<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
</table>
| **MENUS ARE SUBJECT TO CHANGE**
*Your $2.50 Donation is Appreciated!* | **1** Salisbury Steak with Gravy
Garlic Mashed Potatoes
Herbed Carrots
Baked Apples | **2** Potato Crunch Fish
Tartar Sauce
Potatoes Au Gratin
Mixed Vegetables
Butterscotch Pudding
Diet = SF Vanilla Pudding |
| **5** Chicken Picatta
Herbed Rice
Spinach
Lemon Pudding
Diet = SF Tapioca Pudding | **6** Meatballs w/Onion Gravy
Bowlie Pasta
Scandinavian Vegetables
Mandarin Oranges | **7** Marinated Pork Loin
Seasoned Potatoes
Carrots
Pumpkin Spice Cake
Diet=Half Piece |
| **8** BBQ Chicken
Red Bliss Potatoes
Green Beans
Fresh Fruit
*Vegetable Soup* | **9** Macaroni & Cheese
Stewed Tomatoes
Roman Blend Vegetables
Fruited Ambrosia |
| **12** Holiday
*No Meals Served* | **13** Chicken Fajitas
Spanish Rice
Black Beans & Corn
Sour Cream
Pineapple | **14** Hot Dog
Baked Beans
Coleslaw
Fresh Fruit
Mustard Packet |
| **15** Beef w/Onions & Peppers
Potato Wedges
Honey Glazed Carrots
Strawberry Cup | **16** Salmon Boat w/Dill Sauce
Mashed Potatoes
Peas & Pearl Onions
Gingerbread
Diet = Half Piece |
| **19** Beef Stew
Rice
Corn Niblets
Mandarin Oranges | **20** Roast Turkey & Gravy
Mashed Potatoes
Herbed Stuffing
Butternut Squash
Cream Puff
Cranberry Sauce | **21** Baked Potato w/ Chili & Cheese
Broccoli
Sour Cream
Strawberry Cup |
| **22** Thanksgiving Day
*No Meals Served* | **23** Shepherd’s Pie
Carrots
Peas
Baked Cinnamon Pears |
| **26** Chicken Mornay
Couscous
Brussels Sprouts
Peaches | **27** Meatloaf & Gravy
Garlic Mashed Potatoes
Peas & Carrots
Fresh Fruit | **28** Roast Pork with Gravy
Cranberry Stuffing
California Blend Vegetables
Baked Apples |
| **29** Lasagna & Meatballs
Italian Blend Vegetables
Birthday Cake
Half Piece | **30** Haddock w/ Parmesan
Cream Sauce
Wild Rice
Broccoli w/Red Peppers
Blondie / Diet=Half Piece |

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.
## November Nutrition Breakdown

### 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, please contact our Nutritionist for guidance on managing your intake to meet your diet requirements.

