508-852-3205

SEPTEMBER 2024

www.eswa.org

Ext. 290

Elder Services of Worcester Area Nutrition Program

Monday	Tuesday	Wednesday	Thursday	Friday	
2	3	4	5	6	
Labor Day No Meal Served	Spaghetti & Meatballs Marinara Sauce Green Beans	Potato Crunch Fish Herbed Potatoes Peas & Onions	Baked Ham w/ Maple Glaze Mashed Potatoes	Garlic Herbed Chicken Cornbread Stuffing Mixed Vegetables	
	Baked Cinnamon Pears Italian Bread	Lemon Pudding Diet = SF Tapioca Pudding Pumpernickel Bread	Herbed Broccoli & Carrots Fresh Fruit Marble Rye Bread	Fruited Ambrosia Whole Wheat Bread	
9	10	11	12	13	
Chicken Tikki Masala	Hot Dog	Stuffed Pepper Casserole	Chicken Pot Pie	Teriyaki Beef	
Lemon Seasoned Rice	Baked Beans	Mashed Potatoes	Mashed Potatoes	Steamed Rice	
Roasted Brussels Sprouts	Coleslaw	Honey Glazed Carrots	Country Blend Vegetables	Broccoli	
Fresh Fruit	Baked Apples	Brownie	Lorna Doones	Pineapple	
White Bread	Hot Dog Bun	Diet = Half Piece	Biscuit	Fortune Cookie	
	Mustard	Marble Rye Bread		Whole Wheat Bread	
.6	17	18	19	20	
Chicken Pesto	Burger w/	Roast Pork with Gravy	Meatloaf with Gravy	Jambalaya	
Lemon Seasoned Potatoes	Chili & Cheese	Cranberry Stuffing	Garlic Mashed Potatoes	Rice Pilaf	
Mixed Vegetables	Herbed Potatoes	Spinach	Chuckwagon Corn	Cauliflower	
Fresh Fruit	Green Beans	Chocolate Pudding	Pear Crisp	Mandarin Oranges	
Pumpernickel Bread	Rice Krispy Treat	Diet = SF Vanilla Pudding	Diet = Pears	Cornbread	
	Sandwich Roll	Marble Rye Bread	Whole Wheat Bread		
3	24	25	26	27	
Shepherd's Pie	Chicken Milano	Turkey	American Chop Suey	Lemon Pepper Haddock	
Green Peas	Mashed Sweet Potatoes	w/ Supreme Sauce	Roasted Broccoli	Potato Au Gratin	
Herbed Carrots	Green Beans	Herbed Stuffing	Carrots	Scandinavian Vegetables	
Peaches	Vanilla Mousse	Roman Blend Vegetables	Birthday Cake	Apple Crisp	
Whole Wheat Bread	Pumpernickel Bread	Fresh Fruit	Diet = Half Piece	Diet = Applesauce	
		Italian Bread	French Bread	Muffin	
80			1		
Sloppy Joe					
Herbed Potatoes	MENUS ARE SUBJECT TO CHANGE		YOUR \$3.00 DONATION IS APPRECIATED!		
Green Beans					
Fresh Fruit					
Sandwich Roll					

