

## ELDER SERVICES OF WORCESTER AREA NUTRITION PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>Menus are Subject to Change</u>	<b>1</b> Shepherd's Pie Peas Carrots Apple Cinnamon Grahams	<b>2</b> Turkey a la King Steamed White Rice Brussel Sprouts Peaches	<b>3</b> Meatloaf & Gravy Garlic Mashed Potatoes Mixed Vegetables Pear Crisp Diet = Applesauce	<b>4</b> Macaroni & Cheese Stewed Tomatoes Green Beans Fresh Fruit
<b>7</b> Swedish Meatballs Gemelli Pasta Scandinavian Vegetables Mandarin Oranges	<b>8</b> Pork Ribique on Sandwich Roll Mac 'n Cheese Side Corn Niblets Strawberries/Whip Topping	<b>9</b> Sloppy Joe on Bun Herbed Potatoes Mixed Vegetables Fresh Fruit	<b>10</b> Chicken Cordon Bleu Mashed Sweet Potatoes Scandinavian Vegetables Cream Puffs	<b>11</b> Catch of the Day Rice Pilaf Roman Blend Vegetables Brownie Diet = Small Piece
<b>14</b> Buttermilk Chicken Red Bliss Potatoes Peas & Carrots Yogurt	<b>15</b> Stuffed Pepper Casserole Mashed Potatoes Carrots Fresh Fruit	<b>16</b> Garlic Herbed Chicken Potatoes Au Gratin Winter Mixed Vegetables Peach Streusel Cake Diet = Small Piece	<b>17</b> Beef w/ Pearl Onions Rice Pilaf Green Beans Pineapple	<b>18</b> Breaded Fish on Bun Potato Wedges Beets Pears Tartar Sauce
<b>21</b> Beef Burgundy Brown Rice Broccoli Mixed Fruit	<b>22</b> Roast Turkey Cranberry Stuffing California Blend Vegetables Banana Pudding Diet = Dt. Vanilla	<b>23</b> American Chop Suey Broccoli & Red Peppers Corn Apple Crisp Diet = Applesauce	<b>24</b> Chicken Pesto Delmonico Potatoes Chuckwagon Corn Birthday Cake Diet = Plain Cake	<b>25</b> Hot Dog on Bun Baked Beans Coleslaw Fresh Fruit Mustard
<b>28</b> Memorial Day  No Meal Served	<b>29</b> Beef with Onions & Peppers on Bun Mashed Potatoes Tuscany Vegetables Granola Bar	<b>30</b> Ranch Chicken Wild Rice Honey Glazed Carrots Mandarin Oranges	<b>31</b> Egg Frittata O'Brien Potatoes Stewed Tomatoes Fresh Fruit	<b>Your \$2.50 Donation is Appreciated!</b>

