

ELDER SERVICES OF WORCESTER AREA NUTRITION PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<u>MENUS ARE SUBJECT TO CHANGE</u> <i>Your \$2.50 Donation is Appreciated!</i>			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 Bowtie 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 <i>No Meals Served</i>	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 <i>No Meals Served</i>	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

November Nutrition Breakdown

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Menus are subject to change</p> <p>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.</p> <p>Na = sodium mg=milligrams High Sodium Meal = > 1200mg Breakdown includes 125mg Na+ for milk *Indicates higher sodium entrees</p>			<p>1</p> <p>Salisbury Steak Gravy Garlic Mashed Potatoes Herbed Carrots Baked Apples Sandwich Roll</p> <p>Na+ 260 72 176 53 14 290</p> <p>Cal:812 Fat:35% Na+:991mg</p>	<p>2</p> <p>Potato Crunch Fish Potatoes Au Gratin Mixed Vegetables Butterscotch Pudding Diet = SF Vanilla Pudding Marble Rye Bread Tartar Sauce</p> <p>Na+ 280 205 30 246 125 105 85</p> <p>Cal:819 Fat:35% Na+:1076mg Diet Cal:781 Fat:35% Na+:955mg</p>
<p>5</p> <p>Chicken Picatta Herbed Rice Spinach Lemon Pudding Diet = SF Tapioca Pudding Pumpernickel Bread</p> <p>Na+ 417 76 60 180 135 135</p> <p>Cal:686 Fat:20% Na+:993mg Diet Cal:636 Fat:22% Na+:948mg</p>	<p>6</p> <p>Meatballs Onion Gravy Bowtie Pasta Scandinavian Vegetables Mandarin Oranges French Bread</p> <p>Na+ 210 76 8 30 7 120</p> <p>Cal:683 Fat:27% Na+:575mg</p>	<p>7</p> <p>Marinated Pork Loin Seasoned Potatoes Carrots Pumpkin Spice Cake Diet=Half Piece Whole Wheat Bread</p> <p>Na+ 400 46 53 257 128 138</p> <p>Cal:722 Fat:30% Na+:1019mg Diet Cal:654 Fat:32% Na+:891mg</p>	<p>8</p> <p>BBQ Chicken* Red Bliss Potatoes Green Beans Fresh Fruit Marble Rye Bread Vegetable Soup</p> <p>Na+ 696 5 0 0 105 212</p> <p>Cal:610 Fat:10% Na+:1142mg</p>	<p>9</p> <p>Macaroni & Cheese Stewed Tomatoes Roman Blend Vegetables Fruited Ambrosia Italian Bread</p> <p>Na+ 498 6 12 33 96</p> <p>Cal:773 Fat:34% Na+:770mg</p>
<p>12</p> <p style="text-align: center;">Holiday</p> <p style="text-align: center;"><i>No Meals Served</i></p>	<p>13</p> <p>Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple</p> <p>Na+ 97 51 293 13 68 1</p> <p>Cal:759 Fat:30% Na+:648mg</p>	<p>14</p> <p>High Sodium Meal Hot Dog* Baked Beans Coleslaw Fresh Fruit Hot Dog Bun Mustard Packet</p> <p>Na+ 540 370 219 0 195 50</p> <p>Cal:857 Fat:40% Na+:1499mg</p>	<p>15</p> <p>Beef w/Onions & Peppers Potato Wedges Honey Glazed Carrots Strawberry Cup Sandwich Roll</p> <p>Na+ 423 283 70 0 290</p> <p>Cal:768 Fat:32% Na+:1192mg</p>	<p>16</p> <p>Salmon Boat w/Dill Sauce Mashed Potatoes Peas & Pearl Onions Gingerbread Diet = Half Piece Pumpernickel Bread</p> <p>Na+ 283 176 34 289 144 135</p> <p>Cal:752 Fat:26% Na+:1041 Diet Cal:682 Fat:27% Na+:897mg</p>
<p>19</p> <p>Beef Stew Rice Corn Niblets Mandarin Oranges French Bread</p> <p>Na+ 186 64 1 7 120</p> <p>Cal:732 Fat:17% Na+:502mg</p>	<p>20</p> <p>High Sodium Meal Roast Turkey Gravy Mashed Potatoes Herbed Stuffing Butternut Squash Cream Puff French Bread Cranberry Sauce</p> <p>Na+ 449 77 176 159 77 85 120 0</p> <p>Cal:937 Fat:34% Na+:1269mg</p>	<p>21</p> <p>Baked Potato w/ Chili & Cheese Broccoli Sour Cream Strawberry Cup Pumpernickel Bread</p> <p>Na+ 7 564 9 13 0 135</p> <p>Cal:688 Fat:21% Na+:853mg</p>	<p>22</p> <p style="text-align: center;">Thanksgiving Day</p> <p style="text-align: center;"><i>No Meals Served</i></p>	<p>23</p> <p>Shepherd's Pie Carrots Peas Baked Cinnamon Pears Italian Bread</p> <p>Na+ 238 53 58 12 96</p> <p>Cal:746 Fat:28% Na+:582mg</p>
<p>26</p> <p>Chicken Mornay* Couscous Brussels Sprouts Peaches Marble Rye Bread</p> <p>Na+ 640 70 15 5 105</p> <p>Cal:694 Fat:25% Na+:959mg</p>	<p>27</p> <p>Meatloaf Gravy Garlic Mashed Potatoes Peas & Carrots Fresh Fruit Whole Wheat Bread</p> <p>Na+ 301 72 176 72 0 138</p> <p>Cal:783 Fat:28% Na+:884mg</p>	<p>28</p> <p>Roast Pork Gravy Cranberry Stuffing California Blend Vegetables Baked Apples Marble Rye Bread</p> <p>Na+ 399 211 308 29 14 105</p> <p>Cal:682 Fat:30% Na+:1192mg</p>	<p>29</p> <p>Lasagna Meatballs w/sauce Italian Blend Vegetables Birthday Cake Half Piece Italian Bread</p> <p>Na+ 210 140 50 221 110 96</p> <p>Cal:741 Fat:24% Na+:1061mg Cal:650 Fat:23% Na+:951mg</p>	<p>30</p> <p>Haddock w/Cream Sauce Wild Rice Broccoli w/Red Peppers Blondie Diet = Half Piece French Bread</p> <p>Na+ 463 185 21 272 136 120</p> <p>Cal:941 Fat:38% Na+:1186 Cal:819 Fat:37% Na+:1050mg</p>