	Swiss Chard	230
Cookies		Fresh Apple		Canned Fruit	

Funded by Minuteman Senior Services and prepared in the kitchen of Brookhaven at Lexington.

All meals are served with milk, rolls & butter, and desserts unless specified

The nutrition information is meant to guide you with your daily choices. It is by no means exact and recipes are continually being reviewed.

Sodium values are listed beside each menu item. Breads and desserts vary so values are not listed.

Meals subject to change without notice - \$3 donation requested.

We look forward to having you join us!