


SEPTEMBER 2017

ELDER SERVICES OF WORCESTER AREA NUTRITION PROGRAM

508-852-3205 Ext.290 www.eswa.org

Monday	Tuesday	Wednesday	Thursday	Friday
<p><i>Menus are Subject to Change</i></p> <p>Your \$2.50 Donation is Appreciated!</p> 				<p>1</p> <p>Fish Victor Red Bliss Potatoes Jardinière Vegetables Pineapple Tartar Sauce</p>
<p>4</p> <p><u>LABOR DAY</u> <u>NO MEAL SERVED</u></p>	<p>5</p> <p>Vegetable Cheese Bake Roman Vegetables Green Beans Mixed Fruit</p>	<p>6</p> <p>Chicken Milano Seasoned Potatoes Beets Fresh Fruit</p>	<p>7</p> <p>Salisbury Steak Mashed Potatoes Honey Glazed Carrots Vanilla Pudding & Diet</p>	<p>8</p> <p>Beef Stew Steamed White Rice Corn Niblets Mandarin Oranges</p>
<p>11</p> <p>Chicken Sausage Jambalaya Rice Pilaf Green Peas Apple Cinnamon Grahams</p>	<p>12</p> <p>Meatballs with Onion Gravy Bowtie Pasta Country Blend Vegetables Peaches</p>	<p>13</p> <p>Marinated Pork Loin Couscous Oriental Blend Vegetables Mandarin Oranges</p>	<p>14</p> <p>BBQ Chicken Herbed Potatoes Mixed Vegetables Fresh Fruit</p>	<p>15</p> <p>Fish w/ Crumb Topping Mashed Potatoes Brussels Sprouts Chocolate Mousse</p>
<p>18</p> <p>Sesame Beef Steamed White Rice Broccoli & Carrots Pineapple Fortune Cookie</p>	<p>19</p> <p>Salmon Boat with Dill Sauce Mashed Potatoes Peas & Pearl Onions Yogurt</p>	<p>20</p> <p>Chicken Fajitas Spanish Rice Black Beans & Corn Pineapple Sour Cream</p>	<p>21</p> <p>Roast Beef w/ Lettuce & Tomato Potato Salad Three Bean Salad Cantaloupe Mayonnaise</p>	<p>22</p> <p>Lasagna w/ Meatballs Broccoli Apple Crisp Diet = Applesauce</p>
<p>25</p> <p>Roast Pork w/ Gravy Mashed Potatoes Carrots Strawberries with Topping</p>	<p>26</p> <p>Hot Dog on Bun Baked Beans Potato Salad Fresh Fruit Mustard Packet</p>	<p>27</p> <p>Catch of the Day Wild Rice Broccoli Fruited Ambrosia</p>	<p>28</p> <p>Chicken Cacciatore Penne Pasta Italian Blend Vegetables Birthday Cake Diet = Plain Cake</p>	<p>29</p> <p>Potato Crunch Fish Lemon Seasoned Potato Green Peas Peaches w/ Whip Topping</p>

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September 2017 - Nutrition Breakdown

