




## Lexington Senior Center Menu July 2018

**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	
<b>2.</b>	<b>Sodium</b>	<b>4.</b>		<b>6..</b>	<b>Sodium</b>
Vegetable Lasagna	470	<b>HOLIDAY</b> <b>NO MEALS SERVED</b> 		Marinated Swordfish	125
Tossed Salad	20			Brown Rice	25
Brownie				Broccoli and Cauliflower	35
				Canned Apricots	
<b>9.</b>	<b>Sodium</b>	<b>11.</b>	<b>Sodium</b>	<b>13.</b>	<b>Sodium</b>
Lemon and Herb Roasted Chicken	340	Flounder with Lemon	180	Artichoke and Mushroom Lasagna	490
Baked Sweet Potato	75	Roasted Potato with Caramelized Onions	110	Tossed Salad	20
Roasted Vegetable Medley	90	Spinach with Garlic	230	Grilled Mexican Corn	310
Sliced Peaches		Cookies		Fresh Orange	
<b>16.</b>	<b>Sodium</b>	<b>18.</b>	<b>Sodium</b>	<b>20.</b>	<b>Sodium</b>
Bluefish with Peppers, Olives and Fennel	290	Chicken, Grilled Cuban Mojo Marinated	260	Salisbury Steak with Vegetable Sauce	460
Oven Roasted Potatoes	65	Rice and Beans	300	Carrots with Dill	80
Steamed Green Beans	5	Lemon and Herb Baked Tomato	50	Sour Cream and Chive Mashed Potatoes	350
Canned Apricots		Fresh Oranges		Brownie	
<b>23.</b>	<b>Sodium</b>	<b>25.</b>	<b>Sodium</b>	<b>27.</b>	<b>Sodium</b>
Lentil, Sweet Potato, Chipotle Pepper & Chicken Stew	260	Meatloaf with Mushroom Port Demi-Glace	520	Baked Lemon Scrod	210
Cauliflower au Gratin	320	Mashed Potatoes	100	Vegetarian Fried Rice	290
Brown Rice Pilaf	25	Green Beans	5	Baked Tomato	50
Cookies		Orange		Pineapple Chunks	
<b>30.</b>	<b>Sodium</b>				
Vegetable Lasagna	470				
Tossed Salad	20				
Brownie					

**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!**