<table>
<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>MENUS ARE SUBJECT TO CHANGE</strong></td>
<td><strong>New Year's Day</strong></td>
<td><strong>BBQ Chicken</strong></td>
<td><strong>Macaroni &amp; Cheese</strong></td>
<td><strong>Fish with Parmesan Cream Sauce</strong></td>
</tr>
<tr>
<td><em>Your $2.50 Donation is Appreciated!</em></td>
<td><em>No Meal Served</em></td>
<td><em>Mashed Potatoes Roasted Vegetables Fresh Fruit Marble Rye Bread</em></td>
<td><em>Stewed Tomatoes Green Beans Cinnamon Pears Italian Bread</em></td>
<td><em>Wild Rice Brussels Sprouts Blondie / Diet=Small Piece Pumpernickel Bread</em></td>
</tr>
<tr>
<td>6</td>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
</tr>
<tr>
<td>11</td>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
</tr>
<tr>
<td>Beef Stew Rice Corn Niblets Mandarin Oranges Corn Muffin</td>
<td>Baked Potato w/ Chili &amp; Cheese Broccoli Sour Cream Chocolate Mousse Pumpernickel Bread</td>
<td>Buttermilk Chicken Mashed Sr Cream &amp; Chive Mixed Vegetables Peaches Whole Wheat Bread Marble Rye Bread</td>
<td>Hot Dog Baked Beans Coleslaw Fresh Fruit Hot Dog Bun Mustard</td>
<td>Shepherd’s Pie Carrots and Peas Cinnamon Streusel Cake Diet = Small Piece Italian Bread Pumpernickel Bread</td>
</tr>
<tr>
<td>16</td>
<td>17</td>
<td>18</td>
<td>19</td>
<td>20</td>
</tr>
<tr>
<td>Martin Luther King Day</td>
<td>Meatloaf with Gravy Garlic Mashed Potatoes Peas &amp; Carrots Mixed Fruit Whole Wheat Bread</td>
<td>Roast Turkey &amp; Gravy Mashed Sweet Potatoes Roasted Brussels Sprouts Cranberry Sauce Baked Apples French Bread</td>
<td>Sloppy Joe Potato Wedges Green Beans Strawberries Sandwich Roll</td>
<td>Chicken Mornay Couscous Roman Blend Vegetables Butterscotch Pudding Diet = SF Tapioca Marble Rye Bread</td>
</tr>
<tr>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td>Pork Rib-i-que Mac 'n Cheese Green Beans Fruited Ambrosia Sandwich Roll</td>
<td>Swedish Meatballs Mashed Potatoes Scandinavian Vegetables Lorna Doone Cookies Marble Rye Bread Tomato Rice Soup</td>
<td>Vegetable Cheese Bake Herbed Potatoes Mixed Vegetables Fresh Fruit Italian Bread</td>
<td>Chicken Cacciatoro Gemelli Pasta Roasted Broccoli Birthday Cake Diet = Half Piece Italian Bread</td>
<td>Fish w/ Crumb Topping Rice Pilaf Country Blend Vegetables Fresh Fruit Whole Wheat Bread</td>
</tr>
</tbody>
</table>

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.
January 2020 - 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>Menus are Subject to Change</strong></td>
<td><strong>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.</strong></td>
<td><strong>New Years Day</strong></td>
<td><strong>Na+</strong></td>
<td><strong>Na+</strong></td>
</tr>
<tr>
<td><strong>Na+ = Sodium</strong></td>
<td><strong>High Sodium Meal = &gt;1200mg</strong></td>
<td><strong>No Meal Served</strong></td>
<td><strong>BBQ Chicken</strong></td>
<td><strong>Macaroni &amp; Cheese</strong></td>
</tr>
<tr>
<td><strong>mg = milligrams</strong></td>
<td><strong>Breakdown includes 125mg Na+ for milk</strong></td>
<td><strong>Roasted California Vegetables</strong></td>
<td><strong>Stewed Tomatoes</strong></td>
<td><strong>Green Beans</strong></td>
</tr>
<tr>
<td><strong>1</strong></td>
<td><strong>2</strong></td>
<td><strong>3</strong></td>
<td><strong>4</strong></td>
<td><strong>5</strong></td>
</tr>
<tr>
<td><strong>BBQ Chicken</strong></td>
<td><strong>Roasted California Vegetables</strong></td>
<td><strong>Marble Rye Bread</strong></td>
<td><strong>126</strong></td>
<td><strong>698</strong></td>
</tr>
<tr>
<td><strong>Macaroni &amp; Cheese</strong></td>
<td><strong>Fresh Fruit</strong></td>
<td><strong>Italian Bread</strong></td>
<td><strong>29</strong></td>
<td><strong>21</strong></td>
</tr>
<tr>
<td><strong>Mashed Potatoes</strong></td>
<td><strong>Marble Rye Bread</strong></td>
<td><strong>Roasted Broccoli</strong></td>
<td><strong>105</strong></td>
<td><strong>211</strong></td>
</tr>
<tr>
<td><strong>New Years Day</strong></td>
<td><strong>Parmesan Cream Sauce</strong></td>
<td><strong>Baked Apples</strong></td>
<td><strong>1083</strong></td>
<td><strong>283</strong></td>
</tr>
<tr>
<td><strong>No Meal Served</strong></td>
<td><strong>Macaroni &amp; Cheese</strong></td>
<td><strong>Buttermilk Chicken</strong></td>
<td><strong>737</strong></td>
<td><strong>185</strong></td>
</tr>
<tr>
<td><strong>BBQ Chicken</strong></td>
<td><strong>Vegetable Cheese Bake</strong></td>
<td><strong>Baked Apples</strong></td>
<td><strong>1193</strong></td>
<td><strong>272</strong></td>
</tr>
<tr>
<td><strong>Roasted California Vegetables</strong></td>
<td></td>
<td></td>
<td></td>
<td><strong>136</strong></td>
</tr>
<tr>
<td><strong>Fresh Fruit</strong></td>
<td></td>
<td></td>
<td></td>
<td><strong>135</strong></td>
</tr>
<tr>
<td><strong>Marble Rye Bread</strong></td>
<td></td>
<td></td>
<td></td>
<td><strong>135</strong></td>
</tr>
<tr>
<td><strong>Tomato Rice Soup</strong></td>
<td></td>
<td></td>
<td></td>
<td><strong>135</strong></td>
</tr>
<tr>
<td><strong>Cal: 711</strong></td>
<td><strong>Cal: 748</strong></td>
<td><strong>Cal: 773</strong></td>
<td><strong>Cal: 933</strong></td>
<td><strong>Cal: 700</strong></td>
</tr>
<tr>
<td><strong>Na+: 1083mg</strong></td>
<td><strong>Na+: 737mg</strong></td>
<td><strong>Na+: 1193mg</strong></td>
<td><strong>Na+: 999mg</strong></td>
<td><strong>Na+: 789mg</strong></td>
</tr>
</tbody>
</table>

**Meals are Subject to Change**

**Breakdown includes 125mg Na+ for milk**

**Indicates higher sodium entrees >500mg**

**High Sodium Meal = >1200mg**

**Diet Cal:**

**No Meal Served**

**Breakdown includes 125mg Na+ for milk**

**Indicates higher sodium entrees >500mg**

**High Sodium Meal = >1200mg**

**Diet Cal:**

**No Meal Served**

**Breakdown includes 125mg Na+ for milk**

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**Diet Cal:**

**No Meal Served**

**Breakdown includes 125mg Na+ for milk**

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**High Sodium Meal = >1200mg**