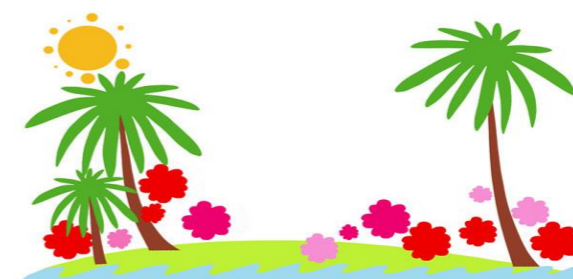


ELDER SERVICES OF WORCESTER AREA NUTRITION PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Italian Braised Beef Steamed Rice Broccoli & Red Peppers Mixed Fruit	3 Hot Dog Baked Beans Coleslaw Strawberries & Blueberries	4 Holiday <i>No Meals Served</i>	5 Chicken Cacciatore Gemmelli Pasta Italian Blend Vegetables Chocolate Mousse	6 Potato Crunch Fish Lemon Seasoned Potato Peas & Mushrooms Peach Crisp Diet=Applesauce
9 Turkey Supreme Wild Rice Green Beans Pineapple	10 Baked Potato w/ Chili & Cheese Mixed Vegetables Sour Cream Lorna Doones	11 Chicken Mornay Couscous Roman Blend Vegetables Apple Streusel Cake Diet = Small Piece	12 Meatloaf Gravy Sr Cream & Chive Potatoes Glazed Carrots Mixed Fruit	13 Macaroni & Cheese Stewed Tomatoes Green Beans Fresh Fruit
16 Swedish Meatballs Mashed Potatoes Scandinavian Vegetables Butterscotch Pudding Diet Tapioca Pudding	17 Pork Rib-i-que Sweet Potatoes Corn Niblets Fresh Melon	18 Sloppy Joe Rice Pilaf Summer Blend Vegetables Pineapple	19 Catch of the Day Lemon Seasoned Rice Roman Blend Vegetables Gingerbread Diet=Small Piece	20 Buttermilk Chicken Red Bliss Potatoes Mixed Vegetables Pear Crisp Diet = Pears
23 Stuffed Pepper Casserole Mashed Potatoes Carrots Peaches	24 Burger Chili Cheese Sweet Potato Fries Cucumber & Tomato Salad Fresh Fruit	25 Roast Turkey Gravy Cranberry Stuffing California Blend Vegetables Brownie Diet = Half Piece	26 Garlic Herbed Chicken Potatoes Au Gratin Green Beans Birthday Cake Diet=Plain Cake	27 Breaded Fish Tartar Sauce Potato Wedges Jardinière Vegetables Baked Cinnamon Pears
30 American Chop Suey Broccoli Bread Pudding	31 Shepherd's Pie Carrots Peas Lemon Pudding Diet = Sugar Free Pudding	MENUS ARE SUBJECT TO CHANGE Your \$2.50 Donation is Appreciated!		



