

**March  
2010**

**Elder Services of Worcester Area Nutrition Program  
67 Millbrook Street - Suite 117, Worcester, MA 01606**

**DINING CENTERS AND MEALS ON WHEELS**

**PHONE 508-852-3205**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

<p><b>1. American Chop Suey</b> Green Beans Corn French Bread Fresh Orange</p> <p>Cal:754 Sodium:894mg Fat:24% Chol:79 mg</p>	<p><b>2. Honey Glazed Pork</b> Garlic Mashed Potato Broccoli Multigrain Bread Cookies <b>Split Pea Soup</b> Soup Sub = Juice</p> <p>Cal:722 Sodium:836mg Fat:30% Chol:65 mg</p>	<p><b>3. Macaroni &amp; Cheese</b> Zucchini &amp; Tomato Rye Bread Baked Apple Slices</p> <p>Cal:732 Sodium:1011mg Fat:34% Chol:50mg</p>	<p><b>4. Yankee Chicken Pie</b> Brussels Sprouts Jardiniere Style Veg. Mixed Fruit Whole Wheat Bread</p> <p>Cal:774 Sodium:663mg Fat:27% Chol:73mg</p>	<p><b>5. Pollock Loin w/ Newburg Sauce</b> Seasoned Rice Mixed Vegetables Honey Wheat Bread Mandarin Oranges</p> <p>Cal:712 Sodium:692mg Fat:26% Chol:86mg</p>
<p><b>8. Beef &amp; Broccoli</b> Steamed Rice Carrots Pumpnickel Bread Pineapple</p> <p>Cal:739 Sodium:658mg Fat:29% Chol:68 mg</p>	<p><b>9. Ziti Bake</b> Winter Mix Vegetables French Bread Fresh Fruit</p> <p>Cal:783 Sodium:1033mg Fat:31% Chol:82 mg</p>	<p><b>10. Chicken Mornay</b> Herb Baked Potatoes Mixed Vegetables Multigrain Bread Cookies</p> <p>Cal:816 Sodium:1026mg Fat:27% Chol:114 mg</p>	<p><b>11. Steak with Onions &amp; Peppers</b> Rice Pilaf Broccoli Rye Bread Vanilla Pudding Diet = SF Pudding</p> <p>Cal:788 Sodium:871mg Fat:34% Chol:84 mg</p>	<p><b>12. Omelet &amp; Cheese Sauce</b> Potatoes Carrots Whole Wheat Bread Peaches <b>Tomato Soup</b> Soup Sub = Juice</p> <p>Cal:783 Sodium:782mg Fat:34% Chol:359mg</p>
<p><b>15. Teriyaki Chicken</b> Scalloped Potato Broccoli Multigrain Bread Mixed Fruit</p> <p>Cal:698 Sodium:1007mg Fat:21% Chol:100mg</p>	<p><b>16. Shepherd's Pie</b> Green Beans Whole Wheat Bread Baked Apple Slices</p> <p>Cal:867 Sodium:808mg Fat:34% Chol:126mg</p>	<p><b>17. St. Patrick's Day Corned Beef *</b>  Boiled Potato Cabbage &amp; Carrots  Rye Bread Shamrock Pudding Diet = SF Pudding</p> <p>Cal:780 Sodium:1406mg Fat:39% Chol:104mg</p>	<p><b>18. Apple Glazed Pork</b> Herbed Potato Carrots Honey Wheat Bread Cookie <b>Crn of Mushroom Soup</b> Soup Sub = Juice</p> <p>Cal:794 Sodium:574mg Fat:32% Chol:94mg</p>	<p><b>19. Salmon Boat</b> Dill Sauce Confetti Rice Succotash Pumpnickel Bread Fresh Orange</p> <p>Cal:716 Sodium:667mg Fat:26% Chol:41mg</p>
<p><b>22. Spanish Meatballs</b> Mashed Potato Wax Beans Honey Wheat Bread Fresh Fruit <b>Vegetable Soup</b> Soup Sub = Juice</p> <p>Cal:815 Sodium:798mg Fat:39% Chol:73mg</p>	<p><b>23. Roast Turkey</b> Gravy Sweet Potato &amp; Carrot Brussels Sprouts Whole Wheat Bread Birthday Cake Diet = Plain Cake</p> <p>Cal:848 Sodium:865mg Fat:26% Chol:95 mg</p>	<p><b>24. Italian Braised Beef</b> Noodles Mixed Vegetables French Bread Mandarin Oranges</p> <p>Cal:849 Sodium:820mg Fat:29% Chol:140 mg</p>	<p><b>25. Chicken Cantonese</b> Steamed Rice Corn Niblets Multigrain Bread Pineapple</p> <p>Cal:840 Sodium:853mg Fat:17% Chol:90mg</p>	<p><b>26. Cheese Lasagna</b> Tomato Sauce Italian Green Beans Diced Carrots Italian Bread Vanilla Pudding Diet = SF Pudding</p> <p>Cal:683 Sodium:1258mg Fat:28% Chol:152mg</p>
<p><b>29. Buttermilk Chicken</b> Mashed Potato Tuscany Vegetables Whole Wheat Bread Applesauce</p> <p>Cal:836 Sodium:1068mg Fat:29% Chol:169mg</p>	<p><b>30. ~ Holiday Meal ~</b>  <b>Baked Ham *</b>  Herbed Potato Green Beans &amp; Red Onion Rye Bread Eclairs / Diet = SF Pie <b>Cream of Carrot Soup</b> Soup Sub = Juice</p> <p>Cal:736 Sodium:1393mg Fat:30% Chol:99mg</p>	<p><b>31. Sweet &amp; Sour Pork</b> Steamed Rice w/Crunchy Noodles Garden Peas Multigrain Bread Pineapple</p> <p>Cal:736 Sodium:846mg Fat:19% Chol:59mg</p>	<p><b>MENU SUBJECT TO CHANGE</b></p> 	<p><i>All Meals Include Milk &amp; Margarine</i></p>

\* High Sodium Entrée

The Nutrition Project is administered by Elder Services of Worcester Area, Inc. and receives Federal financial support under The Older Americans act provided by the Central Massachusetts Agency on Aging and the Massachusetts Executive Office of Elder Affairs. Funders also include United Way of Central Massachusetts City of Worcester's Department of Health and Human Services, Elder Affairs Commission Division, participant donations, grants, individual support and the Councils on Aging in Auburn, Barre, Boylston, Grafton, Hardwick/Gilbertville, Holden, Leicester, Millbury, Oakham, Paxton, Rutland, Shrewsbury and West Boylston.



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