

MARCH 2017

ELDER SERVICES OF WORCESTER AREA NUTRITION PROGRAM

508-852-3205

www.eswa.org

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Menus are Subject to Change</p> <p>Your \$2.50 Donation is Appreciated</p>		<p>1</p> <p>Macaroni & Cheese Stewed Tomatoes Green Beans Fresh Fruit</p>	<p>2</p> <p>Meatloaf & Gravy Garlic Mashed Potatoes Country Blend Vegetables Diced Pears</p>	<p>3</p> <p>Catch of the Day Rice Pilaf Peas & Carrots Pineapple</p>
<p>6</p> <p>Swedish Meatballs Gemelli Pasta Scandinavian Vegetables Mandarin Oranges</p>	<p>7</p> <p>Buttermilk Chicken Red Bliss Potatoes Mixed Vegetables Fresh Fruit Minestrone Soup</p>	<p>8</p> <p>Pork Rib-i-que w/ Bun Herbed Yukon Potatoes Corn Niblets Strawberries/Whip.Topping</p>	<p>9</p> <p>Beef & Bean Chili w/ Cornbread Brown Rice Broccoli Cookies Diet = 1 Cookie</p>	<p>10</p> <p>Cracker Crumb Fish w/ Bun O'Brien Potatoes Tuscany Style Vegetables Tartar Sauce Brownie Diet = Sm. Piece Brownie</p>
<p>13</p> <p>Roast Turkey w/ Gravy Herb Stuffing Country Vegetables Fresh Fruit</p>	<p>14</p> <p>Pot Roast w/ Gravy Mashed Potatoes Succotash Mixed Fruit</p>	<p>15</p> <p>Garlic Herbed Chicken Red Bliss Potatoes Winter Mix Vegetables Peach Streusel Cake Diet=Small Piece</p>	<p>16</p> <p>Corned Beef Boiled Potato Cabbage & Carrots Fruited Ambrosia Lite</p>	<p>17</p> <p>Lasagna Broccoli Glazed Carrots Diced Peaches</p>
<p>20</p> <p>Beef Burgundy Brown Rice Brussels Sprouts Fruit Crunch Bar Diet = 1 Cookie</p>	<p>21</p> <p>Hot Dog on Bun Baked Beans Pasta Salad Mustard Mandarin Oranges</p>	<p>22</p> <p>American Chop Suey Broccoli & Red Peppers Apple Crisp Diet = Applesauce</p>	<p>23</p> <p>Chicken w/ Asparagus Delmonico Potatoes Corn Birthday Cake Diet = Plain Birthday Cake</p>	<p>24</p> <p>Fish Victor w/ Bun Yukon Gold Potatoes California Vegetables Mayonnaise Packet Fresh Fruit</p>
<p>27</p> <p>Lemon Thyme Chicken Sour Cream & Chive Potato Jardinière Vegetables Yogurt Vegetarian Vegetable Soup</p>	<p>28</p> <p>Beef Patty with Jardinière Sauce Mashed Potatoes Carrots Pears</p>	<p>29</p> <p>Herb Roasted Pork Potatoes Au Gratin Spinach Applesauce Peach Cobbler Diet = Peaches</p>	<p>30</p> <p>Spaghetti & Meatballs Green Beans Fresh Fruit</p>	<p>31</p> <p>Wild Alaskan Salmon w/ Teriyaki Glaze Wild Rice Country Vegetables Vanilla Pudding & Diet</p>



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, Greater Worcester Community Foundation, 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.



