

# AUGUST 2017

## ELDER SERVICES OF WORCESTER AREA NUTRITION PROGRAM

508-852-3205 Ext.290 [www.eswa.org](http://www.eswa.org)

Monday	Tuesday	Wednesday	Thursday	Friday
	1	2	3	4
<b>MENU SUBJECT TO CHANGE</b>	<b>Pork Rib-i-que w/ Peppers &amp; Onion</b> Coleslaw Corn Niblets Strawberries/Whip.Topping	<b>Catch of the Day</b> Wild Rice California Blend Vegetables Brownie Diet=Small Piece	<b>Meatballs w/Onion Gravy</b> Bowtie Pasta Scandinavian Vegetables Pineapple	<b>Sloppy Joe</b> Potato Wedges Mixed Vegetables Granola Bar
7	8	9	10	11
<b>Roast Turkey w/ Gravy</b> Mashed Sweet Potatoes Tuscany Blend Vegetables Cranberry Sauce Chocolate Pudding Diet=Vanilla Pudding	<b>Stuffed Pepper Casserole</b> Mashed Potato Carrots Peaches	<b>Garlic Herbed Chicken</b> Red Bliss Potatoes Winter Mix Vegetables Peach Streusel Cake Diet=Small Piece	<b>Beef Patty w/ Onions &amp; Peppers</b> Herbed Potatoes Coleslaw Melon	<b>Breaded Fish</b> Rice Pilaf Jardiniere Vegetables Mixed Fruit Tartar Sauce
14	15	16	17	18
<b>Beef Burgundy</b> Brown Rice Brussels Sprouts Lemon Graham Cookies	<b>Hot Dog on Bun</b> Baked Beans Potato Salad Cantaloupe Mustard Packet	<b>American Chop Suey</b> Broccoli & Red Peppers Corn Apple Crisp Diet = Applesauce	<b>Sliced Turkey w/ Lettuce &amp; Tomato</b> Pasta Salad Summer Corn Fruited Ambrosia	<b>Chicken Pesto</b> Gemelli Pasta Peas & Carrots Mandarin Oranges
21	22	23	24	25
<b>Ginger Pork</b> Vegetable Fried Rice Broccoli Pudding & Diet Fortune Cookie	<b>Beef and Pearl Onions</b> Mashed Potatoes Succotash Fresh Orange	<b>Ranch Chicken</b> Wild Rice Carrots and Green Beans Pineapple	<b>Spaghetti &amp; Meatballs</b> Green Beans Birthday Cake Diet = Plain Cake  <b>Congregate = Garden Salad</b>	<b>Beef &amp; Bean Chili w/ Cheese</b> Baked Potato Mixed Vegetables Yogurt
28	29	30	31	
<b>Macaroni &amp; Cheese</b> Stewed Tomatoes Green Beans Peaches	<b>Greek Chicken</b> Steamed White Rice Broccoli Vanilla Mousse	<b>Meatloaf &amp; Gravy</b> Garlic Mashed Potatoes Peas & Onions Fresh Fruit	<b>Chicken Pot Pie</b> Mashed Potatoes Carrots Brownie Diet=Small Piece Biscuit	

