

APRIL 2018

ELDER SERVICES OF WORCESTER AREA NUTRITION PROGRAM

508-852-3205 Ext. 290

www.eswa.org

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2	3	4	5	6
Beef Stew Steamed Rice Green Beans Pineapple	Vegetable Cheese Bake Broccoli & Red Peppers Corn Yogurt	Chicken Milano Wild Rice Tuscany Blend Vegetables Mandarin Oranges	Salisbury Steak Mashed Potatoes Peas & Carrots Fresh Fruit	Breaded Fish Tartar Sauce Lemon Seasoned Potato Scandinavian Vegetables Fruited Ambrosia
9	10	11	12	13
Chicken Sausage Jambalaya Rice Pilaf Green Peas Cookie	Meatballs w/Onion Gravy Bowtie Pasta Scandinavian Vegetables Mandarin Oranges	Marinated Pork Loin Herb Seasoned Potatoes Oriental Blend Vegetables Fresh Fruit Minestrone Soup	Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream/Pita Bread Pineapple	Fish w/Crumb Topping Potatoes O'Brien Broccoli Gingerbread Diet=Small Piece
16	17	18	19	20
<i>No Meals Served</i> ~Patriot's Day~	Salmon Boat / Dill Sauce Mashed Potatoes Peas & Pearl Onions Peaches	BBQ Chicken Red Bliss Potatoes Summer Corn Salad Cantaloupe	Cold Roast Beef S/W Lettuce & Tomato Potato Salad Beet Salad Pears	Lasagna & Meatballs Corn Niblets Cheesecake Mousse
23	24	25	26	27
Roast Pork w/ Gravy Mashed Potatoes Jardiniere Vegetables Fresh Fruit Split Pea Soup	Hot Dog on Bun Baked Beans Coleslaw Mixed Fruit	Beef and Bean Chili w/ Cheese Baked Potato Sour Cream Mixed Vegetables Peaches	Chicken Cacciatore Penne Pasta Italian Blend Vegetables Birthday Cake & Plain Cake	Haddock w/Picatta Sauce Garden Blend Rice Broccoli Brownie Diet=Half Piece Brownie
30	<p style="text-align: center;">Menus are Subject to Change</p> <p style="text-align: center;">Your \$2.50 Donation is Appreciated!</p>			
Chicken Mornay Couscous Roman Blend Vegetables Tapioca Pudding & Diet				

APRIL 2018 - Nutrition Breakdown

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1	Na+	3	Na+	4	Na+	5	Na+	6	Na+
Beef Stew	186	Vegetable Cheese Bake*	798	Chicken Milano	396	Salisbury Steak	420	Breaded Fish	190
Steamed Rice	64	Broccoli & Red Peppers	21	Wild Rice	185	Gravy	82	Tartar Sauce	97
Green Beans	0	Corn	1	Tuscany Blend Vegetables	31	Mashed Potatoes	176	Lemon Seasoned Potato	6
Pineapple	1	Yogurt	75	Mandarin Oranges	7	Peas & Carrots	72	Scandinavian Vegetables	30
Whole Wheat Bread	150	French Bread	91	Italian Bread	96	Fresh Fruit	0	Fruited Ambrosia	33
						French Bread	91	Pumpernickel Bread	127
Cal:713 Fat:17% Na+:525mg		Cal:704 Fat:30% Na+:1111mg		Cal:651 Fat:18% Na+:840mg		Cal:726 Fat:28% Na+:966mg		Cal:680 Fat:21% Na+:609mg	
9	Na+	10	Na+	11	Na+	12	Na+	13	Na+
Chicken Sausage Jambalaya*	581	Meatballs w/Onion Gravy	286	Marinated Pork Loin	54	Chicken Fajitas	97	Fish w/Crumb Topping	294
Rice Pilaf	65	Bowtie Pasta	8	Herb Seasoned Potatoes	64	Spanish Rice	49	Potatoes O'Brien	78
Green Peas	66	Scandinavian Vegetables	30	Oriental Blend Vegetables	21	Black Beans & Corn	293	Broccoli	22
Cookie	70	Mandarin Oranges	7	Fresh Fruit	0	Sour Cream	13	Gingerbread	280
French Bread	91	Whole Wheat Bread	150	Marble Rye Bread	127	Pineapple	1	Diet=Small Piece	144
				Minestrone Soup	201	Pita Bread	68	Pumpernickel Bread	127
Cal:675 Fat:21% Na+:998mg		Cal:685 Fat:22% Na+:605mg		Cal:775 Fat:23% Na+:592mg		Cal:762 Fat:26% Na+:646mg		Cal:665 Fat:19% Na+:935mg	
								Diet Cal:595 Fat:17% Na+:790mg	
16	Na+	17	Na+	18	Na+	19 ~High Sodium Meal~	Na+	20	Na+
Patriot's Day		Salmon Boat / Dill Sauce	283	BBQ Chicken*	751	Roast Beef	506	Lasagna	360
		Mashed Potatoes	176	Red Bliss Potatoes	5	Lettuce & Tomato	0	Meatballs	165
No Meals Served		Peas & Pearl Onions	34	Summer Corn Salad	19	Potato Salad	234	Corn Niblets	1
		Peaches	5	Cantaloupe	7	Beet Salad	140	Cheescake Mousse	130
		Marble Rye Bread	127	Pumpernickel Bread	127	Pears	5	Italian Bread	96
						Wheat Roll	290		
		Cal:667 Fat:18% Na+:749mg		Cal:617 Fat:19% Na+:1033mg		Cal:694 Fat:34% Na+:1304mg		Cal:687 Fat:20% Na+:877mg	
23	Na+	24 ~High Sodium Meal~	Na+	25	Na+	26	Na+	27	Na+
Roast Pork w/ Gravy	277	Hot Dog*	540	Beef and Bean Chili	340	Chicken Cacciatore	403	Haddock w/Picatta Sauce	392
Mashed Potatoes	176	Baked Beans	370	w/ Cheese	180	Penne Pasta	55	Garden Blend Rice	65
Jardiniere Vegetables	28	Coleslaw	219	Baked Potato	7	Italian Blend Vegetables	36	Broccoli	22
Fresh Fruit	0	Mixed Fruit	10	Sour Cream	13	Birthday Cake	221	Brownie	149
Marble Rye Bread	127	Hot Dog Bun	195	Mixed Vegetables	30	Plain Cake	131	Diet=Half Piece	75
Split Pea Soup	321			Peaches	5	Italian Bread	96	Pumpernickel Bread	127
				Whole Wheat Bread	150				
Cal:851 Fat:25% Na+:1055mg		Cal:836 Fat:37% Na+:1459mg		Cal:808 Fat:28% Na+:850mg		Cal:641 Fat:12% Na+:936mg		Cal:681 Fat:14% Na+:880mg	
						Diet Cal:516 Fat:7% Na+:846mg		Diet Cal:608 Fat:12% Na+:805mg	
30	Na+	Menus are Subject to Change							
Chicken Mornay*	640	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.							
Couscous	70								
Roman Blend Vegetables	12								
Tapioca Pudding	210								
Diet Tapioca Pudding	135								
French Bread	91	Na+ = Sodium mg = milligrams * Indicates higher sodium entrees >500mg						High Sodium Meal = >1200mg	

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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.

