

Elder Services of Worcester Area Nutrition Program

Monday	Tuesday	Wednesday	Thursday	Friday
MENU SUBJECT TO CHANGE <i>Your \$3.00 Donation is Appreciated!</i>		1 Marinated Pork Loin Cranberry Herb Stuffing Roasted California Blend Baked Apples Marble Rye Bread	2 American Chop Suey Broccoli & Red Peppers Honey Glazed Carrots Butterscotch Pudding Diet = NSA Chocolate Pudding French Bread	3 Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pineapple Pita Bread
6 Shepherd's Pie Carrots Peas Peaches Marble Rye Bread	7 Greek Chicken Steamed White Rice Roasted Broccoli Vanilla Pudding Diet = NSA Vanilla Pudding Pumpnickel Bread	8 Meatloaf with Gravy Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit French Bread	9 Chicken Royale w/Gravy Mashed Carrot & Sweet Potato Roasted Cauliflower Double Chocolate Cake Diet = Cheesecake Mousse Italian Bread	10 Lasagna w/ Meatballs Marinara Sauce Green Beans Baked Cinnamon Pears Pumpnickel Bread
13 Vegetable Cheese Bake Seasoned Potatoes Green Beans Mixed Fruit Italian Bread	14 Chicken Milano Vegetable Couscous Spinach Lorna Doone Cookies Pumpnickel Bread	15 Teriyaki Beef Steamed Rice Broccoli Mandarin Oranges Fortune Cookie Whole Wheat Bread	16 Salisbury Steak w/Gravy Mashed Potatoes Peas & Mushrooms Brownie Diet = Half Piece Sandwich Roll	17 Lemon Pepper Fish Potatoes Au Gratin Country Blend Vegetables Fresh Fruit Apple Cinnamon Muffin
20 Lentil Stew w/Cheese Steamed White Rice Green Beans Pineapple Pumpnickel Bread	21 Meatballs w/ Onion Gravy Bowtie Pasta Roasted Brussels Sprouts Pears French Bread	22 Fish with Crumb Topping Delmonico Potatoes Honey Glazed Carrots Fresh Fruit Whole Wheat Bread Tartar Sauce	23 Chicken with BBQ Sauce Mashed Potatoes Country Blend Vegetables Birthday Cake Diet = Half Piece Peasant Bread	24 Macaroni & Cheese Stewed Tomatoes Green Peas Chocolate Mousse Marble Rye Bread
27 <u>Memorial Day</u> No Meal Served	28 Roast Pork with Gravy Cranberry Stuffing Roman Blend Vegetables Apple Crisp Diet = Baked Apples Marble Rye Bread	29 Turkey Supreme Yukon Gold Potatoes Roasted California Vegetables Fresh Fruit French Bread	30 Beef w/Onions & Peppers Red Bliss Potatoes Honey Glazed Carrots Rice Krispie Treat Sandwich Roll	31 Chicken Cranberry Salad Pasta Salad Three Bean Salad Fruited Ambrosia Hot Dog Roll

