

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

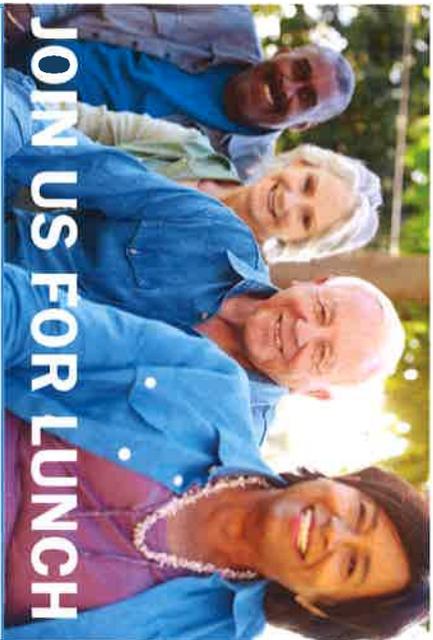
****Indicates a high-sodium meal.
(V) Indicates a vegetarian item.**

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.

<p>Escarole and bean soup. HOT: Lasagna with marinara sauce served with a meatball and spinach with mushrooms. COLD: Seafood salad sandwich served with zucchini salad and orzo vegetable salad. Fresh fruit for dessert.</p>	<p>Cream of mushroom soup. HOT: Creole fish served with rice and beans and collard greens with onions. COLD: Roast beef and American cheese sandwich served with cole slaw and balsamic vinaigrette pasta salad. Chocolate pudding with whipped topping for dessert.</p>	<p>Chicken orzo soup. HOT: Honey mustard chicken served with Italian green beans and butternut squash. COLD: Cottage cheese and fruit plate (V) served with garden shell pasta salad. Chocolate chip cookie for dessert.</p>	<p>Tomato basil soup. HOT: Baked fish with broccoli cheese sauce served with brown rice orzo pilaf and mixed vegetables. COLD: Meatloaf sandwich served with corn salad and cole slaw. Fresh fruit for dessert.</p>	<p>Chickpea vegetable soup. HOT: Chicken with BBQ sauce served with corn, zucchini and red peppers. COLD: Roast beef and Swiss cheese sandwich served with German potato salad, and a chickpeas, cucumber and tomato salad. Ambrosia with whipped topping for dessert.</p>	<p>Tomato basil soup. HOT: Potato fish fillet with lemon sauce served with brown herbed rice, carrots and tartar sauce. COLD: Chef salad with ham and cheddar cheese served with macaroni salad and lite Italian dressing. Applesauce for dessert.</p>
<p>Broccoli and cheese soup. HOT: Turkey served with gravy, mashed potatoes, and zucchini with red peppers. COLD: Mediterranean plate (V) (hummus, cucumber, feta, tomatoes) and Israeli couscous. Butterscotch pudding with whipped topping for dessert.</p>	<p>COLD: Boxed Lunch</p>	<p>Tomato basil soup. HOT: Baked fish with broccoli cheese sauce served with brown rice orzo pilaf and mixed vegetables. COLD: Meatloaf sandwich served with corn salad and cole slaw. Fresh fruit for dessert.</p>	<p>Chickpea vegetable soup. HOT: Chicken with BBQ sauce served with corn, zucchini and red peppers. COLD: Roast beef and Swiss cheese sandwich served with German potato salad, and a chickpeas, cucumber and tomato salad. Ambrosia with whipped topping for dessert.</p>	<p>Tomato basil soup. HOT: Potato fish fillet with lemon sauce served with brown herbed rice, carrots and tartar sauce. COLD: Chef salad with ham and cheddar cheese served with macaroni salad and lite Italian dressing. Applesauce for dessert.</p>	<p>Tomato basil soup. HOT: Potato fish fillet with lemon sauce served with brown herbed rice, carrots and tartar sauce. COLD: Chef salad with ham and cheddar cheese served with macaroni salad and lite Italian dressing. Applesauce for dessert.</p>
<p>Cream of pumpkin soup. HOT: Hamburger on a bun served with roasted potatoes and broccoli. COLD: Mediterranean tortellini salad (V) served with summer squash salad. Mandarin oranges for dessert.</p>	<p>Escarole and bean soup. HOT: Salmon fillet with lemon pepper sauce served with whipped butternut squash, peas and mushrooms. COLD: Roast beef and Cheddar cheese sandwich served with pesto pasta salad and Riviera salad. Tapioca pudding for dessert.</p>	<p>Vegetable chicken soup. HOT: Chicken marsala served with rice pilaf and kale. COLD: Egg salad sandwich (V) served with potato salad and summer squash salad. Peaches for dessert.</p>	<p>Chickpea vegetable soup. HOT: Chicken with honey mustard sauce served with zucchini with red peppers and whipped sweet potatoes. COLD: Vegetarian chef salad (V) served with garden shell pasta salad with lite Italian dressing. Applesauce for dessert.</p>	<p>Vegetable chicken soup. HOT: Chicken marsala served with rice pilaf and kale. COLD: Egg salad sandwich (V) served with potato salad and summer squash salad. Peaches for dessert.</p>	<p>Vegetable chicken soup. HOT: Chicken marsala served with rice pilaf and kale. COLD: Egg salad sandwich (V) served with potato salad and summer squash salad. Peaches for dessert.</p>
<p>Seafood chowder. HOT: Fish Florentine served with mashed potatoes and ratatouille. COLD: Ham and Swiss cheese sandwich served with potato salad and a cauliflower carrot salad. Chocolate pudding with whipped topping for dessert.</p>	<p>HOT: Veggie burger (V) served with Swiss cheese, root vegetables and English pea salad. COLD: Seafood salad sandwich served with a three-bean salad and cole slaw. Pears for dessert.</p>	<p>Mushroom barley soup. HOT: Stuffed shells with tomato sauce served with a meatball and mixed vegetables. COLD: Turkey and Cheddar cheese sandwich served with corn salad and summer squash salad. Watermelon for dessert.</p>	<p>Mushroom barley soup. HOT: Stuffed shells with tomato sauce served with a meatball and mixed vegetables. COLD: Turkey and Cheddar cheese sandwich served with corn salad and summer squash salad. Watermelon for dessert.</p>	<p>Mushroom barley soup. HOT: Stuffed shells with tomato sauce served with a meatball and mixed vegetables. COLD: Turkey and Cheddar cheese sandwich served with corn salad and summer squash salad. Watermelon for dessert.</p>	<p>Mushroom barley soup. HOT: Stuffed shells with tomato sauce served with a meatball and mixed vegetables. COLD: Turkey and Cheddar cheese sandwich served with corn salad and summer squash salad. Watermelon for dessert.</p>
<p>27</p>	<p>28</p>	<p>29</p>	<p>30</p>	<p>1</p>	<p>2</p>
<p>13</p>	<p>14</p>	<p>15</p>	<p>16</p>	<p>17</p>	<p>18</p>
<p>20</p>	<p>21</p>	<p>22</p>	<p>23</p>	<p>24</p>	<p>25</p>
<p>6</p>	<p>7</p>	<p>8</p>	<p>9</p>	<p>10</p>	<p>11</p>

