

## ELDER SERVICES OF WORCESTER AREA NUTRITION PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday
<b>3</b> <u>Labor Day</u>  <b>NO MEAL SERVED</b>	<b>4</b> <b>Salmon Boat w/Dill Sauce</b> Mashed Potatoes Peas & Carrots Peaches	<b>5</b> <b>Chicken Fajitas</b> Spanish Rice Black Beans & Corn Mandarin Oranges Sour Cream Pita Bread	<b>6</b> <b>Hot Dog on Bun</b> Baked Beans Cole Slaw Fresh Fruit Mustard	<b>7</b> <b>Lasagna</b> w/ Meatballs Broccoli Lorna Doones <b>Minestrone Soup</b>
<b>10</b> <b>Italian Braised Beef</b> Steamed White Rice Broccoli & Carrots Pineapple Fortune Cookie	<b>11</b> <b>Chicken Mornay</b> Vegetable Couscous Roman Blend Vegetables Chocolate Mousse	<b>12</b> <b>Roast Pork</b> w/ Gravy Cranberry Herb Stuffing Mashed Potatoes Mixed Vegetables Applesauce	<b>13</b> <b>Cold Roast Beef Sandwich</b> Lettuce & Tomato & Mayo Potato Salad Tomato & Cuke Salad Fresh Fruit	<b>14</b> <b>Potato Crunch Fish</b> Lemon Seasoned Potato Peas & Mushrooms Rice Pudding & Diet
<b>17</b> <b>Chicken Cacciatore</b> Penne Pasta California Blend Vegetables Yogurt <b>Split Pea Soup</b>	<b>18</b> <b>Baked Potato</b> <b>w/ Chili &amp; Cheese</b> Broccoli Sour Cream Granola Bar	<b>19</b> <b>Turkey Supreme</b> Rice Pilaf Brussel Sprouts Fruited Ambrosia	<b>20</b> <b>Meatloaf w/ Gravy</b> Garlic Mashed Potatoes Country Blend Vegetables Pears	<b>21</b> <b>Mac 'n Cheese</b> Stewed Tomatoes Green Beans Fresh Fruit
<b>24</b> <b>Swedish Meatballs</b> Gemelli Pasta Scandinavian Vegetables Strawberries/Whip. Topping	<b>25</b> <b>Pork Rib-i-que</b> Mac 'n Cheese Side Succotash Mandarin Oranges	<b>26</b> <b>Sloppy Joe</b> Yukon Gold Potatoes Mixed Vegetables Fresh Fruit	<b>27</b> <b>Catch of the Day</b> Sour Cream & Chive Potatoes Beets Birthday Cake Diet = Plain Birthday Cake	<b>28</b> <b>Buttermilk Chicken</b> Lemon Seasoned Rice Spinach Brownie Diet = Small Piece
<b>MENU SUBJECT TO CHANGE</b>				

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.



# September 2018 - Nutrition Breakdown

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b>  <b>Labor Day</b>  NO MEAL SERVED	<b>4</b>  <b>Salmon Boat w/ Dill Sauce</b> Mashed Potatoes Peas & Carrots Peaches Whole Wheat Bread	<b>5</b>  <b>Chicken Fajitas</b> Spanish Rice Black Beans & Corn Mandarin Oranges Sour Cream Pita Bread	<b>6</b>  <b>HIGH SODIUM MEAL</b> <b>Hot Dog*</b> Baked Beans Coleslaw Mustard Fresh Fruit Hot Dog Bun	<b>7</b>  <b>Lasagna w/ Meatballs</b> Broccoli Lorna Doone Cookies Italian Bread <b>Minestrone Soup</b>
	Cal: 687 Fat: 24% Na+: 804mg	Cal: 744 Fat: 31% Na+: 665mg	Cal: 857 Fat: 40% Na+: 1499mg	Cal: 744 Fat: 27% Na+: 1044mg
<b>10</b>  <b>Italian Braised Beef</b> Steamed White Rice Broccoli & Carrots Pineapple Fortune Cookie Whole Wheat Bread	<b>11</b>  <b>Chicken Mornay*</b> Vegetable Couscous Roman Blend Vegetables Chocolate Mousse Italian Bread	<b>12</b>  <b>Roast Pork</b> w/ Gravy Cranberry Herb Stuffing Mashed Potatoes Mixed Vegetables Applesauce Marble Rye Bread	<b>13</b>  <b>HIGH SODIUM MEAL</b> <b>Roast Beef *</b> Lettuce & Tomato Potato Salad Tomato & Cuke Salad Fresh Fruit Mayonnaise Wheat Roll	<b>14</b>  <b>Potato Crunch Fish</b> Lemon Seasoned Potatoes Peas & Mushrooms Rice Pudding Diet = Dt. Tapioca French Bread
	Cal: 715 Fat: 31% Na+: 1174mg	Cal: 695 Fat: 25% Na+: 872mg	Cal: 703 Fat: 43% Na+: 1231mg	Cal: 732 Fat: 32% Na+: 776mg <i>Diet Cal: 703 Fat: 26% Na+: 883 mg</i>
<b>17</b>  <b>Chicken Cacciatore</b> Penne Pasta California Blend Vegetables Yogurt Peasant White Bread <b>Split Pea Soup</b>	<b>18</b>  <b>Baked Potato w/ Chili &amp; Cheese</b> Broccoli Sour Cream Granola Bar Pumpernickel Bread	<b>19</b>  <b>Turkey Supreme*</b> Rice Pilaf Brussel Sprouts Fruited Ambrosia Italian Bread	<b>20</b>  <b>Meatloaf Gravy</b> Garlic Mashed Potatoes Country Blend Vegetables Pears French Bread	<b>21</b>  <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Green Beans Fresh Fruit Whole Wheat Bread
	Cal: 784 Fat: 28% Na+: 782mg	Cal: 697 Fat: 24% Na+: 1125mg	Cal: 738 Fat: 26% Na+: 763mg	Cal: 755 Fat: 31% Na+: 767mg
<b>24</b>  <b>Swedish Meatballs</b> Gemelli Pasta Scandinavian Vegetables Strawberries/Whip Topping Pumpernickel Bread	<b>25</b>  <b>Pork Rib-i-que</b> Mac 'n Cheese Side Succotash Mandarin Oranges Hamburger Bun	<b>26</b>  <b>Sloppy Joe*</b> Yukon Gold Potatoes Mixed Vegetables Fresh Fruit Sandwich Roll	<b>27</b>  <b>Catch of the Day</b> Sour Cream & Chive Potatoes Beets Birthday Cake Diet = Plain Birthday Cake Marble Rye Bread	<b>28</b>  <b>Buttermilk Chicken*</b> Lemon Seasoned Rice Spinach Brownie Diet = Small Piece Italian Bread
	Cal: 740 Fat: 29% Na+: 974mg	Cal: 693 Fat: 21% Na+: 1110mg	Cal: 773 Fat: 27% Na+: 1181mg <i>Diet Cal: 648 Fat: 26% Na+: 1092mg</i>	Cal: 782 Fat: 24% Na+: 1188mg <i>Diet Cal: 710 Fat: 24% Na+: 1114mg</i>

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

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