




## Lexington Senior Center Menu October 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>1.</b>	<b>Sodium</b>	<b>3.</b>	<b>Sodium</b>	<b>5.</b>	<b>Sodium</b>
Roast Turkey with Gravy	470	Herb and Tamarind Crusted Trout	170	Roasted Chicken with Madeira Gravy	180
Mashed Potatoes	100	Roasted Garlic Red Potatoes	150	Wild Rice Pilaf	280
Roasted Butternut Squash	180	Baked Tomato	50	Swiss Chard	240
Cookies		Fresh Orange		Canned Fruit	
<b>8.</b>	<b>Sodium</b>	<b>10.</b>	<b>Sodium</b>	<b>12.</b>	<b>Sodium</b>
<b>COLUMBUS DAY</b>		Pork Parmigiana	330	Eggplant Lasagna with Mushroom and Carrots	420
<b>NO MEALS SERVED</b>		Brown Rice	25	House Salad	20
		Brussel Sprouts	25	Brownie	
		Fresh Apple			
<b>15.</b>	<b>Sodium</b>	<b>17.</b>	<b>Sodium</b>	<b>19.</b>	<b>Sodium</b>
Sweet & Sour Pork	390	Creamy Tuscan Chicken	310	Salmon with Saffron, Fennel, Basil, and Pomegranate	190
Rice Pilaf with Green Onion	110	Roasted Potatoes	45	Rice and Beans	170
Spinach	90	Sautéed Swiss Chard	240	Corn	50
Fresh Orange		Cookies		Canned Fruit	
<b>22.</b>	<b>Sodium</b>	<b>24.</b>	<b>Sodium</b>	<b>26.</b>	<b>Sodium</b>
Roast Chicken with Pan Gravy	320	Beef Stew	520	Arctic Char with Hot and Sour Slaw	350
Greek Orzo Pilaf	55	Fingerling Potatoes with Chives	5	Herbed Risotto	150
Broccoli	30	Brussel Sprouts	25	Baked Tomato	50
Fresh Orange		Canned Fruit		Brownie	
<b>29.</b>	<b>Sodium</b>	<b>31.</b>	<b>Sodium</b>		
Roast Turkey with Gravy	470	Herb and Tamarind Crusted Trout	170		
Mashed Potatoes	100	Roasted Garlic Red Potatoes	150		
Roasted Butternut Squash	180	Baked Tomato	50		
Cookies		Fresh Orange			

**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!**