

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.

# SENIOR LUNCH MENU

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

2	3	4	5	6
<p>In observance of New Year's Day, no lunch will be served today.</p>				
9	10	11	12	13
<p><b>WINTER SPECIAL</b></p>				
16	17	18	19	20
<p>In observance of Rev. Dr. Martin Luther King Jr. Day, no lunch will be served today.</p>				
23	24	25	26	27
30	31			

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

**\*\*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 sitecoordinator at least one day in advance, or you may call 781-324-7705 ext. 300.**

# SOUP FOR THE BODY & SOUL

What's better than a nice bowl of hot soup on a cold wintery day? Soup is a great comfort food, increases the nutritional value of your meals, and is delicious! A nice bowl of soup is a great way to add more vegetables to your eating plan.

Broth-based soups provide more nutrition spoon-to-spoon than heavier, cream-based soups, and are much simpler to pull together with ingredients you may already have at home. When purchasing ready-made soups from the market, make sure to check out the nutritional label (particularly for content notes that your doctors may have told you to look for, such as sodium, sugar, fat, or calorie content).

## EASY AT-HOME SOUP RECIPE

Basic ingredients:

- 4 cups low-sodium vegetable or chicken broth
- 1 1/2 cups noodles
- 2 cups frozen vegetables, whatever you have on hand
- 1/2 onion (finely chopped)
- Pepper to taste; cabinet spices will work well here also, such as parsley, thyme, oregano, basil, sage

Method:

Bring the broth to a boil. Add chopped onion, noodles, vegetables and parsley into the pot. Return to a boil and cook until noodles are tender. Serves 4.

Variations to try: cooked chicken, low-sodium canned tomatoes, low-sodium beans, fresh vegetables.



## 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.