

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>TAKE YOUR PICK: Each day, you may choose a hot lunch or a cold lunch.</p> <p>**Indicates a high-sodium meal. V Indicates a vegetarian item.</p> <p>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. Menu subject to change without notice. Menu also available online: www.mvcs.org</p>	<p>1 HOT: Macaroni & cheese** served with a baked tomato half. COLD: Roast beef and American cheese sandwich served with potato salad and tomato red pepper salad. Fresh fruit for dessert.</p>	<p>2 Vegetable soup. HOT: Haddock with butter crumb topping in lemon sauce served with mashed potatoes and dill carrots. COLD: Mediterranean Tortellini salad served with caesar salad with caesar dressing. Mandarin oranges for dessert.</p>	<p>3 Chicken noodle soup. HOT: Broccoli mushroom quiche (V) served with Lyonnaise potatoes and a tossed garden salad with the Italian dressing. COLD: Turkey deluxe** sandwich served with summer squash salad and balsamic vinaigrette pasta salad. Chocolate chip cookie for dessert.</p>	
<p>6 Minestrone soup. HOT: Turkey tetrazzini served with broccoli. COLD: Egg salad sandwich (V) served with Greek pasta salad and summer squash salad. Pineapple for dessert.</p>	<p>7 AUTUMN SPECIAL HOT: Bratwurst** served with hot German potato salad and braised red cabbage. COLD: Chicken pesto caesar salad served with the Italian dressing and tri-color pasta salad. Apple strudel for dessert.</p>	<p>8 Beef barley soup. HOT: Sweet potato fish fillet served with whipped sweet potatoes, green beans and wax beans. COLD: Roast beef and cheddar cheese sandwich served with rice salad, spinach and mandarin orange salad with the Italian dressing. Tropical mixed fruit for dessert.</p>	<p>9 Split pea soup. HOT: Pot roast served with potatoes, roasted turnips and winter squash. COLD: Seafood salad sandwich served with tossed garden salad with the Italian dressing and summer potato salad. Vanilla pudding with whipped topping for dessert.</p>	<p>10 HOT: Tortellini with marinara sauce served with peas and carrots. COLD: Turkey and Swiss cheese sandwich served with corn salad and broccoli slaw. Fresh fruit for dessert.</p>
<p>13 There will be no lunch in observance of Columbus Day</p>	<p>14 Chicken rice soup. HOT: Beef burgundy served with mashed potatoes and jardiniere vegetable blend. COLD: BBQ chicken served with mozzarella cheese, red onion, English pea salad and roman blend salad. Mandarin oranges for dessert.</p>	<p>15 Vegetable soup. HOT: Chicken paprika served with red roasted potatoes and cauliflower. COLD: Egg salad sandwich (V) served with macaroni salad and summer squash salad. Peas for dessert.</p>	<p>16 Clam chowder. HOT: Salmon fillet served with peas with onions and whipped sweet potatoes. COLD: Ham chef salad with the Italian dressing served with potato salad. Ambrosia for dessert.</p>	<p>17 HOT: Lentil stew served with spinach and mushrooms and a tossed garden salad with the Italian dressing. COLD: Roast beef and cheddar cheese sandwich served with lo mein pasta salad and cole slaw. Birthday cake for dessert.</p>
<p>20 Beef and vegetable soup. HOT: Ginger chicken served with oriental blend vegetables and herbed brown rice. COLD: Tuna salad sandwich served with cauliflower carrot salad and garden shell pasta salad. Fresh fruit for dessert.</p>	<p>21 Italian garden vegetable soup. HOT: Veggie burger with cheddar cheese served with roasted red potatoes, tossed garden salad with the Italian dressing. COLD: Turkey and cheddar cheese sandwich served with broccoli slaw, rice salad with tomato and black olives. Peas for dessert.</p>	<p>22 HOT: American chop suey served with kale. COLD: Egg salad sandwich (V) served with balsamic vinaigrette pasta and cole slaw. Peaches for dessert.</p>	<p>23 HOT: Stuffed shells with tomato sauce served with a meatball, riviera vegetable blend and caesar salad with caesar dressing. COLD: Turkey ham and Provolone sandwich** served with summer potato salad and tomato zucchini salad. Brownie for dessert.</p>	<p>24 Seafood chowder. HOT: Fish with creole sauce served with sweet potato wedges and broccoli. COLD: Breaded chicken patty sandwich served with pasta salad with cheese and cucumber dill salad. Tapioca pudding for dessert.</p>
<p>27 Chicken vegetable soup. HOT: Roast pork with honey mustard sauce served with a baked potato, sour cream and collard greens. COLD: Seafood salad sandwich served with tomato red pepper salad and summer potato salad. Chocolate pudding for dessert.</p>	<p>28 Vegetable soup. HOT: Chicken parmesan with mozzarella cheese served with penne pasta, tomato sauce, and broccoli with cauliflower. COLD: Turkey and American cheese sandwich served with tossed garden salad with the Italian dressing and corn salad. Fresh fruit for dessert.</p>	<p>29 HOT: Hot dog ** served with baked beans and cole slaw. COLD: Roast beef and cheddar cheese sandwich served with pasta vegetable salad and riviera salad. Mixed fruit for dessert.</p>	<p>30 Split pea soup. HOT: Meatball sub served with corn and a tossed garden salad with the Italian dressing. COLD: Chicken salad sandwich served with spinach mandarin orange salad with the Italian dressing and garden shell pasta salad. Pineapples for dessert.</p>	<p>31 HOT: Turkey a la king over egg noodles served with brussels sprouts. COLD: Mediterranean tortellini salad with caesar salad and caesar dressing. Pumpkin cake with whipped topping for dessert.</p>



JOIN US FOR LUNCH

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.

Belly Full OF LAUGHS

Featuring comedians Michael Coleman & Paul Gilligan!

JANUARY 24, 2015

Join us for a night of comedy at Anthony's in Malden to Benefit Meals on Wheels. Admission \$45. To purchase tickets: 781-324-7705 or development@mves.org.

GET THE HEALTH CARE COVERAGE

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