

# MAY 2017

## ELDER SERVICES OF WORCESTER AREA NUTRITION PROGRAM

508-852-3205

www.eswa.org

Monday	Tuesday	Wednesday	Thursday	Friday
1 <b>Roast Pork with Gravy</b> Mashed Potatoes Jardinière Vegetables Peaches	2 <b>Salmon Boat &amp; Dill Sauce</b> Rice Pilaf Peas & Pearl Onions Cookie	3 <b>Lasagna</b> Broccoli Corn Vanilla Mousse	4 <b>Cold Roast Beef Sandwich</b> Potato Salad Beet Salad Wheat Roll Cantaloupe Mayonnaise	5 <b>Chicken Fajitas</b> Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple
8 <b>Sesame Beef</b> Steamed White Rice Broccoli & Carrots Mandarin Oranges Fortune Cookie	9 <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Green Beans Fresh Fruit	10 <b>Lemon Thyme Chicken</b> Red Potatoes Peas & Onions Fruited Ambrosia	11 <b>Roast Turkey with Gravy</b> Cranberry Sauce Mashed Potatoes/Stuffing Tuscany Vegetables Cream Puffs Diet= Tapioca Pudding	12 <b>Potato Crunch Fish</b> Tartar Sauce Lemon Seasoned Potato Peas & Mushrooms Peaches
15 <b>Chicken Mornay</b> Couscous Roman Blend Vegetables Cookie	16 <b>Stuffed Pepper Casserole</b> Mashed Potatoes Carrots Fresh Fruit	17 <b>Caribbean Pork</b> Steamed Rice with Vegetables Broccoli Pineapple	18 <b>Meatloaf &amp; Gravy</b> Garlic Mashed Potatoes Country Blend Vegetables Pears	19 <b>Chicken Cacciatore</b> Penne Pasta Italian Blend Vegetables Mousse
22 <b>Swedish Meatballs</b> Spiral Pasta Scandinavian Vegetables Mandarin Oranges	23 <b>Pork Rib-i-que</b> Yukon Gold Potato Chuckwagon Corn Strawberries/Whip.Topping Wheat Roll	24 <b>Sloppy Joe</b> Potato Wedges Mixed Vegetables Fresh Fruit Wheat Roll	25 <b>Buttermilk Chicken</b> Red Bliss Potatoes Green Beans Birthday Cake Diet = Small Piece	26 <b>Catch of the Day</b> Rice Pilaf Tuscany Style Vegetables Brownie Diet=Plain Cake
29 No Meals Served	30 <b>Chicken a La King</b> Wild Rice Brussels Sprouts Peaches	31 <b>Beef with Pearl Onions</b> Bowtie Pasta Carrots Pineapple	<b><u>Menus are Subject to Change</u></b>	

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# May 2017 - Nutrition Breakdown

Monday	Tuesday	Wednesday	Thursday	Friday
<b>1</b> <b>Roast Pork</b> Gravy Mashed Potatoes Jardinière Vegetables Peaches Marble Rye Bread Cal:724 Fat:30% Na+:744mg	<b>2</b> <b>Salmon Boat w/ Dill Sauce</b> Rice Pilaf Peas & Pearl Onions Cookie Pumpernickel Bread Cal:656 Fat:26% Na+:712mg	<b>3</b> <b>Lasagna</b> Broccoli Corn Mousse Italian Bread Cal:589 Fat:12% Na+:721mg	<b>4</b> <b>High Sodium Meal</b> <b>Roast Beef</b> Potato Salad Beet Salad Cantaloupe Mayonnaise Wheat Roll Cal:748 Fat:47% Na+:1260mg	<b>5</b> <b>Chicken Fajitas</b> Spanish Rice Black Beans & Corn Sour Cream Pineapple Pita Bread Cal:754 Fat:30% Na+:655mg
<b>8</b> <b>Sesame Beef *</b> Steamed White Rice Broccoli & Carrots Mandarin Oranges Fortune Cookie Wheat Bread Cal:816 Fat:34% Na+:1158mg	<b>9</b> <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Green Beans Fresh Fruit French Bread Cal:736 Fat:30% Na+:720mg	<b>10</b> <b>Lemon Thyme Chicken</b> Red Potatoes Peas & Onions Fruited Ambrosia Marble Rye Bread Cal:574 Fat:19% Na+:653mg	<b>11</b> <b>Roast Turkey with Gravy *</b> Mashed Potatoes Stuffing Cranberry Sauce Tuscany Vegetables Cream Puffs Diet=Tapioca Pudding French Bread Cal:821 Fat:33% Na+:1197mg Diet Cal:770 Fat:28% Na+:1246mg	<b>12</b> <b>Potato Crunch Fish</b> Tartar Sauce Lemon Seasoned Potato Peas & Mushrooms Peaches Pumpernickel Bread Cal:691 Fat:24% Na+:690mg
<b>15</b> <b>Chicken Mornay *</b> Couscous Roman Blend Vegetables Cookie French Bread Cal:672 Fat:29% Na+:1007mg	<b>16</b> <b>Stuffed Pepper Casserole</b> Mashed Potatoes Carrots Fresh Fruit Wheat Bread Cal:685 Fat:27% Na+:680mg	<b>17</b> <b>Caribbean Pork</b> Steamed Rice Broccoli Pineapple Pumpernickel Bread Cal:678 Fat:30% Na+:402mg	<b>18</b> <b>Meatloaf &amp; Gravy</b> Garlic Mashed Potatoes Country Blend Vegetables Pears Marble Rye Bread Cal:844 Fat:33% Na+:774mg	<b>19</b> <b>Chicken Cacciatore</b> Penne Pasta Italian Blend Vegetables Mousse Italian Bread Cal:609 Fat:19% Na+:953mg
<b>22</b> <b>Swedish Meatballs</b> Spiral Pasta Scandinavian Vegetables Mandarin Oranges Wheat Bread Cal:597 Fat:29% Na+:590mg	<b>23</b> <b>Pork Rib-i-que</b> Yukon Gold Potato Chuckwagon Corn Strawberries/Whip.Topping Wheat Roll Cal:644 Fat:25% Na+:748mg	<b>24</b> <b>High Sodium Meal</b> <b>Sloppy Joe *</b> Potato Wedges Mixed Vegetables Fresh Fruit Wheat Roll Cal:775 Fat:26% Na+:1412mg	<b>25</b> <b>Buttermilk Chicken</b> Red Bliss Potatoes Green Beans Birthday Cake Diet = Small Piece Pumpernickel Bread Cal:751 Fat:30% Na+:739mg Diet Cal:626 Fat:29% Na+:650mg	<b>26</b> <b>Catch of the Day</b> Rice Pilaf Tuscany Style Vegetables Brownie Diet=Plain Cake Marble Rye Bread Cal:711 Fat:23% Na+:792mg Cal:621 Fat:21% Na+:774mg
<b>29</b> No Meals Served	<b>30</b> <b>Chicken a La King *</b> Wild Rice Brussels Sprouts Peaches Marble Rye Bread Cal:826 Fat:22% Na+:995mg	<b>31</b> <b>Beef with Pearl Onions</b> Bowtie Pasta Carrots Pineapple Wheat Bread Cal:602 Fat:34% Na+:356mg	<b>Menus Are Subject to Change</b>  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