

ELDER SERVICES OF WORCESTER AREA NUTRITION PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Pork Rib-i-que Mac N' Cheese Green Beans Cold Baked Apples Sandwich Roll	4 Swedish Meatballs Mashed Potatoes Scandinavian Vegetables Vanilla Pudding Diet SF Vanilla Pudding Marble Rye Bread	5 Sloppy Joe Potato Wedges Mixed Vegetables Strawberries Sandwich Roll	6 Chicken Cacciatore Gemmeli Pasta Broccoli Brownie Diet = Half Piece Italian Bread	7 Fish with Crumb Topping Rice Pilaf Tuscany Style Vegetables Fruited Ambrosia Whole Wheat Bread
10 Chicken Pot Pie Mashed Potatoes Country Blend Vegetables Peaches Biscuit	11 Pasta Penne & Meatballs Green Beans Pear Crisp Diet = Pears Italian Bread	12 Garlic Herbed Chicken Bread Stuffing Brussels Sprouts Chocolate Pudding Diet = SF Tapioca Pudding Whole Wheat Bread	13 Potato Crunch Fish Herbed Potatoes Peas & Onions Cinnamon Streusel Cake Diet = Half Piece Pumpnickel Bread Tartar Sauce	14 Baked Ham w/Maple Glaze Sour Cream & Chive Potatoes Carrots Fresh Fruit Marble Rye Bread
17 Salmon Boat w/Dill Sauce Peas Lemon Seasoned Rice Mandarin Oranges Whole Wheat Bread	18 Hot Dog Baked Beans Coleslaw Fresh Fruit Hot Dog Bun	19 American Chop Suey Broccoli & Red Peppers Bread Pudding Italian Bread Minestrone Soup	20 <i>Holiday Meal</i> Chicken w/Sage Stuffing Sour Cream & Chive Potatoes Butternut Squash Cream Puff French Bread	21 Braised Beef Gemelli Pasta California Vegetables Peaches Italian Bread
24 Chicken Pesto Red Bliss Potatoes Corn Fresh Fruit Pumpnickel Bread	25 Christmas Day <i>No Meals Served</i>	26 Roast Pork Loin Gravy Cranberry Stuffing Winter Mix Vegetables Baked Cinnamon Pears Cornbread	27 Stuffed Pepper Casserole Garlic Mashed Potatoes Carrots Birthday Cake Diet = Half Piece Whole Wheat Bread	28 Jambalaya Rice Pilaf Peas and Onions Pineapple Italian Bread
31 Burger w/Chili & Cheese Sweet Potato Fries Green Beans Strawberry Cup Sandwich Roll	<p>Menus are Subject to Change</p> <p><i>Your \$2.50 Donation is Appreciated!</i></p> <p><i>Happy Holidays!</i></p>			

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.

