

APRIL 2017

ELDER SERVICES OF WORCESTER AREA NUTRITION PROGRAM

508-852-3205

www.eswa.org

Monday	Tuesday	Wednesday	Thursday	Friday
3 Hot Dog on Bun Baked Beans Pasta Salad Pineapple Mustard	4 Macaroni & Cheese Stewed Tomatoes Green Beans Tapioca Pudding Diet = Diet Tapioca	5 Meatloaf & Gravy Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit	6 Chicken Pot Pie w/ Biscuit Diced Yukon Gold Potatoes Country Blend Vegetables Peaches	7 Breaded Fish with Bun Lemon Seasoned Potatoes Mixed Vegetables Yogurt Tartar Sauce
10 Beef Stew Rice Corn Niblets Mandarin Oranges	11 Catch of the Day Wild Rice Broccoli Fresh Fruit	12 Chicken Murphy Red Bliss Potatoes Peas Streusel Cake Diet = Small Piece	13 EASTER MEAL  Baked Ham with Maple Glaze Sour Cream & Chive Potatoes Herbed Carrots Vanilla Mousse	14 Vegetable Cheese Bake Brussel Sprouts Baked Cinnamon Pears Chicken with Rice Soup
17 PATRIOTS DAY No Meals Served	18 Meatballs w/Onion Gravy Gemelli Pasta Roman Vegetables Mixed Fruit	19 Fish w/Crumb Topping Potato Puffs Coleslaw Baked Apples	20 Salisbury Steak Mashed Potatoes Peas & Carrots Fresh Fruit Cream of Carrot Soup	21 Greek Chicken w/ Biscuit Steamed White Rice Country Blend Vegetables Fruited Ambrosia Lite
24 BBQ Chicken Mashed Sweet Potatoes Green Beans Fresh Fruit	25 Salmon Boat w/Dill Sauce Mashed Potatoes Peas & Pearl Onions Snack 'n Loaf Diet = Granola Bar	26 Chicken Primavera with Penne Pasta Spinach Pears	27 Stuffed Pepper Casserole Winter Mix Vegetables Corn Birthday Cake Diet = Plain Birthday Cake	28 Shepherd's Pie Peas Carrots Strawberries

Menus are Subject to Change

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.



April 2017 - Nutrition Breakdown

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 HIGH SODIUM MEAL Hot Dog* Baked Beans Pasta Salad Pineapple Hot Dog Bun Mustard Cal: 853 Fat: 33% Na+: 1462mg	4 Macaroni & Cheese Stewed Tomatoes Green Beans Tapioca Pudding Diet = Diet Tapioca Pumpernickel Bread Cal: 821 Fat: 31% Na+: 966mg Diet Cal: 771 Fat: 32% Na+: 891mg	5 Meatloaf w/ Gravy Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit French Bread Cal: 795 Fat: 30% Na+: 623mg	6 Chicken Pot Pie Yukon Gold Potatoes Country Blend Vegetables Peaches Biscuit Cal: 735 Fat: 29% Na+: 709mg	7 Breaded Fish Lemon Seasoned Potatoes Mixed Vegetables Yogurt Hamburger Bun Tartar Sauce Cal: 740 Fat: 22% Na+: 1002mg
10 Beef Stew Steamed Rice Corn Niblets Mandarin Oranges Whole Wheat Bread Cal: 746 Fat: 22% Na+: 545mg	11 Catch of the Day Wild Rice Broccoli Fresh Fruit Italian Bread Cal: 752 Fat: 18% Na+: 1016mg	12 Chicken Murphy Red Bliss Potatoes Peas Streusel Cake Diet = Small Piece Pumpernickel Bread Cal: 735 Fat: 22% Na+: 928mg Diet Cal: 621 Fat: 20% Na+: 810mg	13 Baked Ham w/ Maple Glaze Sour Cream & Chive Potatoes Herbed Carrots Vanilla Mousse French Bread Cal: 716 Fat: 29% Na+: 996mg	14 Vegetable Cheese Bake* Brussel Sprouts Baked Cinnamon Pears Marble Rye Bread Chicken and Rice Soup Cal: 701 Fat: 38% Na+: 1187mg
17 PATRIOTS DAY No Meals Served	18 Meatballs w/ Onion Gravy Gemelli Pasta Roman Vegetables Mixed Fruit Whole Wheat Bread Cal: 679 Fat: 26% Na+: 568mg	19 HIGH SODIUM MEAL Fish w/Crumb Topping Potato Puffs Coleslaw Baked Apples Pumpernickel Bread Cal: 763 Fat: 41% Na+: 1297mg	20 Salisbury Steak Mashed Potatoes Peas and Carrots Fresh Fruit Marble Rye Bread Cream of Carrot Soup Cal: 772 Fat: 28% Na+: 898mg	21 Greek Chicken Steamed White Rice Country Blend Vegetables Fruited Ambrosia Lite Biscuit Cal: 704 Fat: 28% Na+: 1017mg
24 BBQ Chicken* Mashed Sweet Potatoes Green Beans Fresh Fruit Pumpernickel Bread Cal: 703 Fat: 17% Na+: 1080mg	25 Salmon Boat / Dill Sauce Mashed Potatoes Peas & Pearl Onions Snack 'n Loaf Diet = Granola Bar Marble Rye Bread Cal: 849 Fat: 27% Na+: 923mg Diet Cal: 699 Fat: 26% Na+: 808mg	26 Chicken Primavera w/Penne Pasta Spinach Pears Whole Wheat Bread Cal: 704 Fat: 25% Na+: 839mg	27 Stuffed Pepper Casserole Winter Mix Vegetables Corn Birthday Cake Diet = Plain Birthday Cake Dinner Roll Cal: 689 Fat: 25% Na+: 919mg Diet Cal: 564 Fat: 22% Na+: 830mg	28 Shepherd's Pie Peas Carrots Strawberries French Bread Cal: 778 Fat: 27% Na+: 816mg

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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.