



Lexington Senior Center Menu August 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
	1. Sodium	3. Sodium
	Harrissa Lamb Meatballs 380 Sweet Potato Hash 115 Roasted Zucchini 120 Canned Pears	Marinated Swordfish 125 Brown Rice 25 Broccoli and Cauliflower 35 Canned Apricots
6. Sodium	8. Sodium	10. Sodium
Lemon and Herb Roasted Chicken 340 Baked Sweet Potato 75 Roasted Vegetable Medley 90 Sliced Peaches	Flounder with Lemon 180 Roasted Potato with Caramelized Onions 110 Spinach with Garlic 230 Cookies	Artichoke and Mushroom Lasagna 490 Tossed Salad 20 Grilled Mexican Corn 310 Fresh Orange
13. Sodium	15. Sodium	17. Sodium
Bluefish with Peppers, Olives and Fennel 290 Oven Roasted Potatoes 65 Steamed Green Beans 5 Canned Apricots	Chicken, Grilled Cuban Mojo Marinated 260 Rice and Beans 300 Lemon and Herb Baked Tomato 50 Fresh Oranges	Salisbury Steak with Vegetable Sauce 460 Carrots with Dill 80 Sour Cream and Chive Mashed Potatoes 350 Brownie
20. Sodium	22. Sodium	24. Sodium
Lentil, Sweet Potato, Chipotle Pepper and Chicken Stew 260 Cauliflower au Gratin 320 Brown Rice Pilaf 25 Cookies	Meatloaf with Mushroom Port Demi-Glace 520 Mashed Potatoes 100 Green Beans 5 Orange	Baked Lemon Scrod 210 Vegetarian Fried Rice 290 Baked Tomato 50 Pineapple Chunks
27. Sodium	29. Sodium	31. Sodium
Vegetable Lasagna 470 Tossed Salad 20 Brownie	Harrissa Lamb Meatballs 380 Sweet Potato Hash 115 Roasted Zucchini 120 Canned Pears	Marinated Swordfish 125 Brown Rice 25 Broccoli and Cauliflower 35 Canned 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!