



**Do you need help
paying for groceries?**

**Did you know that 126,000 seniors in our state
are using SNAP benefits to help buy food?**

Eating right is key to staying healthy and SNAP can
help seniors on a tight budget afford nutritious food.

**Boston ElderINFO can check your eligibility and help
you apply for SNAP benefits.**



CONTACT US
to learn more and apply



Visit elderinfo.org or
call us at 617-292-6211

We will need to hand your meal directly to you.
Drivers will no longer be allowed to leave
meals on the door with a verbal acknowl-
edgement. All of our staff have been fully
vaccinated. Thank you for your cooperation.

Starting July 1st, 2021 under the guidance
of Ethos, Boston Senior Home Care and
Central Boston Elder Services, Emily's will
once again be required to see consumers on
a daily basis. Our previous no contact policy
will no longer be in effect.

JULY 2025




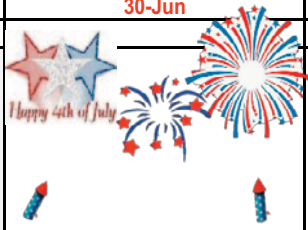








SENIOR MENU

JUL-25

SENIORS MENU

NOTES: MILK IS SERVED WITH ALL MEALS. MARGARINE
IS SERVED WITH ALL BREADS AND ROLLS

MENU SUBJECT TO CHANGE WITHOUT NOTICE

| SUNDAY | MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY |
|--|---|---|--|--|---|---|
| 29-Jun | 30-Jun | 1-Jul | 2-Jul | 3-Jul | 4-Jul | 5-Jul |
|  |  | Chicken Piccata over Risotto Baby Carrots Warm Breadstick w/ margarine Fresh Seasonal Fruit (Peach) | Summer Peas and Pasta (Ravioli) (1cup) w/ garlic parmesan sauce Broccoli Warm Wheat Dinner Roll w/ Margarine Mandarin Orange Cup | Fourth of July Special New England *Hot Dog on a Bun Baked Beans Cauliflower w/ diced red peppers Hot Dog Bun (w/ Ketchup and Mustard Pkt.) Independence Day Shortcake (Shortcake w/ strawberry sauce, Whip topping and Blueberries) | Independence Day Holiday Holiday Frozen meal Previously Delivered  |  |
| 6-Jul | 7-Jul | 8-Jul | 9-Jul | 10-Jul | 11-Jul | 12-Jul |
| | | Special Cold Menu Day | | | | |
| | Broccoli and Cheese Stuffed Chicken Breast w/ Ls Gravy Parsley Potatoes Green Peas Wheat Bread w/Margarine Tropical Fruit Cup | Chef Salad w/ Juliene turkey, ham, cheese, hard boiled egg Pasta Salad Lite Ranch Dressing pkt. 1/2 Pita bread Chocolate Pudding Cup | Homestyle Salisbury Steak w/ L.S. Mushroom Gravy Served next to Mash Potatoes Sliced Carrots w/ Rosemary Warm Wheat Dinner Roll w/ Margarine Fresh Seasonal Fruit (Plum) | Potato Pollock Crunch w/ tartar sauce Scallop Potato Green beans Wheat Bread w/ Margarine Fruited Muffin Loaf | BBQ Honey Garlic Glazed Pork Tips over White Rice California Blend Vegetables warm Dinner Roll w/ Margarine Applesauce Cup | |
| 13-Jul | 14-Jul | 15-Jul | 16-Jul | 17-Jul | 18-Jul | 19-Jul |
| | | | | Happy Birthday July Clients | Hot Summer Special | |
| | Eggplant Rollatini w/ Tomato Sauce Over Spaghetti Sliced Zucchini and Squash Warm Breadstickw/ margarine Fresh Orange | Fire Braised Chili Lime Chicken Thighs over Fiesta Rice Steamed Spinach Warm Cornbread w/ Margarine Oatmeal Cookie | Sweet Italian Sausage w/ peppers and onions Red Roasted Potatoes Italian Garlic Green Beans Wheat Bread w/Margarine Fresh Seasonal Fruit (Nectarine) | Summer Citrus Sweet and Sour Turkey Meatballs Served over Bowtie Pasta Mixed Vegetables Warm Wheat Dinner Roll w/ Margarine Birthday Cake  w/ whip topping | Seared Garlic Beef Tips Served alongside Mashed potatoes Corn on the Cob Warm Biscuit w/ Margarine Pear cup | |
| 20-Jul | 21-Jul | 22-Jul | 23-Jul | 24-Jul | 25-Jul | 26-Jul |
| | | | New Recipe Special | Special Cold Menu Day | | |
| | Hamburger on a Bun w/ Pickle chip Sweet Potato Fries Brussels Sprouts w/ Ketchup and Mustard pkt. (hamburger bun) Strawberry Appleway Fig Cookie | Pollock Fillet w/ Butter Crumb Topping and Lemon wedge Smashed Potatoes Carrot Coins Wheat Bread w/Margarine Fresh Seasonal Fruit (Peach)  | Unstuffed Ground Turkey Pepper Bowl w/ Ground turkey, Diced tomato, red and green peppers, tomato sauce served over white rice California Blend Vegetables Warm Wheat Dinner Roll w/ Margarine Mixed Fruit Cup | Cold Tri-Color Greek Tortellin Salad w/ Grilled Chicken Broccoli Coleslaw Breadstick w/ margarine Lemon Square | Roast Pork Tenderloin w/ Balsamic Citrus Sauce Cous Cous Brussel Sprouts Wheat Bread w/Margarine Raisins | |
| 27-Jul | 28-Jul | 29-Jul | 30-Jul | 31-Jul | 1-Aug | 2-Aug |
| | | | | |  | |
| | Honey Stung oven Fried Chicken w/ LS Gravy Mash Potato Steamed Kale w/ Garlic Warm Cornbread Loaf w/ Margarine Fresh Seasonal Fruit (Plum) | Baked Stuffed Manacotti w/ a White Cream Florentine Sauce Italian Blend Vegetables Warm Garlic Knot w/ Margarine Pineapple Cup  | Summer Beef Caserole Brown Rice Sliced Yellow Squash w/ Diced Red Peppers Warm Biscuit w/ Margarine Sugar Free Cookie | Turkey Bolognese Linguine Asparagus Warm Dinner Roll w/ Margarine Fresh Orange |  |  |