- Na = sodium
- mg=milligrams

**Breakdown includes 125mg Na+ for milk**  
*Indicates higher sodium entrees

### Nutrition Breakdown

<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Na+</strong></td>
<td><strong>Na+</strong></td>
<td><strong>Na+</strong></td>
<td><strong>Na+</strong></td>
<td><strong>Na+</strong></td>
</tr>
<tr>
<td><strong>Salisbury Steak</strong></td>
<td>260</td>
<td><strong>Potato Crunch Fish</strong></td>
<td>280</td>
<td>280</td>
</tr>
<tr>
<td>Gravy</td>
<td>176</td>
<td>Potatoes Au Gratin</td>
<td>205</td>
<td>205</td>
</tr>
<tr>
<td>Garlic Mashed Potatoes</td>
<td>14</td>
<td>Mixed Vegetables</td>
<td>30</td>
<td>30</td>
</tr>
<tr>
<td>Herbed Carrots</td>
<td>14</td>
<td>Butterscotch Pudding</td>
<td>246</td>
<td>246</td>
</tr>
<tr>
<td>Baked Apples</td>
<td>14</td>
<td>Diet = SF Vanilla Pudding</td>
<td>125</td>
<td>125</td>
</tr>
<tr>
<td>Sandwich Roll</td>
<td>290</td>
<td><strong>Vegetable Soup</strong></td>
<td>85</td>
<td>85</td>
</tr>
<tr>
<td><strong>Cal</strong>:812</td>
<td>Diet Cal:781</td>
<td><strong>Cal</strong>:819</td>
<td>Diet Cal:781</td>
<td><strong>Cal</strong>:819</td>
</tr>
<tr>
<td><strong>Fat</strong>:35%</td>
<td>Diet = SF Tapioca Pudding</td>
<td><strong>Fat</strong>:35%</td>
<td>Diet = Half Piece</td>
<td><strong>Fat</strong>:35%</td>
</tr>
<tr>
<td><strong>Na+</strong>:991mg</td>
<td>Diet = Half Piece</td>
<td><strong>Na+</strong>:1076mg</td>
<td><strong>Na+</strong>:1081mg</td>
<td><strong>Na+</strong>:1076mg</td>
</tr>
<tr>
<td><strong>Cal</strong>:773</td>
<td>Diet = SF Tapioca Pudding</td>
<td><strong>Fat</strong>:34%</td>
<td>Diet = Half Piece</td>
<td><strong>Fat</strong>:34%</td>
</tr>
<tr>
<td><strong>Na+</strong>:770mg</td>
<td>Diet = Half Piece</td>
<td><strong>Na+</strong>:770mg</td>
<td><strong>Na+</strong>:770mg</td>
<td><strong>Na+</strong>:1041mg</td>
</tr>
<tr>
<td><strong>Cal</strong>:752</td>
<td>Diet = Half Piece</td>
<td><strong>Na+</strong>:1041mg</td>
<td><strong>Na+</strong>:1041mg</td>
<td><strong>Na+</strong>:1041mg</td>
</tr>
<tr>
<td><strong>Fat</strong>:26%</td>
<td>Diet = Half Piece</td>
<td><strong>Fat</strong>:27%</td>
<td>Diet = Half Piece</td>
<td><strong>Fat</strong>:27%</td>
</tr>
<tr>
<td><strong>Na+</strong>:1192mg</td>
<td>Diet = Half Piece</td>
<td><strong>Na+</strong>:1192mg</td>
<td><strong>Na+</strong>:1192mg</td>
<td><strong>Na+</strong>:1192mg</td>
</tr>
<tr>
<td><strong>Cal</strong>:694</td>
<td>Diet = Half Piece</td>
<td><strong>Na+</strong>:1192mg</td>
<td><strong>Na+</strong>:1192mg</td>
<td><strong>Na+</strong>:1192mg</td>
</tr>
<tr>
<td><strong>Fat</strong>:25%</td>
<td>Diet = Half Piece</td>
<td><strong>Na+</strong>:1192mg</td>
<td><strong>Na+</strong>:1192mg</td>
<td><strong>Na+</strong>:1192mg</td>
</tr>
<tr>
<td><strong>Na+</strong>:959mg</td>
<td><strong>Na+</strong>:959mg</td>
<td><strong>Na+</strong>:959mg</td>
<td><strong>Na+</strong>:959mg</td>
<td><strong>Na+</strong>:959mg</td>
</tr>
</tbody>
</table>

### Special Days

- **Holiday**  
  No Meals Served

- **Thanksgiving Day**  
  No Meals Served

- **Birthday Cake**  
  221

- **Shepherd’s Pie**  
  238

- **Salmon Boat w/Dill Sauce**  
  283

- **Macaroni & Cheese**  
  498

- **Shepherd’s Pie**  
  238

- **Shepherd’s Pie**  
  238

- **Shepherd’s Pie**  
  238

- **Shepherd’s Pie**  
  238

- **Shepherd’s Pie**  
  238

- **Shepherd’s Pie**  
  238

- **Shepherd’s Pie**  
  238

- **Shepherd’s Pie**  
  238

- **Shepherd’s Pie**  
  238