

Elder Services of Worcester Area Nutrition Program

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

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Monday		Tuesday		Wednesday		Thursday		Friday	
2 Labor Day No Meal Served		3 Spaghetti & Meatballs Marinara Sauce Green Beans Baked Cinnamon Pears Italian Bread Calories: 685 Total Sodium: 1199mg		4 Potato Crunch Fish Herbed Potatoes Peas & Onions Lemon Pudding Diet = SF Tapioca Pudding Pumpernickel Bread Calories: 751 (Diet:701) Total Sodium:760mg (Diet:715mg)		5 Baked Ham* w/ Maple Glaze Mashed Potatoes Herbed Broccoli & Carrots Fresh Fruit Marble Rye Bread Calories: 726 Total Sodium: 1197mg		6 Garlic Herbed Chicken Cornbread Stuffing Mixed Vegetables Fruited Ambrosia Whole Wheat Bread Calories: 721 Total Sodium: 847mg	
9 Chicken Tikki Masala Lemon Seasoned Rice Roasted Brussels Sprouts Fresh Fruit White Bread Calories: 725 Total Sodium: 749mg		10 HIGH SODIUM MEAL Hot Dog* Baked Beans Coleslaw Baked Apples Hot Dog Bun Mustard Calories: 841 Total Sodium: 1457mg		11 Stuffed Pepper Casserole Mashed Potatoes Honey Glazed Carrots Brownie Diet = Half Piece Marble Rye Bread Calories:752 (Diet:680) Total Sodium: 675mg (Diet:600mg)		12 Chicken Pot Pie Mashed Potatoes Country Blend Vegetables Lorna Doones Biscuit Calories: 781 Total Sodium: 952mg		13 Teriyaki Beef Steamed Rice Broccoli Pineapple Fortune Cookie Whole Wheat Bread Calories: 802 Total Sodium: 818mg	
16 Chicken Pesto Lemon Seasoned Potatoes Mixed Vegetables Fresh Fruit Pumpernickel Bread Calories: 706 Total Sodium: 928mg		17 Burger Chili & Cheese Herbed Potatoes Green Beans Rice Krispy Treat Sandwich Roll Calories: 842 Total Sodium: 1021mg		18 Roast Pork w/Gravy Cranberry Stuffing Spinach Chocolate Pudding Diet = SF Vanilla Pudding Marble Rye Bread Calories: 720 (Diet:660) Total Sodium:1187mg (Diet:1177mg)		19 Meatloaf w/Gravy Garlic Mashed Potatoes Chuckwagon Corn Pear Crisp Diet = Pears Whole Wheat Bread Calories: 876 (Diet:759) Total Sodium:711mg (Diet:667mg)		20 Jambalaya* Rice Pilaf Cauliflower Mandarin Oranges Cornbread Calories: 724 Total Sodium: 1031mg	
23 Shepherd's Pie Green Peas Herbed Carrots Peaches Whole Wheat Bread Cal: 767 Total Sodium: 583mg		24 Chicken Milano Mashed Sweet Potatoes Green Beans Vanilla Mousse Pumpernickel Bread Calories: 814 Total Sodium: 939mg		25 HIGH SODIUM MEAL Turkey* w/ Supreme Sauce Herbed Stuffing Roman Blend Vegetables Fresh Fruit Italian Bread Calories: 698 Total Sodium: 1488mg		26 American Chop Suey Roasted Broccoli Carrots Birthday Cake Diet = Half Piece French Bread Calories:751 (Diet:660) Total Sodium: 705mg (Diet:595mg)		27 Lemon Pepper Haddock Potato Au Gratin Scandinavian Vegetables Apple Crisp Diet = Applesauce Muffin Calories:789 (Diet:679) Total Sodium:1169mg (Diet:1132mg)	
30 Sloppy Joes* Herbed Potatoes Green Beans Fresh Fruit Sandwich Roll Calories: 779 Total Sodium: 1028mg		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. mg = milligrams High Sodium Meal = >1200mg *Higher sodium item >500mg Breakdown includes 125mg Na+ for milk		<u>MENUS ARE SUBJECT TO CHANGE</u> <i>Your \$3.00 Donation is Appreciated!</i>					

SEPTEMBER 2024 Supper Menu

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



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 - Chicken Tikka Masala - 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.