



Lexington Senior Center Menu February 2020

RESERVATION SYSTEM: Please call 781-325-1613 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	
3.	Sodium	5.	Sodium	7.	Sodium
Spinach, Mushroom, and Feta Stuffed Chicken with Tomato Sauce	330	New England Pot Roast	470	Red Lentil Dahl	350
Baked Sweet Potato	75	Oven Roasted Potatoes	40	Basmati Rice	65
Spinach	90	Roasted Butternut Squash	150	Collard Greens with Tomato and Onion	190
Fruit of the Day		Cookies		Fruit of the Day	
10.	Sodium	12.	Sodium	14.	Sodium
Chicken, Roasted with Pan Gravy	220	Braised Beef Cheeks	330	Arctic Char	350
Yukon Gold Potatoes	85	Buttered Noodles	190	Herbed Risotto	140
Broccoli	60	Glazed Carrots	80	Baked Tomato	50
Fruit of the Day		Fruit of the Day		Brownie	
17.	Sodium	19.	Sodium	21.	Sodium
Presidents' Day Holiday		Herb and Tamarind Crusted Trout	160	Tuscan Lamb Shank	770
No Meals Served		Brown Rice with Chives	55	Wild Rice Pilaf	270
		Roasted Brussels Sprouts	45	Steamed Swiss Chard	210
		Peaches		Fruit of the Day	
24.	Sodium	26.	Sodium	28.	Sodium
Braised Brisket with Plum and Star Anise	200	Poached Salmon with Yogurt Dill Sauce	80	Eggplant, Mushroom, and Carrot Lasagna	430
Mashed Sweet Potato	95	Steamed Baby Potatoes	5	Tossed Salad	20
Steamed Broccoli	30	Roasted Vegetables	60	Fruit of the Day	
Brownie		Apricots			

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!