

SENIOR LUNCH MENU

A confidential, voluntary donation of \$2 per meal is suggested.
 Guests under 60 are welcome to join us for lunch at a cost of \$3.50.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>1 There will be no lunch served today in observance of Labor Day.</p>	<p>2 HQT: Macaroni & cheese** served with a tomato half. COLD: Roast beef and Swiss cheese sandwich served with pesto pasta salad and carrot pineapple salad. Tropical mixed fruit for dessert.</p>	<p>3 LABOR DAY SPECIAL Cream of sweet potato soup. BBQ pulled pork served with collard greens and corn pudding. Plum for dessert.</p>	<p>4 Kale pasta soup. HQT: Greek chicken served with orzo pilaf and Italian green beans. COLD: Seafood salad sandwich served with potato salad and spinach and mandarin orange salad with dressing. Tapioca pudding with whipped topping for dessert.</p>	<p>5 Minestrone soup. HQT: Fish with broccoli cheese sauce served with brown rice with herbs and zucchini and carrots. COLD: Egg salad sandwich served with tossed garden salad with the Italian dressing and pasta salad. Applesauce for dessert.</p>
<p>8 Mushroom barley soup. HQT: Turkey divan served with creamy polenta and fiesta blend vegetables. COLD: Seafood salad sandwich served with cole slaw and pasta salad with cheese. Tropical mixed fruit for dessert.</p>	<p>9 HQT: Tortellini with marina sauce served with riviera vegetable blend. COLD: Turkey and Swiss cheese sandwich served with English pea salad and caesar salad with caesar dressing. Fruit loaf for dessert.</p>	<p>10 Florentine soup. HQT: Sweet potato crusted fish served with herbed brown rice and zucchini and cauliflower. COLD: California chicken salad served with corn salad, garden salad and lite Italian dressing. Ice cream for dessert.</p>	<p>11 Vegetable soup. HQT: Baked chicken served with gravy, butternut squash, chickpeas and spinach. COLD: Vegetarian chef's salad served with lite Italian dressing and summer potato salad. Fresh fruit for dessert.</p>	<p>12 HQT: Spinach and red pepper quiche served with Tuscan blend vegetables and lyonnaise potatoes. COLD: Roast beef and cheddar cheese sandwich served with garden shell pasta salad and tomato zucchini salad. Peaches for dessert.</p>
<p>15 Italian garden vegetable soup. HQT: Chicken with creamy Italian sauce served with Italian roasted potatoes and zucchini. COLD: Egg salad sandwich (V) served with to mein pasta salad and purple cabbage cole slaw. Fresh fruit for dessert.</p>	<p>16 Cream of carrot soup. HQT: Salmon with dill sauce served with rice pilaf with brown orzo and broccoli. COLD: Ham and Swiss cheese sandwich** served with spinach mandarin orange salad and pasta salad. Chef's choice for dessert.</p>	<p>17 HQT: Hot dog ** served with baked beans and cole slaw. COLD: Tuna salad sandwich served with macaroni salad, broccoli slaw and lite Italian dressing. Mixed fruit for dessert.</p>	<p>18 Pea soup. HQT: Stuffed pepper served with creamy Parmesan polenta and collard greens with onions. COLD: Turkey deluxe sandwich served with English pea salad and cauliflower carrot salad. Peaches for dessert.</p>	<p>19 HQT: Lentil stew (V) served with garden salad, lite Italian dressing, and eggplant with tomato and basil. COLD: Chicken pesto caesar salad served with pesto caesar dressing and tri-color pasta salad. Vanilla pudding with whipped topping for dessert.</p>
<p>22 Tomato basil soup. HQT: Beef stroganoff over buttered noodles served with green cabbage. COLD: California chicken salad sandwich served with three bean salad and carrot pineapple salad. Ambrosia for dessert.</p>	<p>23 HQT: BBQ chicken served with chuckwagon corn and kale. COLD: Seafood salad sandwich served with Italian pasta salad and riviera salad. Pears for dessert.</p>	<p>24 Clam chowder. HQT: Salmon boat with lemon pepper sauce served with herbed brown rice and green beans. COLD: Chef salad with ham served with lite Italian dressing and potato salad. Applesauce for dessert.</p>	<p>25 HQT: Roasted turkey with gravy served with cranberry sauce, mashed potatoes and mixed vegetables. COLD: Cottage cheese and fruit plate (V) served with macaroni salad. Birthday cake for dessert.</p>	<p>26 Italian ditallini soup. HQT: Stuffed shells served with one meatball and spinach. COLD: Turkey and Swiss cheese sandwich served with orzo vegetable salad, tossed garden salad with lite Italian dressing. Fresh fruit for dessert.</p>
<p>29 Broccoli cheese soup. HQT: Chicken marsala served with rice pilaf browned orzo, zucchini red pepper. COLD: Tuna salad sandwich served with rice, broccoli, cheese salad and beet salad. Chocolate pudding with whipped topping for dessert.</p>	<p>30 HQT: Meatloaf served with green beans and whipped sweet potatoes. COLD: Chicken salad sandwich served with orzo vegetable salad and cole slaw. Tropical mixed fruit for dessert.</p>	<p>TAKE YOUR PICK: Each day, you may choose a hot lunch or a cold lunch.</p>		