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<p>Menu Subject to Change Your \$3.00 Donation is Appreciated!</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, contact our Nutritionist for guidance on managing your intake to meet your diet requirements.</p> <p>mg=milligrams High Sodium Meal = >1200mg *Indicates higher sodium entrees >500mg Breakdown includes 125mg Na+ for milk</p>				<p>1</p> <p>Marinated Pork Loin 400 Cranberry Herb Stuffing 355 Roasted California Blend 32 Baked Apples 14 Marble Rye Bread 105</p> <p>Calories: 724 Total Sodium: 1031mg</p>	<p>2</p> <p>American Chop Suey 186 Broccoli & Red Peppers 15 Honey Glazed Carrots 69 Butterscotch Pudding 246 Diet = SF Chocolate Pudding 160 French Bread 120</p> <p>Calories: 679 (Diet:641) Total Sodium: 762mg (Diet:676mg)</p>	<p>3</p> <p>Chicken Fajitas* 527 Spanish Rice 66 Black Beans & Corn 292 Sour Cream 9 Pineapple 1 Pita Bread 68</p> <p>Calories: 867 Total Sodium: 1087 mg</p>			
<p>6</p> <p>Shepherd's Pie 255 Carrots 53 Peas 58 Peaches 5 Marble Rye Bread 105</p> <p>Calories: 730 Total Sodium: 601mg</p>	<p>7</p> <p>Greek Chicken* 408 Steamed White Rice 100 Roasted Broccoli 15 Vanilla Pudding 170 Diet = SF Vanilla Pudding 129 Pumpernickel Bread 135</p> <p>Calories: 813 (Diet:743) Total Sodium: 954mg (Diet:909mg)</p>	<p>8</p> <p>Meatloaf w/ Gravy 202 82 Garlic Mashed Potatoes 106 Chuckwagon Corn 1 Fresh Fruit 0 French Bread 120</p> <p>Calories: 752 Total Sodium: 637mg</p>	<p>9</p> <p>Chicken Royale* 550 w/ Gravy 81 Mashed Sweet Pot. & Carrot 78 Roasted Cauliflower 15 Double Chocolate Cake 182 Diet = Cheesecake Mousse 130 Italian Bread 96</p> <p>Calories: 914 (Diet: 734) Total Sodium: 1128mg (Diet: 1075mg)</p>	<p>10</p> <p>HIGH SODIUM MEAL Sodium Lasagna 321 w/ Meatballs 139 Marinara Sauce 763 Green Beans 0 Baked Cinnamon Pears 5 Pumpernickel Bread 120</p> <p>Calories: 685 Total Sodium: 1472mg</p>					
<p>13</p> <p>Vegetable Cheese Bake 416 Seasoned Potatoes 7 Green Beans 0 Mixed Fruit 20 Italian Bread 96</p> <p>Calories: 822 Total Sodium: 664mg</p>	<p>14</p> <p>Chicken Milano* 609 Vegetable Couscous 77 Spinach 87 Lorna Doone Cookies 147 Pumpernickel Bread 135</p> <p>Calories: 846 Total Sodium: 1179mg</p>	<p>15</p> <p>Teriyaki Beef 438 Steamed Rice 100 Broccoli 16 Mandarin Oranges 0 Fortune Cookie 35 Whole Wheat Bread 138</p> <p>Calories: 822 Total Sodium: 817mg</p>	<p>16</p> <p>Salisbury Steak with Gravy 240 / 82 Mashed Potatoes 107 Peas & Mushrooms 45 Brownie 149 Diet = Half Piece 75 Sandwich Roll 248</p> <p>Calories: 893 (Diet: 820) Total Sodium: 997mg (Diet: 922mg)</p>	<p>17</p> <p>Lemon Pepper Fish 193 Potatoes Au Gratin 285 Country Blend Vegetables 22 Fresh Fruit 1 Apple Cinnamon Muffin 190</p> <p>Calories: 710 Total Sodium: 845mg</p>					
<p>20</p> <p>Lentil Stew w/ Cheese 252 180 Steamed White Rice 100 Green Beans 0 Pineapple 0 Pumpernickel Bread 135</p> <p>Calories: 732 Total Sodium: 792mg</p>	<p>21</p> <p>Meatballs w/ Onion Gravy 260 85 Bowtie Pasta 8 Roasted Brussels Sprouts 9 Pears 10 French Bread 120</p> <p>Calories: 718 Total Sodium: 491mg</p>	<p>22</p> <p>Total Sodium: 94 94 Delmonico Potatoes 212 Honey Glazed Carrots 69 Fresh Fruit 1 Whole Wheat Bread 138 Tartar Sauce 85</p> <p>Calories: 753 Total Sodium: 725mg</p>	<p>23</p> <p>High Sodium Meal Sodium Chicken w/BBQ Sauce 212/391 Mashed Potatoes 107 Country Blend Vegetables 22 Birthday Cake 221 Diet = Small Piece 110 Peasant Bread 142</p> <p>Calories: 732 (Diet: 641) Total Sodium: 1219mg (Diet: 1109mg)</p>	<p>24</p> <p>Macaroni & Cheese 250 Stewed Tomatoes 6 Green Peas 7 Chocolate Mousse 230 Marble Rye Bread 105</p> <p>Calories: 722 Total Sodium: 723mg</p>					
<p>27</p> <p>Memorial Day No Meal Served</p>	<p>28</p> <p>Roast Pork w/Gravy 266/211 318 Cranberry Stuffing 318 Roman Blend Vegetables 9 Apple Crisp 63 Diet = Baked Apples 14 Marble Rye Bread 105</p> <p>Calories: 723 (Diet: 619) Total Sodium:1097mg (Diet:1048mg)</p>	<p>29</p> <p>Turkey* w/ Supreme Sauce 790 115 Yukon Gold Potatoes 5 Rsted. California Vegetables 32 Fresh Fruit 1 French Bread 120</p> <p>Calories: 666 Total Sodium: 1188mg</p>	<p>30</p> <p>Beef w/ Onions & Peppers 422 17 Red Bliss Potatoes 17 Honey Glazed Carrots 69 Rice Krispie Treat 105 Sandwich Roll 248</p> <p>Calories: 720 Total Sodium: 988mg</p>	<p>31</p> <p>Chicken Cranberry Salad 197 Pasta Salad 172 Three Bean Salad 280 Fruited Ambrosia 55 Hot Dog Roll 195</p> <p>Calories: 912 Total Sodium: 1023mg</p>					