

ELDER SERVICES OF WORCESTER AREA NUTRITION PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday
1 Roast Turkey w/ Gravy Mashed Potatoes Cranberry Stuffing California Blend Vegetables Applesauce	2 Stuffed Pepper Casserole Mashed Potatoes Carrots Oreos	3 Garlic Herbed Chicken Potatoes Au Gratin Peas & Pearl Onions Gingerbread Diet = Small Piece	4 Burger w/ Chili & Cheese Sweet Potato Fries Green Beans Pineapple	5 Breaded Fish Potato Wedges Mixed Vegetables Fresh Fruit
8 <u>Columbus Day</u> NO MEAL SERVED	9 Haddock w/ Parmesan Cheese Sauce Wild Rice Broccoli & Carrots Baked Apples	10 Hot Dog on Bun Baked Beans Cole Slaw Fresh Fruit Mustard	11 Chicken Pesto Lemon Seasoned Rice Country Blend Vegetables Fresh Fruit Cream of Tomato Soup	12 American Chop Suey Broccoli & Red Peppers Corn Peach Streusel Cake Diet = Small Piece
15 Ranch Chicken Red Bliss Potatoes Honey Glazed Carrots Fresh Fruit Blueberry Muffin	16 Beef with Onions & Peppers Potato Wedges Mixed Vegetables Yogurt	17 Harvest Pork Pie Peas Baked Pears	18 Chicken Picatta Vegetable Couscous Roman Blend Vegetables Vanilla Pudding Diet = Diet Vanilla	19 Spaghetti & Meatballs Green Beans Cranberry Apple Crisp Diet = Applesauce
22 Fish w/ Crumb Topping Rice Pilaf Mixed Vegetables Mandarin Oranges	23 Greek Chicken Steamed White Rice Broccoli Bread Pudding Diet = Small Piece	24 Meatloaf & Gravy Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit	25 Mac n' Cheese Stewed Tomatoes Green Beans Birthday Cake Diet = Plain Birthday Cake	26 Chicken Pot Pie Mashed Potatoes Jardinière Vegetables Peaches
29 Beef Stew Steamed White Rice Corn Niblets Pineapple	30 Vegetable Cheese Bake Scalloped Potatoes Roman Vegetables Mixed Fruit	31 <u>Happy Halloween</u> Chicken Milano Yukon Gold Potatoes Beets Pumpkin Spice Mousse Cream of Carrot Soup	<u>Menus are Subject to Change</u>	

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October 2018 - Nutrition Breakdown

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	
1 HIGH SODIUM MEAL Roast Turkey* w/ Gravy Mashed Potatoes Cranberry Stuffing California Blend Vegetables Applesauce Peasant White Bread	2 Na+ 683 Stuffed Pepper Casserole Mashed Potatoes Carrots Oreo Cookies Marble Rye Bread	3 Na+ 346 Garlic Herbed Chicken Potatoes Au Gratin Peas & Pearl Onions Gingerbread Diet = Small Piece Whole Wheat Bread	4 Na+ 260 Burger w/ Chili & Cheese Sweet Potato Fries Green Beans Pineapple Hamburger Bun	5 Na+ 220 Breaded Fish Potato Wedges Mixed Vegetables Fresh Fruit Tartar Sauce Bun	
Cal: 695 Fat: 24% Na+: 1412mg		Cal: 749 Fat: 33% Na+: 825mg		Cal: 729 Fat: 26% Na+:1136mg Diet Cal: 659 Fat: 27% Na+: 992mg	
8 Columbus Day NO MEAL SERVED	9 Na+ 296 Haddock w/ Parmesan Cheese Sauce Wild Rice Broccoli & Carrots Baked Apples Pumpnickel Bread	10 HIGH SODIUM MEAL Na+ 540 Hot Dog* Baked Beans Coleslaw Fresh Fruit Hot Dog Bun Mustard	11 Na+ 476 Chicken Pesto Lemon Seasoned Rice Country Blend Vegetables Fresh Fruit Marble Rye Bread Cream of Tomato Soup	12 Na+ 196 American Chop Suey Broccoli & Red Peppers Corn Peach Streusel Cake Diet = Small Piece Italian Bread	
Cal: 761 Fat: 35% Na+: 960mg		Cal: 857 Fat: 40% Na+: 1499mg		Cal: 818 Fat: 27% Na+: 1180mg	
15 Na+ 531 Ranch Chicken* Red Bliss Potatoes Honey Glazed Carrots Fresh Fruit Blueberry Muffin	16 Na+ 293 Beef w/ Onions & Peppers Potato Wedges Mixed Vegetables Yogurt Sandwich Roll	17 Na+ 670 Harvest Pork Pie* Peas Baked Pears Pumpnickel Bread	18 Na+ 417 Chicken Picatta Vegetable Couscous Roman Blend Vegetables Vanilla Pudding Diet = Dt. Vanilla Pudding French Bread	19 Na+ 291 Spaghetti & Meatballs Green Beans Cranberry Apple Crisp Diet = Applesauce Italian Bread	
Cal: 762 Fat: 25% Na+: 891mg		Cal: 698 Fat: 27% Na+: 1097mg		Cal: 795 Fat: 27% Na+: 1006mg	
22 Na+ 294 Fish w/ Crumb Topping Rice Pilaf Mixed Vegetables Mandarin Oranges Tartar Sauce Pumpnickel Bread	23 Na+ 479 Greek Chicken Steamed White Rice Broccoli Bread Pudding Diet = Small Piece Peasant White Bread	24 Na+ 301 Meatloaf w/ Beef Gravy Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit Marble Rye Bread	25 Na+ 498 Macaroni & Cheese Stewed Tomatoes Green Beans Birthday Cake Diet = Plain Birthday Cake Whole Wheat Bread	26 Na+ 208 Chicken Pot Pie Mashed Potatoes Jardinière Vegetables Peaches Biscuit	
Cal: 689 Fat: 25% Na+:754mg		Cal: 717 Fat: 22% Na+:976mg Diet Cal: 642 Fat: 21% Na+: 904mg		Cal: 866 Fat: 32% Na+: 987mg Diet Cal: 740 Fat: 31% Na+: 898mg	
29 Na+ 186 Beef Stew Steamed White Rice Corn Niblets Pineapple Biscuit	30 Na+ 798 Vegetable Cheese Bake* Scalloped Potatoes Roman Vegetables Mixed Fruit French Bread	31 Na+ 396 Chicken Milano Yukon Gold Potatoes Beets Pumpkin Spice Mousse Marble Rye Bread Cream of Carrot Soup	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. High Sodium Meal = >1200mg Na+ = Sodium mg = milligrams * Indicates higher sodium entrees > 500mg		
Cal: 796 Fat: 25% Na+: 725mg		Cal: 702 Fat: 42% Na+: 1152mg		Cal: 777 Fat: 32% Na+: 1061mg	