

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>3 HOT: Lasagna with mainara sauce served with a meatball, spinach and chickpeas. COLD: Seafood salad sandwich served with zucchini salad and orzo vegetable salad. Fresh fruit for dessert.</p>	<p>4 Tomato basil soup. Pot roast with jardiniere gravy served with garlic mashed potatoes, broccoli and carrots. Apple turnover for dessert.</p> <p>AUTUMN SPECIAL</p>	<p>5 Chicken orzo soup. HOT: Chicken with creamy Italian sauce served with roasted red bliss potatoes, zucchini squash and red peppers. COLD: Vegetarian chef salad (V) served with corn salad. Chocolate pudding with whipped topping for dessert.</p>	<p>6 Cream of butternut squash soup. HOT: Potato fish fillet with lemon dill sauce served with herbed brown rice, rinsed beets and onions. COLD: Roast beef and American cheese sandwich served with summer squash salad and potato salad. Mandarin oranges for dessert.</p>	<p>7 HOT: Hot dog ** served with baked beans and cole slaw. COLD: Chicken Pesto Caesar salad served with macaroni salad. Applesauce for dessert.</p>
<p>10 There will be no lunch served today in observance of Columbus Day/Indigenous People's Day.</p>	<p>11 HOT: Chicken cacciatore over zucchini served with broccoli. COLD: Tuna salad sandwich served with English pea salad and root vegetable salad. Butterscotch pudding with whipped topping for dessert.</p>	<p>12 Split pea soup. HOT: Fish au gratin served with butternut squash and Italian green beans. COLD: Turkey chef salad served with orzo vegetable salad. Mixed fruit for dessert.</p>	<p>13 Cream of butternut squash soup. HOT: Spinach and red pepper quiche (V) served with whole red bliss potatoes and a baked tomato half. COLD: Chicken salad sandwich served with garden shell pasta salad, spinach and mandarin orange salad. Fresh fruit for dessert.</p>	<p>14 Chicken and white bean soup. HOT: Meatloaf with beef gravy served with mashed potatoes and carrots. COLD: Mediterranean plate: hummus, cucumber, feta salad (V) and Israeli couscous. Tropical fruit for dessert.</p>
<p>17 Vegetable chicken soup. HOT: Chicken marsala served with rice pilaf browned orzo, collard greens and onions. COLD: Mediterranean tortellini salad (V) served with summer squash salad. Birthday cake for dessert.</p>	<p>18 Escarole and bean soup. HOT: Baked fish fillet with lemon dill sauce served with garlic mashed potatoes and eggplant ratatouille. COLD: Roast beef and Cheddar cheese sandwich served with pesto pasta salad and Riviera salad. Mixed fruit for dessert.</p>	<p>19 HOT: American chop suey served with broccoli. COLD: Egg salad sandwich (V) served with potato salad and roman blend salad. Peaches for dessert.</p>	<p>20 HOT: White bean and kale stew (V) served with herbed brown rice and a tossed garden salad with lite Italian dressing. COLD: Chicken Pesto Caesar salad served with tri color pasta salad. Vanilla Pudding with whipped topping for dessert.</p>	<p>21 Vegetable soup. HOT: Cheese omelette (V) with peppers, mushrooms, onions and home fries. COLD: Turkey and Swiss cheese sandwich served with English pea salad and Greek salad. Fresh fruit for dessert.</p>
<p>24 HOT: Macaroni and cheese ** (V) served with a baked tomato half. COLD: California chicken salad served with lo mein pasta salad and cauliflower carrot salad. Orange for dessert.</p>	<p>25 HOT: Hamburger with American cheese served with red pepper, mushrooms, onions and potato salad. COLD: Turkey and Swiss cheese sandwich served with spinach mandarin orange salad and corn salad. Pears for dessert.</p>	<p>26 Potato leek soup. HOT: Chicken with honey mustard served with kale and whipped sweet potatoes. COLD: Tuna salad sandwich served with pasta vegetable salad and summer squash salad. Tapioca pudding with whipped topping for dessert.</p>	<p>27 Mushroom barley soup. HOT: Creole fish served with spinach, chickpeas and brown rice pilaf. COLD: Ham and American cheese sandwich served with potato salad and broccoli slaw. Applesauce for dessert.</p>	<p>28 Tomato bean soup with chicken. HOT: Roast pork with apple glaze served with butternut squash and Italian green beans. COLD: Vegetarian chef salad (V) served with garden shell pasta salad. Fruit loaf for dessert.</p>
<p>31 HOT: Stuffed shells in a tomato sauce served with a meatball and broccoli. COLD: Roast beef and Swiss cheese sandwich served with English pea salad and root vegetable salad. Pumpkin cake for dessert.</p>	<p>TAKE YOUR PICK: EACH DAY, YOU MAY SELECT FROM A HOT OR COLD LUNCH</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.</p>				



