

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
TAKE YOUR PICK: Each day, you may choose a hot lunch or a cold lunch.				
** indicates a high-sodium meal. V indicates vegetarian entree. 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. <i>Menu subject to change without notice.</i> <i>Menus also available online: www.mnec.org.</i>				
5 Clam chowder. HOT: Sweet potato crusted fish served with herbed brown rice and dill carrots. COLD: Egg salad sandwich served with cole slaw and pasta salad with cheese. Fresh fruit for dessert.	6 HOT: Macaroni and cheese (V)** served with stewed tomatoes. COLD: Seafood salad sandwich served with potato salad and carrot pineapple salad. Tropical mixed fruit for dessert.	WINTER SPECIAL		
12 Vegetable soup. HOT: Chicken served with creamy Italian sauce, Italian roasted potatoes, and zucchini. COLD: Ham and swiss cheese sandwich** served with macaroni salad and broccoli slaw. Fresh fruit for dessert.	13 Seafood chowder. HOT: Salmon with dill sauce served with rice pilaf and green beans. COLD: Turkey deluxe** served with English pea salad and cauliflower carrot salad. Birthday cake for dessert.	7 Vegetable soup. Italian pot roast served with cheddar mashed potatoes, broccoli, and a garlic dinner roll. Strudel for dessert.	14 HOT: Hot dog ** served with baked beans and cole slaw. COLD: Egg salad sandwich served with lo mein pasta salad and zucchini with tomato salad. Mixed fruit for dessert.	8 Tomato basil soup. HOT: Baked chicken served with butternut squash and peas. COLD: Vegetarian chef's salad (V) served with lite Italian dressing and potato salad. Ice cream for dessert.
There will be no lunch served today in observance of Dr. Martin Luther King Day.				
19 Minestrone soup. HOT: Cranberry chicken served with mashed potatoes, spinach and mushrooms. COLD: Seafood salad sandwich served with riviera salad and lo mein pasta salad. Peaches for dessert.	20 Chicken noodle soup. HOT: Roast pork served with baked potato, sour cream and Tuscan blend vegetables. COLD: California chicken salad sandwich served with three bean salad and carrot pineapple salad. Fruit loaf for dessert.	1 Mushroom barley soup. HOT: Spinach and red pepper quiche served with green beans and lyonnaise potatoes. COLD: Roast beef and provolone cheese served with garden shell pasta salad and tomato broccoli salad. Peaches for dessert.	15 Split pea soup. HOT: Turkey tetrazini served with broccoli and cauliflower. COLD: Chicken pesto caesar salad served with lite Italian dressing and tri-color pasta salad. Vanilla pudding with whipped topping for dessert.	2 There will be no lunch today. Pleasant Street Center Closed
26 Broccoli cheese soup. HOT: Chicken marsala served with rice pilaf and zucchini with red peppers. COLD: Tuna salad sandwich served with a rice, broccoli, cheese salad and beet salad. Fresh fruit for dessert.	27 Corn chowder. HOT: Meatloaf served with green beans and whipped sweet potatoes. COLD: Egg salad sandwich served with caesar salad with caesar dressing and macaroni salad. Tropical mixed fruit for dessert.	28 HOT: Lentil stew served with a garden salad and lite Italian dressing, with spinach and mushrooms. COLD: Roast beef and American cheese sandwich served with potato salad and tomato red pepper salad. Chocolate pudding with whipped topping for dessert.	22 Vegetable soup. HOT: Seafood Alfredo served with bowtie pasta and zucchini and carrots. COLD: Roast beef and American cheese sandwich served with potato salad, zucchini and tomato salad. Fresh fruit for dessert.	9 Italian garden vegetable soup. HOT: Stuffed shells served with broccoli. COLD: Chef salad with ham served with lite Italian dressing and macaroni salad. Aplesauce for dessert.
29 Vegetable soup. HOT: American chop suey served with broccoli and cauliflower. COLD: Turkey deluxe** served with carrot pineapple salad and English pea salad. Strawberry gelatin with whipped topping for dessert.	30 Vegetable soup. HOT: American chop suey served with broccoli and cauliflower. COLD: Turkey deluxe** served with carrot pineapple salad and English pea salad. Strawberry gelatin with whipped topping for dessert.	3 Italian garden vegetable soup. HOT: Stuffed shells served with broccoli. COLD: Chef salad with ham served with lite Italian dressing and macaroni salad. Aplesauce for dessert.	16 Split pea soup. HOT: Turkey tetrazini served with broccoli and cauliflower. COLD: Chicken pesto caesar salad served with lite Italian dressing and tri-color pasta salad. Vanilla pudding with whipped topping for dessert.	10 There will be no lunch today. Pleasant Street Center Closed



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.

FOOD SAFETY: *What to do when you lose power*

Your Refrigerator

In general: Always keep meat, poultry, fish and eggs refrigerated at or below 40 degrees.

When you've lost power:

- Keep the door closed.
- Food will be safe for 4 hours if the door is unopened.

Your Freezer

When you've lost power:

- A full freezer is safe for 48 hours if the door is unopened.
- A half-empty freezer is safe for 24 hours if the door is unopened. (If a storm is coming and you think you might lose power, consider filling large resealable bags with water and putting them in your freezer. This will ensure that you have fresh water if a pipe bursts, and the added ice will keep the other food items in your freezer frozen for longer.)

When the food is still good: If foods still contain ice crystals and/or if the freezer is 40 F or below and has been at that temperature no longer than one to two days, food should still be safe. These foods can be refrozen or cooked.

When the food has become unsafe: Discard any perishable food that has been stored at temperatures above 40 F for two or more hours. **Never taste food to determine if it is safe.** Some foods may appear to be fine, but may contain harmful or toxic bacteria, which can be tasteless or odorless.

WORD TO THE WISE: Do not put perishable foods outside in the winter. The sun may cause frozen foods to defrost and refrigerated foods to get too warm.



Shelf-stable foods to keep on-hand during storm season:

Water and juice
 Canned tuna or chicken
 Non-fat dry milk
 Canned stew, soups, & vegetables
 Dried fruit
 Peanut butter
 Trail mix
 Crackers
 Jelly
 Dry cereals