# August 2017 - Nutrition Breakdown

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<u>Menus are Subject to Change</u>		<b>1</b>	<b>Na+</b>	<b>2</b>	<b>Na+</b>	<b>3</b>	<b>Na+</b>	<b>4</b>	<b>Na+</b>
		<b>Pork Rib-i-que</b> w/ Peppers & Onions Coleslaw Corn Niblets Strawberries/Whip. Topping Hamburger Bun	280 3 402 1 2 290	<b>Catch of the Day</b> Wild Rice California Blend Vegetables Brownie Diet=Small Piece Marble Rye Bread	484 185 29 149 75 127	<b>Meatballs w/Onion Gravy</b> Bowtie Pasta Scandinavian Vegetables Pineapple Pumpernickel Bread	266 8 30 10 127	<b>High Sodium Meal</b> <b>Sloppy Joe *</b> Potato Wedges Mixed Vegetables Granola Bar Hamburger Bun	682 283 30 50 290
		Cal:728 Fat:38% Na+:1104mg		Cal:748 Fat:22% Na+:1100mg Diet Cal:676 Fat:22% Na+:1025mg		Cal:694 Fat:27% Na+:566mg		Cal:808 Fat:28% Na+:1480mg	
<b>7</b>	<b>Na+</b>	<b>8</b>	<b>Na+</b>	<b>9</b>	<b>Na+</b>	<b>10</b>	<b>Na+</b>	<b>11</b>	<b>Na+</b>
<b>Roast Turkey</b> w/ Turkey Gravy Mashed Sweet Potatoes Tuscany Blend Vegetables Cranberry Sauce Chocolate Pudding Diet = Dt. Vanilla Pudding Marble Rye Bread	450 77 76 31 0 135 125 127	<b>Stuffed Pepper Casserole</b> Mashed Potato Carrots Peaches French Bread	176 176 43 10 91	<b>Garlic Herbed Chicken</b> Red Bliss Potatoes Winter Mix Vegetables Peach Streusel Cake Diet=Small Piece Pumpernickel Bread	346 5 43 235 117 127	<b>Beef with Onions &amp; Peppers</b> Herbed Potatoes Coleslaw Melon Sandwich Roll	293 46 482 7 290	<b>Breaded Fish</b> Potato Wedges Jardinière Blend Vegetables Mixed Fruit Tartar Sauce Hamburger Bun	220 283 28 20 97 290
		Cal:658 Fat:28% Na+:621mg		Cal:711 Fat:21% Na+:880mg Diet Cal:597 Fat:19% Na+:763mg		Cal:778 Fat:38% Na+:1164mg		Cal:753 Fat:27% Na+:1063mg	
<b>14</b>	<b>Na+</b>	<b>15</b>	<b>Na+</b>	<b>16</b>	<b>Na+</b>	<b>17</b>	<b>Na+</b>	<b>18</b>	<b>Na+</b>
<b>Beef Burgundy</b> Brown Rice Brussels Sprouts Lemon Graham Cookies Whole Wheat Bread	123 64 15 95 150	<b>High Sodium Meal</b> <b>Hot Dog *</b> Baked Beans Potato Salad Cantaloupe Mustard Packet Hot Dog Bun	540 370 167 7 50 195	<b>American Chop Suey</b> Broccoli & Red Peppers Corn Apple Crisp Diet=Applesauce French Bread	196 21 1 44 25 91	<b>Sliced Turkey *</b> w/ Lettuce & Tomato Pasta Salad Summer Corn Fruited Ambrosia Mayonnaise Pita Bread	676 1 103 19 33 70 68	<b>Chicken Pesto</b> Gemelli Pasta Peas & Carrots Mandarin Oranges Marble Rye Bread	476 8 72 20 127
		Cal:929 Fat:48% Na+:1454mg		Cal:739 Fat:19% Na+:479mg Diet Cal:583 Fat:19% Na+:459mg		Cal:653 Fat:36% Na+:1163mg		Cal:683 Fat:20% Na+:828mg	
<b>21</b>	<b>Na+</b>	<b>22</b>	<b>Na+</b>	<b>23</b>	<b>Na+</b>	<b>24</b>	<b>Na+</b>	<b>25</b>	<b>Na+</b>
<b>Ginger Pork</b> Vegetable Fried Rice Broccoli Pudding Diet=Tapioca Pudding Whole Wheat Bread Fortune Cookie	253 220 22 170 135 150 0	<b>Beef and Pearl Onions</b> Rice Pilaf Succotash Fresh Fruit - Orange French Bread	138 65 9 0 91	<b>Ranch Chicken</b> Wild Rice Carrots and Green Beans Pineapple Marble Rye Bread	476 185 53 1 127	<b>Spaghetti &amp; Meatballs</b> Green Beans Birthday Cake Diet = Plain Cake Italian Bread	307 0 221 131 199	<b>Beef and Bean Chili</b> with Cheese Baked Potato Mixed Vegetables Yogurt French Bread	340 180 7 30 50 91
		Cal:836 Fat:29% Na+:487mg		Cal:652 Fat:19% Na+:968mg		Cal:887 Fat:21% Na+:852mg Diet Cal:762 Fat:19% Na+:763mg		Cal:776 Fat:24% Na+:823mg	
<b>28</b>	<b>Na+</b>	<b>29</b>	<b>Na+</b>	<b>30</b>	<b>Na+</b>	<b>31</b>	<b>Na+</b>		
<b>Macaroni &amp; Cheese</b> Stewed Tomatoes Green Beans Peaches Pumpernickel Bread	498 6 0 10 127	<b>Greek Chicken</b> Steamed White Rice Broccoli Vanilla Mousse Marble Rye Bread	434 64 22 150 127	<b>Meatloaf &amp; Gravy</b> Garlic Mashed Potatoes Peas and Onions Fresh Fruit Whole Wheat Bread	314 91 34 0 150	<b>Chicken Pot Pie</b> Mashed Potatoes Carrots Brownie Diet=Small Piece Biscuit	208 176 53 149 75 340		
		Cal:652 Fat:24% Na+:921mg		Cal:802 Fat:31% Na+:714mg		Cal:910 Fat:33% Na+:1052mg Diet Cal:837 Fat:34% Na+:977mg			

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