

June 2017

ELDER SERVICES OF WORCESTER AREA NUTRITION PROGRAM

508-852-3205

www.eswa.org

Monday	Tuesday	Wednesday	Thursday	Friday
<p><u>Menus are Subject to Change</u></p> 		<p><i>Your \$2.50 Donation is Appreciated!</i></p>	<p>1 Breaded Fish Mac & Cheese Mixed Vegetables Fresh Orange</p>	<p>2 Garlic Herbed Chicken Potatoes Au Gratin Winter Mix Vegetables Peach Streusel Cake Diet=Small Piece</p>
<p>5 Beef Burgundy Brown Rice Brussels Sprouts Cookie</p>	<p>6 Hot Dog on Bun Baked Beans Potato Wedges Fresh Melon</p>	<p>7 American Chop Suey Broccoli & Red Peppers Apple Crisp Diet=Yogurt</p>	<p>8 Chicken Pesto Pasta Peas & Carrots Mandarin Oranges</p>	<p>9 Chili Potato Green Beans Chocolate Pudding & Diet</p>
<p>12 Ranch Chicken Wild Rice Carrots and Green Beans Fresh Fruit</p>	<p>13 Beef with Onions & Peppers Mashed Potatoes Honey Glazed Carrots Peaches</p>	<p>14 Ginger Pork Vegetable Fried Rice Broccoli Apple Cranberry Crisp Diet=Cookie</p>	<p>15 Spaghetti & Meatballs Green Beans Frosted Spice Cake Diet=Plain Cake</p> 	<p>16 Greek Chicken Roman Vegetables Pasta Yogurt</p>
<p>19 Beef Stew Rice Corn Niblets Pineapple</p>	<p>20 Macaroni & Cheese Carrots Green Beans Strawberries</p>	<p>21 BBQ Chicken Mashed Potatoes Three Bean Salad Fresh Melon</p>	<p>22 Fish Victor Tartar Sauce Rice Pilaf Country Blend Vegetables Birthday Cake Diet=Plain Cake</p>	<p>23 Meatloaf & Gravy Garlic Mashed Potatoes Chuckwagon Corn Vanilla Mousse</p>
<p>26 Chicken Pot Pie Mashed Potatoes Carrots Peaches</p>	<p>27 Vegetable Cheese Bake Peas and Onions Mandarin Oranges</p>	<p>28 Chicken Milano Pasta Green Beans Vanilla Pudding & Diet</p>	<p>29 Salisbury Steak Mashed Potatoes Peas & Carrots Fresh Fruit</p>	<p>30 Catch of the Day Carrots Broccoli Fruited Ambrosia</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.



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JUNE 2017 - Nutrition Breakdown

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
Menus are Subject to Change 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 Breakdown includes 125mg Na+ for milk	1 Breaded Fish Tartar Sauce Mac & Cheese Mixed Vegetables Fresh Orange Pumpernickel Bread Cal:766 Fat:32% Na+:848mg	2 Garlic Herbed Chicken Potatoes Au Gratin Winter Mix Vegetables Peach Streusel Cake Diet=Small Piece Marble Rye Bread Cal:838 Fat:28% Na+:1080mg Diet Cal:724 Fat:27% Na+:963mg
5 Beef Burgundy Brown Rice Brussels Sprouts Cookie Whole Wheat Bread Na+ 123 64 15 70 150	6 High Sodium Meal Hot Dog* Baked Beans Potato Wedges Fresh Melon Hot Dog Roll Na+ 540 370 283 2 195	7 American Chop Suey Broccoli & Red Peppers Apple Crisp Diet=Yogurt French Bread Na+ 196 21 49 75 91	8 Chicken Pesto Pasta Peas & Carrots Mandarin Oranges Pumpernickel Bread Na+ 476 5 72 20 127	9 Chili Potato Green Beans Chocolate Pudding Diet Pudding French Bread Na+ 340 5 0 135 129 91	
Cal:692 Fat:19% Na+:546mg	Cal:835 Fat:38% Na+:1478mg	Cal:599 Fat:22% Na+:482mg Diet Cal:549 Fat:19% Na+:508mg	Cal:601 Fat:23% Na+:825mg	Cal:659 Fat:21% Na+:695mg Diet Cal:585 Fat:19% Na+:690mg	
12 Ranch Chicken Wild Rice Carrots and Green Beans Fresh Fruit Pumpernickel Bread Na+ 476 185 27 0 127	13 Beef w/Onions & Peppers Mashed Potatoes Honey Glazed Carrots Peaches Roll Na+ 293 176 71 10 300	14 Ginger Pork Vegetable Fried Rice Broccoli Apple Cranberry Crisp Diet=Cookie French Bread Na+ 253 220 22 49 70 91	15 Spaghetti & Meatballs Green Beans Spice Cake Diet=Small Piece Italian Bread Na+ 307 0 257 128 199	16 Greek Chicken Pasta Roman Blend Vegetables Yogurt Whole Wheat Bread Na+ 434 5 12 75 150	
Cal:638 Fat:21% Na+:940mg	Cal:755 Fat:26% Na+:974mg	Cal:643 Fat:20% Na+:759mg Diet Cal:573 Fat:23% Na+:781mg	Cal:842 Fat:19% Na+:888mg Diet Cal:774 Fat:20% Na+:760mg	Cal:558 Fat:18% Na+:801mg	
19 Beef Stew Rice Corn Niblets Pineapple Whole Wheat Bread Na+ 186 64 1 1 150	20 Macaroni & Cheese Carrots Green Beans Strawberries Pumpernickel Bread Na+ 498 53 0 2 127	21 BBQ Chicken* Mashed Potatoes Three Bean Salad Fresh Melon Marble Rye Bread Na+ 696 176 32 2 127	22 High Sodium Meal Fish Victor* Tartar Sauce Rice Pilaf Country Blend Vegetables Birthday Cake Diet=Plain Cake Wheat Hamburger Roll Na+ 640 97 65 22 221 131 300	23 Meatloaf Gravy Garlic Mashed Potatoes Chuckwagon Corn Vanilla Mousse French Bread Na+ 232 82 176 2 150 91	
Cal:764 Fat:21% Na+:527mg	Cal:729 Fat:32% Na+:805mg	Cal:727 Fat:21% Na+:1158mg	Cal:928 Fat:32% Na+:1469mg Diet Cal:803 Fat:31% Na+:1380mg	Cal:886 Fat:38% Na+:858mg	
26 Chicken Pot Pie Mashed Potatoes Carrots Peaches Biscuit Na+ 268 176 53 10 340	27 Vegetable Cheese Bake* Peas and Onions Mandarin Oranges French Bread Na+ 798 34 20 91	28 Chicken Milano Pasta Green Beans Vanilla Pudding Diet Pudding Pumpernickel Bread Na+ 396 5 0 170 129 127	29 Salisbury Steak Mashed Potatoes Peas & Carrots Fresh Fruit Whole Wheat Bread Na+ 257 176 72 0 150	30 Catch of the Day Carrots Broccoli Fruited Ambrosia Marble Rye Bread Na+ 294 53 22 33 127	
Cal:827 Fat:30% Na+:973mg	Cal:613 Fat:43% Na+:1067mg	Cal:696 Fat:27% Na+:823mg	Cal:611 Fat:26% Na+:780mg	Cal:549 Fat:29% Na+:655mg	