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Monday		Tuesday		Wednesday		Thursday		Friday	
2		3	<u>Sodium</u>	4	<u>Sodium</u>	5	<u>Sodium</u>	6	<u>Sodium</u>
		Spaghetti & Meatballs	211	Potato Crunch Fish	280	Baked Ham*	790	Garlic Herbed Chicken	257
Labor Day		Marinara Sauce	763	Herbed Potatoes	7	w/ Maple Glaze	30	Cornbread Stuffing	242
		Green Beans	0	Peas & Onions	34	Mashed Potatoes	108	Mixed Vegetables	30
No Meal Served		Baked Cinnamon Pears	5	Lemon Pudding	180	Herbed Broccoli & Carrots	40	Fruited Ambrosia	55
		Italian Bread	96	Diet = SF Tapioca Pudding	135	Fresh Fruit	0	Whole Wheat Bread	138
				Pumpernickel Bread	135	Marble Rye Bread	105		
		Calories: 685		Calories: 751 (Diet:701)	· L	Calories: 726		Calories: 721	
		Total Sodium: 1199mg		Total Sodium:760mg (Diet:715m	g)	Total Sodium: 1197mg		Total Sodium: 847mg	
9	Sodium	10 HIGH SODIUM MEAL	Sodium	11	<u>Sodium</u>	12	<u>Sodium</u>	13	Sodium
Chicken Tikki Masala	323	Hot Dog*	540	Stuffed Pepper Casserole	118	Chicken Pot Pie	241	Teriyaki Beef	438
Lemon Seasoned Rice	149	Baked Beans	370	Mashed Potatoes	108	Mashed Potatoes	108	Steamed Rice	101
Roasted Brussels Sprouts	9	Coleslaw	162	Honey Glazed Carrots	70	Country Blend Vegetables	22	Broccoli	16
Fresh Fruit	1	Baked Apples	14	Brownie	150	Lorna Doones	147	Pineapple	0
White Bread	142	Hot Dog Bun	195	Diet = Half Piece	75	Biscuit	310	Fortune Cookie	0
		Mustard	50	Marble Rye Bread	105			Whole Wheat Bread	138
Calories: 725		Calories: 841		Calories:752 (Diet:680))	Calories: 781		Calories: 802	
Total Sodium: 749mg		Total Sodium: 1457mg		Total Sodium: 675mg (Diet:600)	ng)	Total Sodium: 952mg		Total Sodium: 818mg	
16	<u>Sodium</u>	17	<u>Sodium</u>	18	<u>Sodium</u>	19	<u>Sodium</u>	20	<u>Sodium</u>
Chicken Pesto	459	Burger	150	Roast Pork w/Gravy	266/170	Meatloaf w/Gravy	202/85	Jambalaya*	539
Lemon Seasoned Potatoes	179	Chili & Cheese	297/90	Cranberry Stuffing	300	Garlic Mashed Potatoes	108	Rice Pilaf	70
Mixed Vegetables	30	Herbed Potatoes	7	Spinach	87	Chuckwagon Corn	1	Cauliflower	4
Fresh Fruit	0	Green Beans	0	Chocolate Pudding	135	Pear Crisp	54	Mandarin Oranges	0
Pumpernickel Bread	135	Rice Krispy Treat	105	Diet = SF Vanilla Pudding	125	Diet = Pears	10	Cornbread	292
		Sandwich Roll	248	Marble Rye Bread	105	Whole Wheat Bread	138		
Calories: 706		Calories: 842		Calories: 720 (Diet:66	D)	Calories: 876 (Diet:759)		Calories: 724	
Total Sodium: 928mg		Total Sodium: 1021mg		Total Sodium:1187mg (Diet:11	77mg)	Total Sodium:711mg (Diet:667mg)		Total Sodium: 1031mg	
23	Sodium	24	Sodium	25 HIGH SODIUM MEAL	<u>Sodium</u>	26	<u>Sodium</u>	27	<u>Sodium</u>
Shepherd's Pie	255	Chicken Milano	434	Turkey*	790	American Chop Suey	186	Lemon Pepper Haddock	476
Green Peas	7	Mashed Sweet Potatoes	91	w/ Supreme Sauce	115	Roasted Broccoli	15	Potato Au Gratin	285
Herbed Carrots	53	Green Beans	0	Herbed Stuffing	305	Carrots	53	Scandinavian Vegetables	30
Peaches	5	Vanilla Mousse	155	Roman Blend Vegetables	9	Birthday Cake	221	Apple Crisp	63
Whole Wheat Bread	138	Pumpernickel Bread	135	Fresh Fruit	1	Diet = Half Piece	110	Diet = Applesauce	25
	<u></u>		<u> </u>	Italian Bread	142	French Bread	105	Muffin	190
Cal: 767		Calories: 814		Calories: 698		Calories:751 (Diet:660)		Calories:789 (Diet:67	79)
Total Sodium: 583mg		Total Sodium: 939mg		Total Sodium: 1488mg		Total Sodium: 705mg (Diet:595mg)		Total Sodium:1169mg (Diet:11	L32mg)
30	Sodium								
Sloppy Joes*	648	Meals are based on a No Adde	d Salt (3,0	000-4,000 milligram diet) for hea	lthy				
Herbed Potatoes	7	, , ,		n regarding sodium, contact our		MENUS ARE	SUBJECT	TO CHANGE	
Green Beans	0	Nutritionist for guidance on ma	naging yo	ur intake to meet your diet requi	rements.				
Fresh Fruit	0					Your \$3.00	Donation	is Appreciated!	
Sandwich Roll	248	mg = milligrams High Sodiur	n Meal = :	>1200mg *Higher sodium item	>500mg				
Calories: 779		Breakdown i	ncludes 1	25mg Na+ for milk					
Total Sodium: 1028mg									