**TAKE YOUR PICK:
EACH DAY, YOU MAY
SELECT FROM A HOT
OR COLD LUNCH**

Menu subject to change without notice. Available also at www.mves.org



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 less than 1,200 mg of sodium per meal. The exceptions are meals marked with a double asterisk that are high sodium and have over 1,200 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.

KNOW THE FACTS

Consuming foods rich in fiber, such as whole grains, as part of a healthy eating plan, reduces the risk of coronary heart disease, reduce constipation, and assist in weight management. The USDA recommends that we consume at least half of our grains as whole grains and limit refined grains such as white bread, cookies, and cakes.

FIND WHOLE GRAINS

Choose foods that name one of the following whole-grain ingredients first on the label's ingredient list:

**brown rice bulgur • graham flour • oatmeal • whole-grain corn
whole oats • whole rye • whole wheat • wild rice**

Look for the Whole Grain Stamp developed by the Whole Grain Council to help identify whole grain products.



DON'T BE FOOLED

Foods labeled multi-grain • stone-ground • 100% wheat • seven-grain cracked wheat • bran • made with whole grain • oat bran • 12-grain made with whole wheat • stoned wheat MAY NOT BE WHOLE-GRAIN PRODUCTS.

They may contain more refined flour than whole grain. And remember: color is not an indication of a whole grain. Bread can be brown because of molasses or other added ingredients. Always read the ingredient list!



WHOLE GRAINS HIDDEN HEROES

DON'T OVERLOOK WHOLE GRAIN SNACKS:

- Snack on ready-to-eat, whole grain cereals such as toasted oat cereal.
- Add whole-grain flour or oatmeal when making cookies or other baked treats.
- Try whole-grain crackers or whole-grain pretzels.
- Popcorn, a whole grain, can be a healthy snack with little or no added salt and butter.

WAYS TO ADD WHOLE GRAINS TO YOUR MEALS:

- Substitute whole-wheat bread for white bread or brown rice instead of white rice
- Try whole-wheat pasta.
- Use whole grains in mixed dishes, such as barley in vegetable soup or sews and bulgur wheat in casseroles or stir-fries.
- Use whole-grain bread or cracker crumbs in meatloaf.