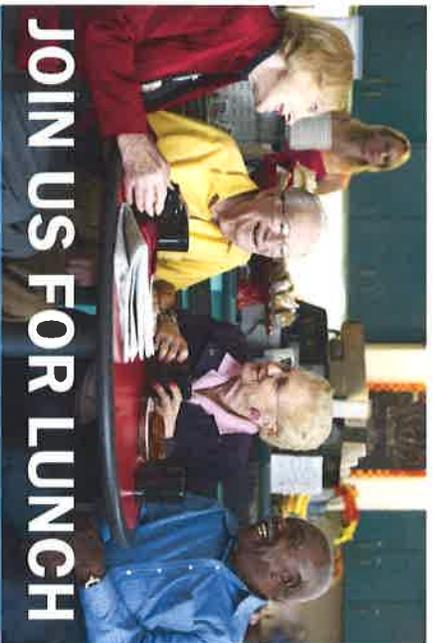


# SENIOR LUNCH MENU

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>2</b> HOT: Beef stew served with kale.<br/>COLD: Mediterranean tortellini salad (V) served with summer squash salad.<br/>Chocolate pudding with whipped topping for dessert.</p>  | <p><b>3</b> Beef vegetable soup.<br/>HOT: Tortellini with pesto cream sauce (V) served with Tuscan blend vegetables.<br/>COLD: Tuna salad sandwich served with potato salad and carrot pineapple salad.<br/>Fruit loaf for dessert.</p>                        | <p><b>4</b> Pea soup.<br/>HOT: Chicken marsala served with buttered pasta and green beans.<br/>COLD: Egg salad sandwich served with garden shell pasta salad, tossed garden salad with lite Italian dressing.<br/>Pineapple for dessert.</p>                            | <p><b>5</b> Seafood chowder.<br/>HOT: Salsa baked fish served with herbbed brown rice and collard greens.<br/>COLD: Roast beef and Swiss cheese sandwich served with three bean salad and broccoli tomato salad.<br/>Fresh fruit for dessert.</p> | <p><b>6</b> HOT: Cheese, mushroom and onion omelet (V) served with roasted potatoes and orange juice.<br/>COLD: Garden salad with chicken breast served with Greek pasta salad and lite ranch dressing.<br/>Mixed fruit for dessert.</p> |
| <p><b>9</b> Mushroom barley soup.<br/>HOT: Salmon filet served with dill sauce, whipped potatoes and green beans.<br/>COLD: Roast beef and Swiss cheese sandwich served with orzo vegetable salad and carrot salad.<br/>Tropical mixed fruit for dessert.</p>   | <p><b>10</b> HOT: Lasagna (V) served with a tossed garden salad and spinach.<br/>COLD: Ham** and Swiss cheese sandwich served with cole slaw and summer potato salad.<br/>Sherbet for dessert.</p>   | <p><b>11</b> <b>IN OBSERVANCE OF VETERANS' DAY, NO LUNCH WILL BE SERVED TODAY</b></p>   | <p><b>12</b> Vegetable beef soup.<br/>HOT: Greek chicken served with zucchini and couscous with vegetables.<br/>COLD: Egg salad sandwich served with potato salad and summer squash salad.<br/>Cinnamon applesauce for dessert.</p>               | <p><b>13</b> Tomato soup.<br/>HOT: Meatloaf served with fiesta blend vegetables and rice.<br/>COLD: Tuna salad sandwich served with English pea salad, and a spinach mandarin orange salad.<br/>Fresh fruit for dessert.</p>             |
| <p><b>16</b> Beef and bean soup.<br/>HOT: Honey mustard chicken served with red bliss potatoes and zucchini with red peppers.<br/>COLD: Roast beef and Provone cheese sandwich served with balsamic vinaigrette pasta salad and three bean salad.<br/>Lemon pudding with whipped topping for dessert.</p> | <p><b>17</b> Tomato basil soup.<br/>HOT: Fish Florentine served with whipped sweet potatoes and an Oriental vegetable blend.<br/>COLD: Turkey deluxe** sandwich served with summer potato salad and cauliflower carrot salad.<br/>Diced pears for dessert.</p> | <p><b>18</b> HOT: Stuffed pepper served with Italian green beans and cream Parmesan polenta.<br/>COLD: Curry chicken salad sandwich served with garden shell pasta salad and a tossed garden salad with lite Italian dressing.<br/>Cinnamon applesauce for dessert.</p> | <p><b>19</b> <b>THANKSGIVING SPECIAL</b><br/>Turkey served with cornbread stuffing, whipped potatoes with chives, broccoli, cranberry sauce, and hot apple cider.<br/>Pumpkin pie with whipped topping for dessert.</p>                           | <p><b>20</b> HOT: Hot dog*** served with baked beans and cole slaw.<br/>COLD: Seafood salad sandwich served with broccoli tomato salad and corn salad.<br/>Fresh fruit for dessert.</p>  |
| <p><b>23</b> HOT: Lentil stew served with broccoli and herbed brown rice.<br/>COLD: Egg salad sandwich served with English pea salad and summer squash salad.<br/>Birthday cake for dessert.</p>  | <p><b>24</b> Minestrone soup.<br/>HOT: Sweet potato fish filet served with red bliss potatoes and kale.<br/>COLD: Roast beef and Swiss cheese sandwich served with summer potato salad and cole slaw.<br/>Fruit flavored yogurt for dessert.</p>               | <p><b>25</b> Pea soup.<br/>HOT: Chicken with creamy Italian sauce served with orzo pilaf and roasted root vegetables.<br/>COLD: Chef salad with turkey served with pasta vegetable salad and lite Italian dressing.<br/>Fresh fruit for dessert.</p>                    | <p><b>26</b> <b>IN OBSERVANCE OF THANKSGIVING DAY, NO LUNCH WILL BE SERVED TODAY</b></p>  | <p><b>27</b> Chicken salad sandwich served with Roman blend salad and lo mein pasta salad.<br/>Applesauce for dessert.</p>   |
| <p><b>30</b> Italian garden vegetable soup.<br/>HOT: Stuffed shells (V) served with Tuscan blend vegetables.<br/>COLD: Roast beef and Swiss cheese sandwich served with root vegetable salad and cole slaw.<br/>Mixed fruit for dessert.</p>  | <p><b>TAKE YOUR PICK: Each day, you may choose a hot lunch or a cold lunch.</b></p>  |   |   |  |
| <p><b>30</b> Italian garden vegetable soup.<br/>HOT: Stuffed shells (V) served with Tuscan blend vegetables.<br/>COLD: Roast beef and Swiss cheese sandwich served with root vegetable salad and cole slaw.<br/>Mixed fruit for dessert.</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](http://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.



