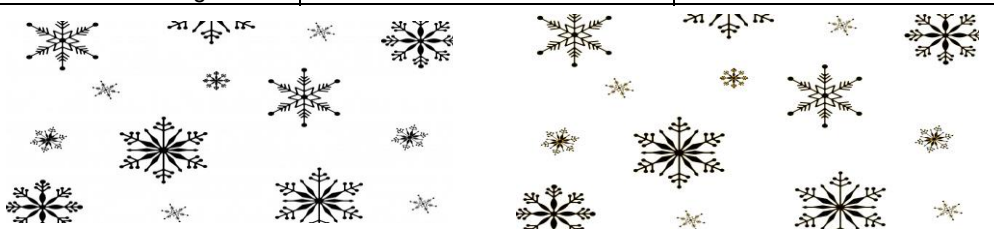


February 2017

ELDER SERVICES OF WORCESTER AREA NUTRITION PROGRAM

508-852-3205

www.eswa.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
~ MENU SUBJECT TO CHANGE ~		1 Chicken Murphy Potatoes Au Gratin Beets Tapioca Pudding & Diet	2 Salisbury Steak Red Bliss Potatoes Honey Glazed Carrots Fresh Fruit Tomato Rice Soup	3 Salmon Boat w/Dill Sauce Mashed Potatoes Peas & Pearl Onions Gingerbread Diet=Small Piece
6 Pot Roast Stew Steamed Potatoes Succotash Fresh Fruit	7 Roast Pork w/ Gravy Garlic Mashed Potatoes Jardiniere Vegetables Mandarin Oranges	8 Beef w/ Onions & Peppers Cole Slaw Carrots Baked Cinnamon Peaches	9 BBQ Chicken Seasoned Potatoes Green Beans Yogurt	10 Fish w/Crumb Topping Wild Rice Winter Mix Vegetables Cookie
13 Chicken Mornay Sr Cream & Chive Potatoes Roman Blend Vegetables Peaches	14 Burgundy Meatballs Pasta Carrots Cheesecake Mousse w/Strawberries Dinner Roll	15 Catch of the Day Lemon Seasoned Rice Peas & Onions Fresh Orange Corn Chowder	16 Beef Mediterranean Mashed Potatoes Mixed Vegetables Pineapple	17 Pasta Primavera w/Chicken Spinach Brownie Diet=Plain Cake
20 President's Day No Meals Served	21 Shepherd's Pie Peas Carrots Fresh Fruit	22 Bacon Omelet O'Brien Potatoes Green Beans & Tomato Fruited Ambrosia Diet=SF Pudding	23 Chicken Cacciatore Penne Pasta Italian Blend Vegetables Birthday Cake Diet=Plain Cake	24 Potato Crunch Fish Lemon Seasoned Potato Peas & Mushrooms Peaches
27 Turkey a La King Wild Rice Brussels Sprouts Cookie	28 Jambalaya Steamed Rice Green Peas Vanilla Mousse Cornbread			