JOIN US FOR LUNCH

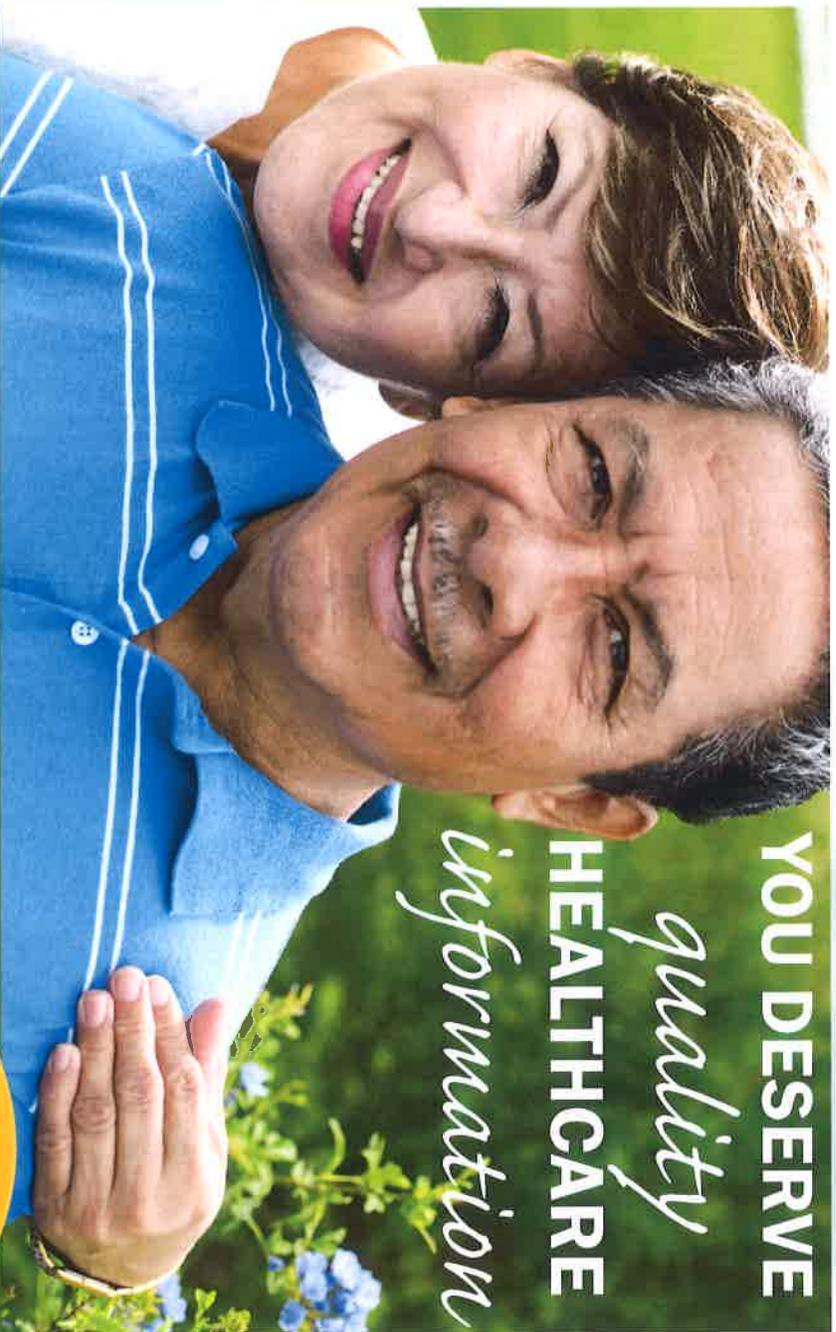
ABOUT YOUR MEAL

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 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.



YOU DESERVE
quality
HEALTHCARE
information

When it comes to figuring out medical coverage, sometimes you just

need the ear of an expert. That's why we run a free, unbiased health insurance counseling program called SHINE. Through the SHINE program, certified counselors work with you as you navigate the requirements of Medicare, screen you to see if you may qualify for MassHealth and other public benefits, and help you select the plan that is best suited to your needs.

To make an appointment, please call your local senior center or call our regional SHINE office at 781-388-4845.

Medicare
Open Enrollment
begins October 15!
Appointments will fill up fast.