## 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.

## FACT: Veggies make great dinner guests

Invite a vegetable into your meal using some of the quick tips below:

- **Serve raw veggies** at each meal. Think carrot sticks, celery sticks, cucumber slices, pepper strips, cherry tomatoes, sugar snap peas. Crunch!
- **Make it easy on yourself** by using prepared veggies, such as prewashed spinach, peeled butternut squash, and bagged salads.
- **Veggies are all-day companions**, delicious for breakfast and lunch. Scrambled eggs with sautéed veggies, last night's veggies for lunch, a sandwich or pita packed with colors.
- **Make it a goal:** once a week have an entrée salad



- **Slip veggies to spaghetti sauce.** Open the pot for shredded or pureed zucchini, green beans, peas, corn, peppers, mushrooms, or yellow squash.
- **Ordering a pizza?** Load it up with broccoli, mushrooms, peppers, or eggplant.
- **Blend veggies and toss them into soups.** Not just potatoes and carrots, either: consider squash, cauliflower, broccoli, or even hearty greens such as kale or arugula.
- **Wrap your veggies in a plastic bag** and place them on the top shelf of your refrigerator so they can entice you each time you open the door.
- **Ditch chicken or beef broth** and use a low sodium vegetable juice as a soup base.
- **Add chopped yellow squash or zucchini to store-bought salsa**, then scoop that salsa onto baked sweet potatoes, rice, chicken breasts, sandwiches, eggs, or mashed cauliflower.
- **Shred or grate fruits and vegetables** and add them to turkey burgers, meadof, or meatballs for extra nutrients.
- **Forget the bread** and make your next sandwich with a lettuce wrap, using two or three large leafy greens and add your fixings.

## MEDICARE OPEN ENROLLMENT IS HAPPENING NOW...

But it ends December 7, 2015!

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**Ravioli Vegetable Soup**  
 2 c. low sodium broth (chicken, beef or vegetable)  
 1/2 c. water  
 8-10 frozen ravioli  
 1/2 c. mixed frozen veggies  
 1 Tbsp parmesan cheese  
 Paprika, onion powder, pepper, thyme for flavor

Heat broth and water until nearly boiling; add frozen veggies and cook according to package directions. When vegetables are nearly cooked, add spices and herbs to taste. Add ravioli and keep at a near boil for 4-6 minutes, watching for ravioli to float up to the surface. Remove from heat. Sprinkle parmesan cheese on top to serve.