

# July 2017

## ELDER SERVICES OF WORCESTER AREA NUTRITION PROGRAM

508-852-3205 Ext.290

www.eswa.org

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <b>BBQ Chicken</b> Seasoned Potatoes Mixed Vegetables Strawberry Shortcake Diet = Strawberries	<b>4</b> <b>INDEPENDENCE DAY</b> <b>NO MEAL SERVED</b> 	<b>5</b> <b>Marinated Pork Loin</b> Vegetable Fried Rice Oriental Blend Vegetables Mandarin Oranges	<b>6</b> <b>Chicken Sausage</b> <b>Jambalaya</b> Rice Pilaf Green Peas Fresh Fruit Cornbread	<b>7</b> <b>Fish w/Crumb Topping</b> Potato Wedges Brussels Sprouts Tapioca Diet = Diet Tapioca
<b>10</b> <b>Roast Pork w/ Gravy</b> Mashed Potatoes Country Blend Vegetables Yogurt	<b>11</b> <b>Cold Roast Beef S/W</b> Potato Salad Three Bean Salad Fresh Melon	<b>12</b> <b>Chicken Fajitas</b> <b>Spanish Rice</b> Sour Cream Black Beans & Corn Pineapple	<b>13</b> <b>Salmon Boat / Dill Sauce</b> Mashed Potatoes Peas & Pearl Onions Cookie	<b>14</b> <b>Lasagna</b> Broccoli Baked Apple Crisp Diet = Yogurt
<b>17</b> <b>Sesame Beef</b> Steamed White Rice Broccoli & Carrots Pineapple Fortune Cookie	<b>18</b> <b>Chicken Cacciatore</b> Penne Pasta Italian Blend Vegetables Snack n Loaf Diet = Granola Bar	<b>19</b> <b>Shepherd's Pie</b> Peas Carrots Chocolate Mousse	<b>20</b> <b>Hot Dog on Bun</b> Baked Beans Pasta Salad Fresh Melon	<b>21</b> <b>Potato Crunch Fish</b> Lemon Seasoned Potato Peas & Mushrooms Peaches
<b>24</b> <b>Chicken Mornay</b> Vegetable Couscous Roman Blend Vegetables Mixed Fruit	<b>25</b> <b>Pot Roast Stew</b> Steamed Potatoes Succotash Pudding & Diet	<b>26</b> <b>Meatloaf &amp; Gravy</b> Garlic Mashed Potatoes Country Blend Vegetables Pears	<b>27</b> <b>Chicken a La King</b> Wild Rice Brussels Sprouts Birthday Cake Diet = Plain Cake	<b>28</b> <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Green Beans Fresh Fruit
<b>31</b> <b>Swedish Meatballs</b> Gemelli Pasta Scandinavian Vegetables Mandarin Oranges	  <p><i>Menus are Subject to Change</i></p> <p>Your \$2.50 donation is appreciated!</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.