# MAY 2018 - Nutrition Breakdown

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Menus are Subject to Change</b>	<b>1</b> <b>Shepherd's Pie</b> Peas Carrots Apple Cinnamon Grahams French Bread Cal: 812 Fat: 30% Na+: 717mg	<b>2</b> <b>Turkey Breast *</b> a la King Sauce Steamed White Rice Brussel Sprouts Peaches Corn Muffin Cal: 777 Fat: 28% Na+: 1149mg	<b>3</b> <b>Meatloaf</b> Beef Gravy Garlic Mashed Potatoes Mixed Vegetables Pear Crisp Diet = Applesauce Whole Wheat Bread Cal: 788 Fat: 27% Na+: 805mg <i>Diet Cal: 709 Fat: 27% Na+: 794mg</i>	<b>4</b> <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Green Beans Fresh Fruit Italian Bread Cal: 735 Fat: 31% Na+: 725mg
	<b>7</b> <b>Swedish Meatballs</b> Gemelli Pasta Scandinavian Vegetables Mandarin Oranges Whole Wheat Bread Cal: 679 Fat: 27% Na+: 593mg	<b>8</b> <b>Pork Rib-i-que</b> Mac 'n Cheese Side Corn Niblets Strawberries w/ Whip Topping Sandwich Roll Cal: 724 Fat: 31% Na+: 957mg	<b>9</b> <b>Sloppy Joes *</b> Herbed Potatoes Mixed Vegetables Fresh Fruit Hamburger Bun Cal: 773 Fat: 25% Na+: 1183mg	<b>10</b> <b>Chicken Cordon Bleu *</b> Mashed Sweet Potatoes Scandinavian Vegetables Cream Puffs French Bread Cal: 772 Fat: 32% Na+: 998mg
<b>14</b> <b>Buttermilk Chicken</b> Red Bliss Potatoes Peas & Carrots Yogurt Pumpernickel Bread Cal: 685 Fat: 28% Na+: 640mg	<b>15</b> <b>Stuffed Pepper Casserole</b> Mashed Potatoes Carrots Fresh Fruit Whole Wheat Bread Cal: 711 Fat: 27% Na+: 671mg	<b>16</b> <b>Garlic Herbed Chicken</b> Potatoes Au Gratin Winter Mixed Vegetables Peach Streusel Cake Diet = Small Piece Marble Rye Bread Cal: 797 Fat: 29% Na+: 1046 mg <i>Diet Cal: 683 Fat: 28% Na+: 928mg</i>	<b>17</b> <b>Beef w/ Pearl Onions</b> Rice Pilaf Green Beans Pineapple Italian Bread Cal: 756 Fat: 31% Na+: 434mg	<b>18</b> <b>Breaded Fish</b> Potato Wedges Beets Pears Tartar Sauce Hamburger Bun Cal: 712 Fat: 28% Na+: 1163mg
<b>21</b> <b>Beef Burgundy</b> Brown Rice Broccoli Mixed Fruit Dinner Roll Cal: 709 Fat: 14% Na+: 763mg	<b>22</b> <b>High Sodium Meal</b> <b>Roast Turkey *</b> Turkey Gravy Cranberry Stuffing California Vegetables Banana Pudding Diet = Diet Vanilla Italian Bread Cal: 672 Fat: 24% Na+: 1489mg <i>Diet Cal: 602 Fat: 24% Na+: 1444g</i>	<b>23</b> <b>American Chop Suey</b> Broccoli & Red Peppers Corn Apple Crisp Diet = Applesauce Whole Wheat Bread Cal: 711 Fat: 23% Na+: 556mg <i>Diet Cal: 601 Fat: 20% Na+: 518g</i>	<b>24</b> <b>Chicken Pesto</b> Delmonico Potatoes Chuckwagon Corn Birthday Cake Diet = Plain Cake Pumpernickel Bread Cal: 823 Fat: 28% Na+: 1165mg <i>Diet Cal: 698 Fat: 26% Na+: 1075mg</i>	<b>25</b> <b>High Sodium Meal</b> <b>Hot Dog *</b> Baked Beans Coleslaw Fresh Fruit Hot Dog Bun Mustard Cal: 857 Fat: 40% Na+: 1499mg
<b>28</b> <b>Memorial Day</b>  NO MEAL SERVED	<b>29</b> <b>Beef w/ Onions &amp; Peppers</b> Mashed Potatoes Tuscany Vegetables Granola Bar Sandwich Roll Cal: 731 Fat: 28% Na+: 981mg	<b>30</b> <b>Ranch Chicken *</b> Wild Rice Honey Glazed Carrots Mandarin Oranges Pumpernickel Bread Cal: 690 Fat: 23% Na+: 1057mg	<b>31</b> <b>Egg Frittata</b> O'Brien Potatoes Stewed Tomatoes Fresh Fruit Marble Rye Bread Cal: 730 Fat: 33% Na+: 726mg	

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    High Sodium Meal = >1200mg    \*Indicates higher sodium entrees >500mg    mg = milligrams    Breakdown Includes 125 mg Na+ for milk