December 2018 - Nutrition Breakdown

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	Na+	4	Na+	5	Na+	6	Na+	7	Na+
Pork Rib-i-que	280	Swedish Meatballs	260	<u>High Sodium Meal</u> Sloppy Joe*	660	Chicken Cacciatore	443	Fish w/Crumb Topping	484
Mac N' Cheese	249	Mashed Potatoes	176	Potato Wedges	283	Gemmeli Pasta	8	Rice Pilaf	65
Green Beans	0	Scandinavian Vegetables	30	Mixed Vegetables	30	Broccoli	22	Tuscany Style Vegetables	31
Cold Baked Apples	14	Vanilla Pudding	170	Strawberries	2	Brownie	149	Fruited Ambrosia	33
Sandwich Roll	290	Diet SF Vanilla Pudding	125	Sandwich Roll	290	Diet = Half Piece	75	Whole Wheat Bread	138
		Marble Rye Bread	105			Italian Bread	96		
Cal:676 Fat:30% Na+:958mg		Cal:794 Fat:33% Na+:866mg Diet Cal:724 Fat:34% Na+:821mg		Cal:710 Fat:28% Na+:1390mg		Cal:676 Fat:16% Na+:843mg Diet Cal:603 Fat:16% Na+:768mg		Cal:714 Fat:26% Na+:877mg	
10	Na+	11	Na+	12	Na+	13	Na+	14	Na+
Chicken Pot Pie	208	Pasta Penne & Meatballs	291	Garlic Herbed Chicken	346	Potato Crunch Fish	280	Baked Ham w/Maple Glaze*	557
Mashed Potatoes	176	Green Beans	0	Bread Stuffing	317	Herbed Potatoes	46	Sour Cream & Chive Potatoes	154
Country Blend Vegetables	22	Pear Crisp	55	Brussels Sprouts	15	Peas & Onions	34	Carrots	53
Peaches	10	Diet = Pears	10	Chocolate Pudding	135	Cinnamon Streusel Cake	271	Fresh Fruit	1
Biscuit	340	Italian Bread	96	Diet = SF Tapioca Pudding	135	Diet = Half Piece	135	Marble Rye Bread	105
				Whole Wheat Bread	138	Pumpernickel Bread	135		
				Tartar Sauce	85				
Cal:841 Fat:33% Na+:881mg		Cal:808 Fat:22% Na+:568mg Diet Cal:691 Fat:20% Na+:522mg		Cal:691 Fat:24% Na+:1076mg Diet Cal:631 Fat:22% Na+:1076mg		Cal:886 Fat:33% Na+:976mg Diet Cal:766 Fat:33% Na+:840mg		Cal:739 Fat:21% Na+:1025mg	
17	Na+	18	Na+	19	Na+	20	Na+	21	Na+
Salmon Boat w/Dill Sauce	283	<u>High Sodium Meal</u> Hot Dog*	540	American Chop Suey	196	<u>Holiday Meal</u> Chicken w/Sage Stuffing*	500	Braised Beef	383
Peas	66	Baked Beans	370	Broccoli & Red Peppers	21	Sour Cream & Chive Potatoes	106	Gemelli Pasta	8
Lemon Seasoned Rice	133	Coleslaw	219	Bread Pudding	145	Butternut Squash	77	California Vegetables	29
Mandarin Oranges	20	Fresh Fruit	0	Italian Bread	96	Cream Puff	85	Peaches	10
Whole Wheat Bread	138	Hot Dog Bun	195	<i>Minestrone Soup</i>	201	French Bread	120	Italian Bread	96
Cal:688 Fat:18% Na+:764mg		Cal:857 Fat:40% Na+:1499mg		Cal:689 Fat:22% Na+:784mg		Cal:865 Fat:36% Na+:1014mg		Cal:750 Fat:28% Na+:651mg	
24	Na+	25		26	Na+	27	Na+	28	Na+
Chicken Pesto	476	Christmas Day		Roast Pork Loin	266	Stuffed Pepper Casserole	176	Jambalaya*	581
Red Bliss Potatoes	5	<i>No Meals Served</i>		Gravy	185	Garlic Mashed Potatoes	176	Rice Pilaf	65
Corn	1			Cranberry Stuffing	308	Carrots	53	Peas and Onions	72
Fresh Fruit	1			Winter Mix Vegetables	8	Birthday Cake	221	Pineapple	1
Pumpernickel Bread	135			Baked Cinnamon Pears	12	Diet = Half Piece	110	Italian Bread	96
				Cornbread	284	Whole Wheat Bread	138		
Cal:671 Fat:20% Na+:743mg				Cal:709 Fat:26% Na+:1188mg		Cal:797 Fat:30% Na+:889mg Diet Cal:706 Fat:30% Na+:778mg		Cal:660 Fat:24% Na+:940mg	
31		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							
Burger	260								
Chili & Cheese	268								
Sweet Potato French Fries	172								
Green Beans	0								
Strawberry Cup	0								
Sandwich Roll	290								
Cal:880 Fat:36% Na+:1115mg									