February 2017 - Nutrition Breakdown

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Menus are Subject to Change		1		Chicken Murphy Potatoes Au Gratin 370 Beets 205 Tapioca Pudding 140 Diet Tapioca Pudding 210 Pumpernickel Bread 135 Pumpernickel Bread 127		Salisbury Steak Gravy 260 Red Bliss Potatoes 82 Honey Glazed Carrots 5 Fresh Fruit 70 French Bread 0 Tomato Rice Soup 91 309		Salmon Boat w/Dill Sauce Mashed Potatoes 291 Peas & Pearl Onions 176 Gingerbread 34 Diet=Small Piece 289 Whole Wheat Bread 144 150	
				Cal:729 Fat:27% Na+:1177mg <i>Diet Cal:679 Fat:28% Na+:1102mg</i>		Cal:883 Fat:31% Na+:942mg		Cal:752 Fat:27% Na+:1065mg <i>Diet Cal:682 Fat:28% Na+:920mg</i>	
6 Pot Roast Stew Steamed Potatoes 214 Succotash 6 Fresh Fruit 9 Whole Wheat Bread 0 150		7 Roast Pork Gravy 212 Garlic Mashed Potatoes 66 Jardinière Vegetables 176 Mandarin Oranges 28 Marble Rye Bread 20 127		8 Beef w/Onions & Peppers Cole Slaw 293 Carrots 402 Baked Cinnamon Peaches 53 Sandwich Roll 5 290		9 BBQ Chicken* Seasoned Potatoes 293 Green Beans 46 Yogurt 0 French Bread 50 91		10 Fish w/Crumb Topping Wild Rice 294 Winter Mix Vegetables 185 Cookie 8 Pumpernickel Bread 70 127	
Cal:776 Fat:29% Na+:505mg		Cal:714 Fat:31% Na+:755mg		Cal:698 Fat:37% Na+:1169mg		Cal:638 Fat:19% Na+:1063mg		Cal:635 Fat:26% Na+:810mg	
13 Chicken Mornay* Sr Cream & Chive Potatoes 640 Roman Blend Vegetables 106 Peaches 12 Marble Rye Bread 10 127		14 Burgundy Meatballs Pasta 375 Carrots 5 Mousse with Strawberries 53 Dinner Roll 150 410		15 Catch of the Day Lemon Seasoned Rice 484 Peas & Onions 65 Fresh Orange 34 Pumpernickel Bread 0 Corn Chowder 127 342		16 Beef Mediterranean Mashed Potatoes 42 Mixed Vegetables 176 Pineapple 30 Whole Wheat Bread 10 150		17 Pasta Chicken Primavera Spinach 489 Corn 60 Brownie 1 Diet=Plain Cake 149 Marble Rye Bread 75 127	
Cal:689 Fat:27% Na+:1020mg		Cal:688 Fat:33% Na+:1118mg		Cal:900 Fat:23% Na+:1177mg		Cal:707 Fat:31% Na+:493mg		Cal:763 Fat:26% Na+:951mg <i>Diet Cal:690 Fat:26% Na+:877mg</i>	
20 President's Day No Meals Served		21 Shepherd's Pie Peas 383 Carrots 66 Fresh Fruit 53 French Bread 0 91		22 Bacon Omelet O'Brien Potatoes 402 Green Beans & Tomato 78 Fruited Ambrosia 26 Diet=SF Pudding 40 Marble Rye Bread 129 127		23 Chicken Cacciatore Penne Pasta 403 Italian Blend Vegetables 55 Birthday Cake 50 Diet=Plain Cake 221 Pumpernickel Bread 131 127		24 Potato Crunch Fish Lemon Seasoned Potato 280 Peas & Mushrooms 6 Peaches 45 Marble Rye Bread 10 127	
		Cal:724 Fat:24% Na+:719mg		Cal:722 Fat:38% Na+:798mg <i>Diet Cal:662 Fat:37% Na+:888mg</i>		Cal:671 Fat:16% Na+:981mg <i>Diet Cal:546 Fat:11% Na+:891mg</i>		Cal:641 Fat:19% Na+:593mg	
27 Turkey a La King Wild Rice 213 Brussels Sprouts 185 Cookie 15 French Bread 70 91		28 HIGH SODIUM MEAL Jambalaya* Steamed Rice 581 Green Peas 64 Vanilla Mousse 66 Cornbread 150 292		Meals are based on a No Added Salt (3,000-4,000 milligram diet) for healthy older adults. If you have a special concern regarding sodium, contact our Nutritionist for guidance on managing your intake to meet your diet requirements.					
Cal:690 Fat:27% Na+:699mg		Cal:795 Fat:29% Na+:1278mg		Na+ = Sodium *Indicates higher sodium entrée >500mg		mg = milligrams High Sodium Meal = >1200mg			