

# 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><b>TAKE YOUR PICK: Each day, you may choose a hot lunch or a cold lunch.</b></p>				
<p><b>** indicates a high-sodium meal.</b> <b>V indicates vegetarian entree.</b> <b>NOTE:</b> 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. www.mses.org</i></p>				
<p><b>5</b> Escarole and bean soup. HOT: Roasted turkey served with broccoli and mashed potatoes. COLD: Turkey and Swiss cheese sandwich served with zucchini salad and orzo vegetable salad. Fresh fruit for dessert.</p>	<p><b>6</b> <b>AUTUMN SPECIAL</b> Vegetable soup. Broccoli and cheese stuffed chicken breast served with honey glazed carrots, parsnips and wild rice. Cranberry bread pudding for dessert.</p>	<p><b>7</b> HOT: Hot dog ** served with baked beans and broccoli slaw. COLD: Egg salad sandwich served with orzo vegetable salad, spinach and mandarin orange salad. Pineapples for dessert.</p>	<p><b>8</b> Cream of mushroom soup. HOT: Creole fish served with rice, beans, collard greens and onions. COLD: Turkey deluxe** served with carrot pineapple salad and English pea salad. Lemon pudding with whipped topping for dessert.</p>	<p><b>9</b> HOT: Lentil stew (V) served with herbed brown rice, roasted root vegetables and a tossed garden salad with lite Italian dressing. COLD: Garden salad with chicken breast served with lite ranch dressing and potato salad. Cinnamon applesauce for dessert.</p>
<p><b>There will be no lunch served today in observance of Columbus Day.</b></p>				
<p><b>12</b> HOT: Spinach and red pepper frittata (V) served with red bliss potatoes and green beans. COLD: Roast beef and American cheese sandwich served with root vegetable salad and garden shell pasta salad. Apple cinnamon muffin for dessert.</p>	<p><b>13</b> Chicken and wild rice soup. HOT: Meatloaf served with fresh cauliflower and whipped sweet potatoes. COLD: Oriental chicken salad served with potato salad, tossed garden salad with lite Italian dressing. Chocolate pudding with whipped topping for dessert.</p>	<p><b>14</b> Corn chowder. HOT: Chicken ginger served with brown rice, spinach and chickpeas. COLD: Seafood salad sandwich served with corn and cole slaw. Pears for dessert.</p>	<p><b>15</b> Beef vegetable soup. HOT: Tortellini (V) with marinara sauce served with broccoli. COLD: Chicken salad served with orzo vegetable salad and broccoli slaw. Fresh fruit for dessert.</p>	<p><b>16</b> Split pea soup. HOT: Chicken marsala served with mashed potatoes and broccoli. COLD: Mediterranean tortellini (V) salad served with cauliflower carrot salad. Pineapple for dessert.</p>
<p><b>19</b> Mushroom barley soup. HOT: American chop suey served with cauliflower. COLD: Egg salad (V) sandwich served with southwestern bean salad and summer squash salad. Fresh fruit for dessert.</p>	<p><b>20</b> Clam chowder. HOT: Salmon filet with lemon pepper sauce served with roasted potatoes and braised red cabbage. COLD: Chicken pesto caesar salad served with tri-color pasta salad. Tapioca pudding for dessert.</p>	<p><b>21</b> HOT: Lasagna (V) served with Italian green beans and a garden salad. COLD: Seafood salad sandwich served with English pea salad and roman blend salad. Tropical mixed fruit for dessert.</p>	<p><b>22</b> HOT: White bean and kale stew (V) served with herbed brown rice, tossed salad with lite Italian dressing. COLD: Roast beef and cheddar cheese sandwich served with pesto pasta salad and rivera salad. Birthday cake for dessert.</p>	<p><b>23</b> HOT: Broccoli and mushroom quiche (V) served with red bliss potatoes and Italian green beans. COLD: Roast beef and Swiss cheese sandwich served with balsamic vinaigrette pasta salad and broccoli slaw. Pumpkin cake with whipped topping for dessert.</p>
<p><b>26</b> Spinach and mixed bean soup. HOT: Roast pork with apple glaze served with butternut squash and cauliflower. COLD: Egg salad (V) sandwich served with roman blend salad and garden shell pasta salad. Butterscotch pudding with whipped topping for dessert.</p>	<p><b>27</b> HOT: Macaroni and cheese** (V) served with broccoli. COLD: Curry chicken salad sandwich served with potato salad and cauliflower carrot. Fresh fruit for dessert.</p>	<p><b>28</b> Seafood chowder. HOT: Fish sticks served with tartar sauce, sweet potato wedges, and peas, onions with parsley. COLD: Turkey and Swiss cheese sandwich served with three bean salad and cole slaw. Pineapple for dessert.</p>	<p><b>29</b> Broccoli cheese soup. HOT: Chicken with honey mustard sauce served with mashed potatoes and feta blend. COLD: Vegetarian chef salad (V) served with lite Italian dressing and macaroni salad. Pears for dessert.</p>	<p><b>30</b> Cream of carrot soup. HOT: Potato fish filet served with brown herbed rice and ratatouille COLD: Chicken salad sandwich served with carrot pineapple salad and a mixed bean salad. Applesauce for dessert.</p>



## 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.

# Bellyful OFF LAUGHS

## JANUARY 23, 2016

Save the date for our seventh annual night of comedy to benefit Meals on Wheels.

To learn more or to purchase tickets or sponsorships for either of these events, visit [mves.org](http://mves.org) or call 781-324-7705.

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so call early for an appointment!*