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menus are Subject to Change</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 >500mg High Sodium Meal >1200 mg Breakdown includes 125 mg Na+ for milk</p>				<p>1</p> <p>Fish Victor *</p> <p>Red Bliss Potatoes 5 Jardinere Vegetables 28 Pineapple 10 Tartar Sauce 97 Wheat Roll 290</p> <p>Cal: 744 Fat: 31% Na+: 1195mg</p>
<p>4</p> <p><u>LABOR DAY</u> <u>NO MEAL SERVED</u></p>	<p>5</p> <p>Vegetable Cheese Bake *</p> <p>Roman Vegetables 30 Green Beans 0 Mixed Fruit 20 Marble Rye Bread 127</p> <p>Cal: 651 Fat: 39% Na+: 1100mg</p>	<p>6</p> <p>Chicken Milano</p> <p>Seasoned Potatoes 46 Beets 140 Fresh Fruit 1 Whole Wheat Bread 150</p> <p>Cal: 714 Fat: 26% Na+: 859mg</p>	<p>7</p> <p>Salisbury Steak</p> <p>Mashed Potatoes 176 Honey Glazed Carrots 70 Vanilla Pudding 170 Diet = Dt. Vanilla Pudding 125 Pumpernickel Bread 127</p> <p>Cal: 721 Fat: 30% Na+: 925mg Diet Cal: 651 Fat: 30% Na+: 880mg</p>	<p>8</p> <p>Beef Stew</p> <p>Steamed White Rice 64 Corn Niblets 1 Mandarin Oranges 20 Marble Rye Bread 127</p> <p>Cal: 744 Fat: 21% Na+: 522mg</p>
<p>11</p> <p>Chicken Sausage *</p> <p>Jambalaya 65 Rice Pilaf 66 Green Peas 85 Apple Cinnamon Grahams 91 French Bread</p> <p>Cal: 708 Fat: 26% Na+: 1013mg</p>	<p>12</p> <p>Meatballs</p> <p>w/Onion Gravy 63 Bowtie Pasta 8 Country Blend Vegetables 22 Peaches 10 Pumpernickel Bread 127</p> <p>Cal: 689 Fat: 27% Na+: 544mg</p>	<p>13</p> <p>Marinated Pork Loin</p> <p>Couscous 70 Oriental Blend Vegetables 21 Mandarin Oranges 20 Marble Rye Bread 127</p> <p>Cal: 692 Fat: 29% Na+: 417mg</p>	<p>14</p> <p>BBQ Chicken *</p> <p>Herbed Potatoes 46 Mixed Vegetables 30 Fresh Fruit 1 Whole Wheat Bread 150</p> <p>Cal: 688 Fat: 20% Na+: 1103mg</p>	<p>15</p> <p>Fish w/Crumb Topping</p> <p>Mashed Potatoes 176 Brussels Sprouts 15 Chocolate Mousse 224 Pumpernickel Bread 127</p> <p>Cal: 720 Fat: 31% Na+: 962mg</p>
<p>18</p> <p>Sesame Beef *</p> <p>Steamed White Rice 64 Broccoli & Carrots 38 Pineapple 1 Fortune Cookie 0 Italian Bread 170</p> <p>Cal: 831 Fat: 35% Na+: 1160mg</p>	<p>19</p> <p>Salmon Boat / Dill Sauce</p> <p>Mashed Potatoes 176 Peas & Pearl Onions 34 Yogurt 50 Whole Wheat Bread 150</p> <p>Cal: 701 Fat: 25% Na+: 826mg</p>	<p>20</p> <p>Chicken Fajitas</p> <p>Spanish Rice 49 Black Beans & Corn 293 Pineapple 10 Sour Cream 13 Pita Bread 68</p> <p>Cal: 754 Fat: 30% Na+: 655mg</p>	<p>21</p> <p>High Sodium Meal</p> <p>Cold Roast Beef *</p> <p>Lettuce & Tomato 1 Potato Salad 167 Three Bean Salad 32 Cantaloupe 7 Mayo Pkt. 70 Wheat Roll 290</p> <p>Cal: 774 Fat: 46% Na+: 1452mg</p>	<p>22</p> <p>Lasagna</p> <p>w/ Meatballs 127 Broccoli 22 Apple Crisp 44 Diet = Applesauce 25 French Bread 91</p> <p>Cal: 718 Fat: 22% Na+: 769mg Diet Cal: 562 Fat: 22% Na+: 749mg</p>
<p>25</p> <p>Roast Pork</p> <p>w/ Gravy 211 Mashed Potatoes 176 Carrots 53 Strawberries w/ Whip Topping 2 Marble Rye Bread 127</p> <p>Cal: 712 Fat: 34% Na+: 761mg</p>	<p>26</p> <p>High Sodium Meal</p> <p>Hot Dog *</p> <p>Baked Beans 370 Potato Salad 167 Fresh Fruit 0 Hot Dog Bun 195 Mustard 50</p> <p>Cal: 985 Fat: 46% Na+: 1447mg</p>	<p>27</p> <p>Catch of the Day</p> <p>Wild Rice 185 Broccoli 22 Fruited Ambrosia 33 Pumpernickel Bread 127</p> <p>Cal: 714 Fat: 25% Na+: 976mg</p>	<p>28</p> <p>Chicken Cacciatore</p> <p>Penne Pasta 55 Italian Blend Vegetables 36 Birthday Cake 221 Diet = Plain Cake 131 Italian Bread 170</p> <p>Cal: 660 Fat: 18% Na+: 1010mg Diet Cal: 535 Fat: 13% Na+: 920mg</p>	<p>29</p> <p>Potato Crunch Fish</p> <p>Lemon Seasoned Potato 6 Peas 66 Peaches w/ Whipped Topping 10 Whole Wheat Bread 150</p> <p>Cal: 676 Fat: 22% Na+: 637mg</p>