

ELDER SERVICES OF WORCESTER AREA NUTRITION PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Menus are Subject to Change Your \$2.50 Donation is Appreciated!			1 Pot Roast with Gravy Rice Pilaf Herbed Carrots Cold Pear Crisp Diet=Applesauce	2 Haddock w/Parmesan Cream Sauce Wild Rice Broccoli & Red Peppers Brownie/Diet=Small Piece
5 Roast Turkey Mashed Sweet Potatoes Green Beans Pineapple	6 Stuffed Pepper Casserole Mashed Potatoes Carrots Butterscotch Pudding Diet = Vanilla Pudding	7 Garlic Herbed Chicken Red Bliss Potatoes Mixed Vegetables Peach Streusel Cake Diet=Small Piece	8 Beef with Pearl Onions Rice Pilaf Peas & Carrots Strawberries	9 Egg Frittata O'Brien Potatoes Stewed Tomatoes Fresh Fruit
12 Beef Burgundy Mashed Potatoes Brussels Sprouts Tapioca Pudding Diet = SF Tapioca Pudding	13 Hot Dog on Bun Peppers & Onions Baked Beans Coleslaw Peaches	14 American Chop Suey Broccoli Corn Apple Crisp Diet = Applesauce	15 Corned Beef Boiled Potato Cabbage & Carrots / Corn Gingerbread w/Whip Topping Diet = Smaller Piece	16 Breaded Fish w/Tartar Sauce Herbed Potatoes Mixed Vegetables Fresh Orange Vegetable Soup
19 Ranch Chicken Wild Rice Carrots and Green Beans Peaches	20 Beef with Onions & Peppers Sour Cream & Chive Potatoes Carrots Pears	21 Roast Pork with Gravy Cranberry Stuffing Peas & Onions Fruited Ambrosia	22 Spaghetti & Meatballs Green Beans Birthday Cake & Plain Cake	23 Macaroni & Cheese Tuscany Vegetables Stewed Tomatoes Fresh Fruit
26 Greek Chicken Steamed White Rice Broccoli Banana Cream of Carrot Soup	27 Lasagna & Meatballs Peas Pear Crisp Diet = Applesauce	28 Meatloaf & Gravy Garlic Mashed Potatoes Chuckwagon Corn Mixed Fruit	29 Glazed Ham w/Pineapple Mashed Potatoes Herbed Carrots Eclairs Diet = Vanilla Mousse	30 Potato Crunch Fish Tartar Sauce Rice Pilaf Broccoli & Red Peppers Blondie / Diet=Small Piece

March 2018 - Nutrition Breakdown

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
Menus are Subject to Change						1		2	
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.						Pot Roast* Gravy Rice Pilaf Herbed Carrots Cold Pear Crisp Diet=Applesauce French Bread		Fish w/Parmesan Sauce Wild Rice Broccoli & Red Peppers Brownie Diet=Smaller Piece Pumpernickel Bread	
Na+ = Sodium mg = milligrams *Indicates higher sodium entrees >500mg High Sodium Meal = >1200mg Breakdown includes 125 mg Na+ for Milk						Cal:662 Fat:16% Na+:1195mg Diet Cal:583 Fat:16% Na+:1184mg		Cal:842 Fat:34% Na+:1070mg Diet Cal:769 Fat:32% Na+:996mg	
5		6		7		8		9	
Roast Turkey* Gravy Mashed Sweet Potatoes Green Beans Pineapple Marble Rye Bread		Stuffed Pepper Casserole Mashed Potatoes Carrots Butterscotch Pudding Diet=Vanilla Pudding Pumpernickel Bread		Garlic Herbed Chicken Red Bliss Potatoes Mixed Vegetables Peach Streusel Cake Diet=Small Piece Whole Wheat Bread		Beef with Pearl Onions Rice Pilaf Peas & Carrots Strawberries French Bread		Egg Frittata O'Brien Potatoes Stewed Tomatoes Fresh Fruit Pumpernickel Bread	
Cal:606 Fat:12% Na+:1099mg Diet Cal:694 Fat:23% Na+:772mg		Cal:732 Fat:25% Na+:893mg Diet Cal:694 Fat:23% Na+:772mg		Cal:688 Fat:17% Na+:891mg Diet Cal:574 Fat:12% Na+:773mg		Cal:752 Fat:26% Na+:493mg		Cal:678 Fat:28% Na+:725mg	
12		13		14		15		16	
Beef Burgundy Mashed Potatoes Brussels Sprouts Tapioca Pudding Diet Tapioca Pudding French Bread		High Sodium Meal Hot Dog* Peppers & Onions Baked Beans Coleslaw Peaches Hot Dog Bun		American Chop Suey Broccoli Corn Apple Crisp Diet=Applesauce Italian Bread		High Sodium Meal Corned Beef* Boiled Potato Cabbage & Carrots Corn Gingerbread w/Topping Diet=Small Piece w/Topping Pumpernickel Bread		Breaded Fish Tartar Sauce Herbed Potatoes Mixed Vegetables Fresh Orange Sandwich Roll Vegetable Soup	
Cal:780 Fat:16% Na+:740mg Diet Cal:730 Fat:15% Na+:665mg		Cal:904 Fat:41% Na+:1476mg		Cal:685 Fat:17% Na+:490mg Diet Cal:575 Fat:13% Na+:452mg		Cal:645 Fat:15% Na+:1473mg Diet Cal:575 Fat:14% Na+:1329mg		Cal:839 Fat:23% Na+:1020mg	
19		20		21		22		23	
Ranch Chicken* Wild Rice Carrots and Green Beans Peaches Marble Rye Bread		Beef w/Onions &Peppers Sour Cream & Chive Potatoes Carrots Pears Roll		Roast Pork Gravy Cranberry Stuffing Peas & Onions Fruited Ambrosia Whole Wheat Bread		Spaghetti & Meatballs Green Beans Birthday Cake Plain Cake Italian Bread		Macaroni & Cheese Tuscany Vegetables Stewed Tomatoes Fresh Fruit Pumpernickel Bread	
Cal:654 Fat:16% Na+:999mg		Cal:694 Fat:21% Na+:867mg		Cal:694 Fat:24% Na+:1127mg		Cal:825 Fat:21% Na+:749mg Diet Cal:700 Fat:16% Na+:660mg		Cal:790 Fat:26% Na+:788mg	
26		27		28		29		30	
Greek Chicken Steamed White Rice Broccoli Banana Pumpernickel Bread Cream of Carrot Soup		Lasagna Meatballs Peas Pear Crisp Diet = Applesauce Italian Bread		Meatloaf Gravy Garlic Mashed Potatoes Chuckwagon Corn Mixed Fruit French Bread		Glazed Ham w/Pineapple Mashed Potatoes Herbed Carrots Eclairs Diet = Vanilla Mousse Marble Rye Bread		Potato Crunch Fish Tartar Sauce Rice Pilaf Broccoli & Red Peppers Blondie Diet=Smaller Piece Whole Wheat Bread	
Cal:732 Fat:19% Na+:957mg		Cal:741 Fat:20% Na+:862mg Diet Cal:631 Fat:15% Na+:824mg		Cal:850 Fat:30% Na+:745mg		Cal:803 Fat:29% Na+:1040mg Diet Cal:710 Fat:24% Na+:1100mg		Cal:897 Fat:34% Na+:1000mg Diet Cal:775 Fat:29% Na+:864mg	