# July 2017 - Nutrition Breakdown

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>3</b> <b>BBQ Chicken *</b> Seasoned Potatoes Mixed Vegetables Strawberry Shortcake Diet = Strawberries	<u>Na+</u> 751 46 30 114 2	<b>4</b> <u><b>INDEPENDENCE DAY</b></u> <u><b>NO MEAL SERVED</b></u>		<b>5</b> <b>Marinated Pork Loin</b> Vegetable Fried Rice Oriental Blend Vegetables Mandarin Oranges Whole Wheat Bread Fortune Cookie	<u>Na+</u> 212 220 21 7 91 0	<b>6</b> <b>Jambalaya*</b> Rice Pilaf Green Peas Fresh Fruit Cornbread	<u>Na+</u> 581 65 66 0 284	<b>7</b> <b>Fish with Crumb Topping</b> Potato Wedges Brussels Sprouts Tapioca Diet = Diet Tapioca Pumpernickel Bread	<u>Na+</u> 294 283 15 210 135 127
Cal:770 Fat:25% Na+:1191mg Diet Cal:620 Fat:20% Na+:1081mg				Cal:605 Fat:18% Na+:735mg		Cal:761 Fat:24% Na+:1121mg		Cal: 683 Fat:28% Na+:1055mg Diet Cal:633 Fat:28% Na+:980mg	
<b>10</b> <b>Roast Pork &amp; Gravy</b> Mashed Potatoes Country Blend Vegetables Yogurt French Bread	<u>Na+</u> 277 176 22 75 91	<b>11 High Sodium Meal</b> <b>Roast Beef*</b> Potato Salad Three Bean Salad Cantaloupe Mayonaisse Ind. Pkt. Wheat Roll	<u>Na+</u> 633 167 32 7 70 300	<b>12</b> <b>Chicken Fajitas</b> Spanish Rice Black Beans & Corn Pineapple Sour Cream Packet Pita Bread	<u>Na+</u> 97 49 293 10 13 68	<b>13</b> <b>Salmon Boat with Dill Sauce</b> Mashed Potatoes Peas & Pearl Onions Cookie Pumpernickel Bread	<u>Na+</u> 291 176 34 140 127	<b>14</b> <b>Lasagna</b> Broccoli Baked Apple Crisp Diet=Yogurt Italian Bread	<u>Na+</u> 360 22 44 75 170
Cal:728 Fat:30% Na+:766mg		Cal:788 Fat:46% Na+:1344mg		Cal:754 Fat:29% Na+:655mg		Cal:749 Fat:31% Na+:893mg		Cal:623 Fat:16% Na+:721mg Diet Cal:507 Fat:14% Na+:752mg	
<b>17</b> <b>Sesame Beef*</b> Steamed White Rice Broccoli & Carrots Pineapple Fortune Cookie French Bread	<u>Na+</u> 762 64 38 1 0 91	<b>18</b> <b>Chicken Cacciatore</b> Penne Pasta Italian Blend Vegetables Snack n Loaf Diet = Granola Bar Italian Bread	<u>Na+</u> 403 55 36 160 79 170	<b>19</b> <b>Shepherd's Pie</b> Peas Carrots Chocolate Mousse Pumpernickel Bread	<u>Na+</u> 383 58 53 224 127	<b>20 High Sodium Meal</b> <b>Hot Dog*</b> Baked Beans Pasta Salad Fresh Melon Mustard Packet Hot Dog Bun	<u>Na+</u> 540 370 172 15 50 195	<b>21</b> <b>Potato Crunch Fish</b> Tartar Sauce Lemon Seasoned Potato Peas & Mushrooms Peaches	<u>Na+</u> 280 97 6 45 10
Cal:703 Fat:36% Na+:956mg		Cal:659 Fat:20% Na+:949mg Diet Cal:572 Fat:17% Na+:868mg		Cal:773 Fat:29% Na+:971mg		Cal:813 Fat:33% Na+:1467mg		Cal:693 Fat:24% Na+:713mg	
<b>24</b> <b>Chicken Mornay*</b> Vegetable Couscous Roman Blend Vegetables Mixed Fruit Whole Wheat Bread	<u>Na+</u> 640 77 12 20 150	<b>25</b> <b>Pot Roast Stew</b> Steamed Potatoes Succotash Pudding Sugar Free Pudding Pumpernickel Bread	<u>Na+</u> 214 6 9 135 129 127	<b>26</b> <b>Meatloaf &amp; Gravy</b> Garlic Mashed Potatoes Country Blend Vegetables Pears Marble Rye Bread	<u>Na+</u> 232 176 22 10 127	<b>27</b> <b>Chicken a La King</b> Wild Rice Brussels Sprouts Birthday Cake Diet = Plain Cake Pumpernickel Bread	<u>Na+</u> 177 185 15 221 131 127	<b>28</b> <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Green Beans Fresh Fruit French Bread	<u>Na+</u> 498 6 0 0 91
Cal:694 Fat:25% Na+:1023mg		Cal:853 Fat:30% Na+:617mg Diet Cal:780 Fat:29% Na+:611mg		Cal:844 Fat:34% Na+:774mg		Cal:837 Fat:34% Na+:774mg Diet Cal:712 Fat:24% Na+:774mg		Cal:736 Fat:30% 720Na+:mg	
<b>31</b> <b>Swedish Meatballs</b> Gemelli Pasta Scandinavian Vegetables Mandarin Oranges Italian Bread	<u>Na+</u> 260 8 30 7 199	<p><b>Menus are Subject to Change</b></p> <p>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.</p> <p>Na+ = Sodium    mg = milligrams    * Indicates higher sodium entrees &gt;500mg</p> <p>High Sodium Meal = &gt;1200mg    Breakdown includes 125mg Na+ for milk</p>							
Cal:711 Fat:25% Na+:628mg									