July 2018 - Nutrition Breakdown

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	<u>Na+</u>	3	<u>Na+</u>	4	<u>Na+</u>	5	<u>Na+</u>	6	<u>Na+</u>
Italian Braised Beef	383	~ High Sodium Meal ~ Hot Dog*	540	Holiday No Meals Served		Chicken Cacciatore	403	Potato Crunch Fish	280
Steamed Rice	64	Baked Beans	370			Gemmelli Pasta	8	Lemon Seasoned Potato	6
Broccoli & Red Peppers	21	Coleslaw	219			Italian Blend Vegetables	36	Peas & Mushrooms	45
Mixed Fruit	20	Strawberries & Blueberries	2			Chocolate Mousse	224	Peach Crisp	36
French Bread	120	Bun	195			Italian Bread	96	Diet=Applesauce	25
Cal:756 Fat:36% Na+:732mg		Cal:815 Fat:57% Na+:1451mg				Cal:647 Fat:21% Na+:892mg		Cal:697 Fat:26% Na+:597mg Diet: Cal:619 Fat:21% Na+:586mg	
9	<u>Na+</u>	10	<u>Na+</u>	11	<u>Na+</u>	12	<u>Na+</u>	13	<u>Na+</u>
Turkey Supreme*	786	Baked Potato	6	Chicken Mornay*	640	Meatloaf	301	Macaroni & Cheese	498
Wild Rice	185	w/ Chili & Cheese	431	Couscous	70	Gravy	72	Stewed Tomatoes	6
Green Beans	0	Mixed Vegetables	30	Roman Blend Vegetables	12	Sr Cream/Chive Potatoes	154	Green Beans	0
Pineapple	1	Sour Cream	13	Apple Streusel Cake	271	Glazed Carrots	70	Fresh Fruit	0
Italian Bread	96	Lorna Doones	100	Diet = Small Piece	135	Mixed Fruit	20	Pumpnickel Bread	135
		Marble Rye Bread	105	Pita Bread	68	Peasant Bread	142		
Cal:618 Fat:20% Na+:1193mg		Cal:814 Fat:46% Na+:810mg		Cal:836 Fat:42% Na+:1185mg Diet Cal:716 Fat:35% Na+:1049mg		Cal:847 Fat:40% Na+:884mg		Cal:757 Fat:39% Na+:764mg	
16	<u>Na+</u>	17	<u>Na+</u>	18	<u>Na+</u>	19	<u>Na+</u>	20	<u>Na+</u>
Swedish Meatballs	260	Pork Rib-i-que	280	Sloppy Joe*	682	Catch of the Day	294	Buttermilk Chicken*	625
Mashed Potatoes	176	Sweet Potatoes	46	Rice Pilaf	65	Lemon Seasoned Rice	133	Red Bliss Potatoes	5
Scandinavian Vegetables	30	Corn Niblets	1	Summer Blend Vegetables	24	Roman Blend Vegetables	12	Mixed Vegetables	30
Butterscotch Pudding	246	Fresh Melon	7	Pineapple	1	Gingerbread	289	Pear Crisp	55
Diet Tapioca Pudding	135	Wheat Roll	290	Wheat Roll	290	Diet=Small Piece	144	Diet = Pears	10
Italian Bread	96					Marble Rye Bread	105	Whole Wheat Bread	138
Cal:769 Fat:43% Na+:917mg Diet Cal:709 Fat:38% Na+:822mg		Cal:615 Fat:27% Na+:750mg		Cal:785 Fat:31% Na+:1187mg		Cal:708 Fat:27% Na+:958mg Diet Cal:638 Fat:24% Na+:814mg		Cal:767 Fat:30% Na+:978mg Diet Cal:651 Fat:23% Na+:933mg	
23	<u>Na+</u>	24	<u>Na+</u>	25	<u>Na+</u>	26	<u>Na+</u>	27	<u>Na+</u>
Stuffed Pepper Casserole	176	Burger	260	~ High Sodium Meal ~ Roast Turkey*	683	Garlic Herbed Chicken	346	Breaded Fish	220
Mashed Potatoes	176	Chili	178	Gravy	77	Potatoes Au Gratin	205	Tartar Sauce	85
Carrots	43	Cheese	90	Cranberry Stuffing	308	Green Beans	0	Potato Wedges	283
Peaches	10	Sweet Potato Fries	172	California Blend Vegetables	27	Birthday Cake	221	Jardinière Vegetables	28
Pumpnickel Bread	135	Cucumber & Tomato Salad	71	Brownie	149	Diet=Plain Cake	131	Baked Cinnamon Pears	12
		Fresh Fruit	1	Diet = Half Piece	75	Marble Rye Bread	105	Wheat Roll	290
		Wheat Roll	290	Italian Bread	96				
Cal:679 Fat:32% Na+:665mg		Cal:893 Fat:54% Na+:1187mg		Cal:661 Fat:26% Na+:1465mg Diet Cal:588 Fat:23% Na+:1391mg		Cal:747 Fat:34% Na+:1001mg Diet Cal:621 Fat:27% Na+:912mg		Cal:752 Fat:35% Na+:1043mg	
30	<u>Na+</u>	31	<u>Na+</u>	MENUS ARE SUBJECT TO CHANGE 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					
American Chop Suey	196	Shepherd's Pie	238						
Broccoli	9	Carrots	53						
Bread Pudding	145	Peas	58						
Italian Bread	96	Lemon Pudding	180						
		Diet = Sugar Free Pudding	129						
		Whole Wheat Bread	138						
Cal:602 Fat:25% Na+:571mg		Cal:822 Fat:39% Na+:792mg Diet Cal:759 Fat:38% Na+:742mg							