



This program is made possible in part by funding from the Executive Office of Elder Affairs.

MONDAY			TUESDAY			WEDNESDAY			THURSDAY			FRIDAY							
3	Carbs	Sod	4	Carbs	Sod	5	Carbs	Sod	6	Carbs	Sod	7	Carbs	Sod					
Shepherd's Pie			Chicken Thigh with			Macaroni & Cheese	41	498	Sliced Roast Pork			Chicken & White Bean							
With Gravy	23	166	Cacciatore Sauce	4	126	Stewed Tomatoes	8	251	With Jardiniere Gravy	6	121	Chili	13	260					
California Veg Blend	6	22	Cavatappi Pasta	22	1	Dinner Roll	15	132	Yukon Gold Potatoes	17	5	Brown Rice	25	4					
Wheat Bread	15	124	Italian Veg Blend	8	41	Dessert of the Day	20	10	Green Peas	13	66	Corn	16	1					
Dessert of the Day	20	75	Italian Bread	15	230	2% Milk	13	125	Multigrain Bread	23	223	Wheat Bread	15	124					
2% Milk	13	125	Dessert of the Day	26	150				Dessert of the Day	21	1	Dessert of the Day	19	5					
			2% Milk	13	125				2% Milk	13	125	2% Milk	13	125					
Cal: 585		77	512	Cal: 680		88	673	Cal: 750		97	1016	Cal: 702		92	541	Cal: 629		101	519
10 HOLIDAY NO MEALS SERVED 			11	Carbs	Sod	12	Carbs	Sod	13	Carbs	Sod	14	Carbs	Sod					
			Meatball Grinder with			Breaded Chicken			Teriyaki Beef	13	455	Broccoli Bake	15	475					
			Marinara Sauce	21	304	Drumstick	5	450	Vegetable Fried Rice	24	24	Home Fries	19	5					
			O'Brien Potatoes	22	34	Orzo Pilaf w/ Spinach	21	57	Stir Fry Veg Blend	4	23	Stewed Tomatoes	8	251					
			Italian Veg Blend	6	12	San Francisco Veg	5	40	Wheat Bread	15	124	Multigrain Bread	22	223					
			Grinder Roll	19	218	Dinner Roll	9	105	Dessert of the Day	25	11	Dessert of the Day	16	85					
			Dessert of the Day	21	1	Dessert of the Day	19	5	2% Milk	13	125	2% Milk	13	125					
2% Milk	13	125	2% Milk	12	125														
Cal: 712		102	694	Cal: 602		71	782	Cal: 809		94	762	Cal: 761		93	1164				
17	Carbs	Sod	18	Carbs	Sod	19	Carbs	Sod	20	Carbs	Sod	21	Carbs	Sod					
Cheese Ravioli			Chicken Breast Patty w/			SPECIAL			Chicken & Rice Bake	21	429	French Meat Pie	19	121					
W/ Meat Sauce	30	380	Honey Mustard Sauce	8	464	Pot Roast w/ Gravy	1	115	Broccoli	5	10	Zucchini & Squash	5	8					
Green Beans	7	3	Seasoned Potato			Sour Cream & Chive			Wheat Bread	15	124	Marble Rye Bread	13	127					
Italian Bread	15	230	Wedges	19	273	Mashed Potatoes	21	89	Dessert of the Day	19	75	Dessert of the Day	19	5					
Dessert of the Day	19	5	Cauliflower	4	14	Carrots	8	64	2% Milk	13	125	2% Milk	13	125					
2% Milk	13	125	Hamburger Bun	22	230	Multigrain Bread	22	223											
			Dessert of the Day	21	1	Dessert of the Day	26	150											
			2% Milk	13	125	Diet Dessert of the Day	13	125											
Cal: 614		84	743	Cal: 661		87	1107	Cal: 786		91	766	Cal: 576		73	763	Cal: 649		69	386
24	Carbs	Sod	25	Carbs	Sod	26	Carbs	Sod	27	Carbs	Sod	28	Carbs	Sod					
Sweet & Sour			Beef Taco	2	161	Breaded Chicken Patty			Sliced Roast Turkey			Potato Pollock	13	273					
Meatballs	13	241	Spanish Rice & Beans	25	154	w/ Mozzarella and			W/ Herb Gravy	2	410	Tartar Sauce	1	100					
White Rice	19	4	Corn	16	1	Marinara Sauce*	20	819	Bread Stuffing	23	316	Sweet Potato Coins	26	36					
Peas & Carrots	10	72	Flour Tortilla	15	220	Bowtie Pasta	22	1	Butternut Squash	7	3	Cauliflower	4	14					
Wheat Bread	15	124	Dessert of the Day	19	5	Italian Veg Blend	8	41	Rye Bread	13	150	Wheat Bread	15	124					
Dessert of the Day	19	5	2% Milk	13	125	Dinner Roll	9	105	Dessert of the Day	19	5	Dessert of the Day	20	147					
2% Milk	13	125				Dessert of the Day	19	75	2% Milk	13	125	Diet Dessert of the Day							
						2% Milk	13	125				2% Milk	13	125					
Cal: 664		89	571	Cal: 737		90	666	Cal: 740		91	1166	Cal: 654		77	1009	Cal: 791		92	819
31	Carbs	Sod				For weather emergencies and cancellations, please check Fox 25 TV station.			Entrees that contain more than 500mg sodium are designated by an *										
Cheese Omelet w/																			
Cheese Sauce	6	421																	
Sausage Patty	0	130																	
O'Brien Potatoes	22	34																	
Spinach	5	109																	
Wheat Bread	15	124																	
Dessert of the Day	19	5																	
2% Milk	13	125																	
Cal: 737		28	948																
For Congregate Meals, please call the number for your mealsite to register:												To CANCEL Meals on Wheels or for QUESTIONS about your meal plan, call:							
Acton:	781-221-7098			Lexington:	781-325-1613			781.221.7083 Call the day before by 11AM to make a change. Do not call your local meal site.											
Arlington Sr Ctr.:	781-221-7099			Littleton:	781-325-7879														
Arlington Heights:	781-221-7081			Stow:	781-221-7048														
Burlington:	781-221-7094			Woburn:	781-221-7084														
Harvard:	978-456-4120																		

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

Menu subject to change without notice.