**Indicates a high-sodium meal. V Indicates a vegetarian item.
 Menu is subject to change without notice. Menus also available on www.mvcs.org.

NOTE: We prefer that you make a reservation for lunch by talking to the meal site coordinator at least one day in advance, or you may call 781-324-7705 ext. 300.

SEPTEMBER 2014



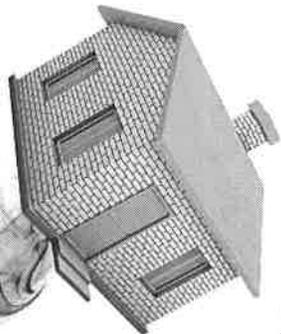
ABOUT YOUR MEAL

Every meal provides 700-800 calories and 1/3 of the **Dietary Reference Intake** of significant vitamins and minerals.

Your meal has no salt added and no more than 1,300 milligrams of sodium. The exceptions are meals marked with a double asterisk that are high sodium and have over 1,300 milligrams of sodium.

Most meals come with bread or a roll and margarine. Both the hot and cold meals include a dessert and 8oz of 1% milk, and some days also include a nutritious soup.

Meals include more ingredients than those listed on the menu. If you have any **allergies or food intolerances**, please inform the meal site coordinator.



You just never know when an emergency may strike

Emergencies and disasters can strike quickly and without warning. You may have to evacuate your neighborhood or be confined to your home. What would you do if your basic services—water, gas, electricity or communications—were cut off? In extreme situations, local officials and relief workers may not be able to reach everyone right away.

The best way to protect yourself and cope with disaster is to *plan ahead*. Even those of us with physical limitations or sparse resources can safeguard our wellbeing by thinking about emergencies in advance.

Three Steps to Being Prepared

1. **Get a kit:** Assemble enough supplies for at least 3 days. Include bottled water, non-perishable food, a flashlight, batteries, medications, emergency contact information, medical information, clothing, pet supplies, a manual can opener, cash, and an extra set of keys
2. **Make a plan:** Discuss your needs with your family, friends, and/or neighbors. If you participate in home care services, discuss your needs with your care manager. Have an evacuation plan in place. Determine what you will do about your medical and transportation needs. Pack your emergency bag. Have your emergency contact information readily available. Have a current list of your medications. Plan for your pet's needs. Know where your local emergency shelter is located in case of evacuation, and have a flashlight on hand.
3. **Be informed:** Make sure you know how local authorities will warn you of a pending or current disaster situation and how they will provide information to you before, during, and after a disaster.

2014 MEDICARE OPEN ENROLLMENT IS COMING!

October 15 to December 7

Open enrollment dates

781-388-4845

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on your Medicare and health insurance options?**

*This is our busiest time of year,
so call early for an appointment!*