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SEPTEMBER 2024 Supper Menu

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	Monday	Tuesday	Wednesday	Thursday	Friday
		3	4	5	6
		Spaghetti & Meatballs	Potato Crunch Fish	Baked Ham	Garlic Herbed Chicken
	Labor Day	Marinara Sauce	Herbed Potatoes	w/ Maple Glaze	Cornbread Stuffing
		Green Beans	Peas & Onions	Mashed Potatoes	Mixed Vegetables
	No Meal Served	Baked Cinnamon Pears	Lemon Pudding	Herbed Broccoli & Carrots	Fruited Ambrosia
		Italian Bread	Diet = SF Tapioca Pudding	Fresh Fruit	Whole Wheat Bread
			Pumpernickel Bread	Marble Rye Bread	
		Sandwich:	Sandwich:	Sandwich:	Sandwich:
		EGG SALAD	SLICED HAM	SLICED TURKEY	N.Y. PASTRAMI
		10	11	12	13
	Chicken Tikki Masala	Hot Dog	Stuffed Pepper Casserole	Chicken Pot Pie	Teriyaki Beef
	Lemon Seasoned Rice	Baked Beans	Mashed Potatoes	Mashed Potatoes	Steamed Rice
	Roasted Brussels Sprouts	Coleslaw	Honey Glazed Carrots	Country Blend Vegetables	Broccoli
	Fresh Fruit	Baked Apples	Brownie	Lorna Doones	Pineapple
	White Bread	Hot Dog Bun	Diet = Half Piece	Biscuit	Fortune Cookie
		Mustard	Marble Rye Bread		Whole Wheat Bread
	Sandwich:	Sandwich:	Sandwich:	Sandwich:	Sandwich:
	CHICKEN SALAD	HAM SALAD	SLICED ROAST BEEF	TURKEY SALAD	CRANBERRY CHICKEN SALAD
6		17	18	19	20
	Chicken Pesto	Burger	Roast Pork w/Gravy	Meatloaf w/Gravy	Jambalaya
	Lemon Seasoned Potatoes	Chili & Cheese	Cranberry Stuffing	Garlic Mashed Potatoes	Rice Pilaf
	Mixed Vegetables	Herbed Potatoes	Spinach	Chuckwagon Corn	Cauliflower
	Fresh Fruit	Green Beans	Chocolate Pudding	Pear Crisp	Mandarin Oranges
	Pumpernickel Bread	Rice Krispy Treat	Diet = SF Vanilla Pudding	Diet = Pears	Cornbread
		Sandwich Roll	Marble Rye Bread	Whole Wheat Bread	
	Sandwich:	Sandwich:	Sandwich:	Sandwich:	Sandwich:
	ALBACORE TUNA SALAD	RANCH CHICKEN SALAD w/BACON	TURKEY CAPE COD	CAESAR CHICKEN SALAD	CORNED BEEF
3		24	25	26	27
	Shepherd's Pie	Chicken Milano	Turkey	American Chop Suey	Lemon Pepper Haddock
	Green Peas	Mashed Sweet Potatoes	w/ Supreme Sauce	Roasted Broccoli	Potato Au Gratin
	Herbed Carrots	Green Beans	Herbed Stuffing	Carrots	Scandinavian Vegetables
	Peaches	Vanilla Mousse	Roman Blend Vegetables	Birthday Cake	Apple Crisp
	Whole Wheat Bread	Pumpernickel Bread	Fresh Fruit	Diet = Half Piece	Diet = Applesauce
			Italian Bread	French Bread	Muffin
	Sandwich:	Sandwich:	Sandwich:	Sandwich:	Sandwich:
	EGG SALAD	TURKEY SALAD	N.Y. PASTRAMI	HAM SALAD	SLICED ROAST BEEF
0					
-	Sloppy Joe				
	Herbed Potatoes				
	Green Beans	MENUS ARE SUBJECT TO) CHANGE	YOUR \$3.00 DONATION I	S APPRECIATED!
	Fresh Fruit				
	Fresh Fruit Sandwich Roll				
	Fresh Fruit Sandwich Roll Sandwich:	-			



We are cooking up something new at Meals on Wheels!

In the coming months, be on the lookout for "new" menu items on the Meals on Wheels program.

Starting in September, you will see some older recipes replaced with some fresh, new recipe ideas. A few to look forward to this fall include:

Sept. 9th - <u>Chicken Tikka Masala</u> - A dish consisting of grilled chicken in a creamy orange sauce warmed with garlic, ginger, and turmeric.

Oct. 11th - Banh Mi Pork – A tender pork riblet, topped with BBQ sauce & fresh slaw, atop a sandwich roll. It will be sure to please sandwich lovers.

Oct. 17th - Fish with Chimichurri Sauce – A savory sauce made with garlic and parsley served over haddock.

Please feel free to give us your feedback as we roll out several new recipes over the coming months. Your input is greatly appreciated and helps us to decide what meals to keep on the menu!

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.