March 2017 - Nutrition Breakdown

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menus are Subject to Change				
		1	2	3
		Macaroni & Cheese Stewed Tomatoes Green Beans Fresh Fruit Marble Rye	Meatloaf w/ Gravy Garlic Mashed Potatoes Country Blend Vegetables Diced Pears Pumpernickel Bread	Catch of the Day Rice Pilaf Peas & Carrots Pineapple French Bread
		Cal: 752 Fat: 30% Na+: 756mg	Cal: 800 Fat: 31% Na+: 689mg	Cal: 674 Fat: 20% Na+: 847mg
6	7	8	9	10
Swedish Meatballs Gemelli Pasta Scandinavian Vegetables Mandarin Oranges Whole Wheat Bread	Buttermilk Chicken Red Bliss Potatoes Mixed Vegetables Fresh Fruit Pumpernickel Bread Minestrone Soup	Pork Rib-i-que Herbed Yukon Potatoes Corn Niblets Strawberries Whipped Topping Hamburger Bun	Beef & Bean Chili Brown Rice Broccoli Cookies Diet = 1 Cookie Cornbread	Cracker Crumb Fish O'Brien Potatoes Tuscany Style Vegetables Tartar Sauce Brownie Diet=Sm. Piece Hamburger Bun
Cal: 687 Fat: 27% Na+: 603mg	Cal: 738 Fat: 26% Na+:750 mg	Cal: 693 Fat: 28% Na+: 765mg	Cal: 811 Fat: 27% Na+: 982mg Diet Cal: 741 Fat: 26% Na+: 912mg	Cal: 822 Fat: 30% Na+: 1084mg Diet Cal: 749 Fat: 30% Na+ 1009mg
13	14	15	16	17
Roast Turkey w/ Turkey Gravy Herb Stuffing Country Blend Vegetables Banana Pumpernickel Bread	Pot Roast* w/ Pot Roast Gravy Mashed Potatoes Succotash Mixed Fruit Marble Rye Bread	Garlic Herbed Chicken Red Bliss Potatoes Winter Mix Vegetables Peach Streusel Cake Diet=Small Piece Whole Wheat Bread	HIGH SODIUM MEAL <i>St. Patty's Day Meal</i> Corned Beef* Boiled Potato Cabbage & Carrots Apple Cobbler - Congregate Fruited Ambrosia Lite Pumpernickel Bread	<i>St. Patty's Day Observed</i> Lasagna Broccoli Honey Glazed Carrots Diced Peaches French Bread
Cal: 672 Fat: 26% Na+: 1124mg	Cal: 627 Fat: 21% Na+: 1175mg	Cal: 713 Fat: 22% Na+:903mg Diet Cal: 599 Fat: 20% Na+:786mg	Cal: 713 Fat: 25% Na+: 1474mg Diet Cal: 525 Fat:24% Na+:1248mg	Cal: 540 Fat: 14% Na+: 677mg
20	21	22	23	24
Beef Burgundy Brown Rice Brussels Sprouts Fruit Crunch Bar Diet = 1 Cookie Whole Wheat Bread	HIGH SODIUM MEAL Hot Dog* Baked Beans Mustard Pasta Salad Mandarin Oranges Hot Dog Bun	American Chop Suey Broccoli & Red Peppers Apple Crisp Diet = Applesauce Biscuit	Chicken w/ Asparagus Delmonico Potatoes Corn Birthday Cake Diet = Plain Birthday Cake Pumpernickel Bread	Fish Victor* Yukon Gold Potatoes California Vegetables Mayonnaise Ind. Packet Fresh Fruit Hamburger Bun
Cal: 762 Fat: 22% Na+: 616mg Diet Cal: 692 Fat: 20% Na+: 546mg	Cal: 843 Fat: 33% Na+: 1472mg	Cal: 657 Fat: 27% Na+:731mg Diet Cal: 567 Fat:26% Na+:707mg	Cal: 784 Fat: 25% Na+: 1070mg Diet Cal: 659 Fat: 22% Na+: 981mg	Cal: 805 Fat: 37% Na+: 1176mg
27	28	29	30	31
Lemon Thyme Chicken Sour Cream & Chive Potato Jardinière Vegetables Yogurt Marble Rye Bread Vegetarian Vegetable Soup	Beef Patty w/ Jardinière Mashed Potatoes Carrots Pears Sandwich Roll	Herb Roasted Pork Potatoes Au Gratin Spinach Applesauce Peach Cobbler Diet = Peaches Whole Wheat Bread	Spaghetti & Meatballs Green Beans Fresh Fruit French Bread	Wild Alaskan Salmon w/ Teriyaki Glaze Wild Rice Country Blend Vegetables Vanilla Pudding Diet = Dt. Vanilla Pudding Marble Rye Bread
Cal: 702 Fat: 18% Na+: 977mg	Cal: 851 Fat: 33% Na+: 1016mg	Cal: 710 Fat: 25% Na+: 691mg Diet Cal: 647 Fat: 25% Na+: 672mg	Cal: 715 Fat: 20% Na+: 523mg	Cal: 727 Fat: 18% Na+: 1152mg Diet Cal: 657 Fat: 17% Na+: 1107mg

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

Na+ = Sodium mg = milligrams *Indicates higher sodium entrees >500mg High Sodium Meal + >1200mg Breakdowns include 125mg Na+ for milk