

Elder Services of Worcester Area Nutrition Program

Monday	Tuesday	Wednesday	Thursday	Friday
MENU SUBJECT TO CHANGE	1 Vegetable Cheese Bake Seasoned Potatoes Capri Blend Vegetables Mixed Fruit Italian Bread	2 Greek Chicken Steamed White Rice California Blend Rice Krispie Treat Pumpnickel Bread	3 Salisbury Steak Garlic Mashed Potatoes Peas & Carrots Fruited Ambrosia Sandwich Roll	4 Macaroni & Cheese Stewed Tomatoes Green Beans Blondie / Diet=Half Piece Whole Wheat Bread
7 Chicken w/ BBQ Sauce Potatoes Au Gratin Country Blend Vegetables Fresh Fruit Marble Rye Bread	8 Meatballs w/ Onion Gravy Bowtie Pasta Scandinavian Vegetables Mandarin Oranges Pumpnickel Bread	9 Marinated Pork Loin Herbed Potatoes Beets Lemon Pudding Diet = SF Choc. Pudding Whole Wheat Bread	10 Chicken Picatta Wild Rice Roasted Broccoli Lorna Doones White Bread Marble Rye Bread	11 Banh Mi Pork Riblet Carrots Coleslaw Baked Apples Sandwich Roll Mayo
14 Holiday <i>No Meals Served</i>	15 Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple	16 Roast Pork w/ Gravy Cranberry Stuffing Rst. California Vegetables Baked Cinnamon Pears White Bread	17 Haddock w/ Chimichurri Sauce Rice Pilaf Chuckwagon Corn Cookie Whole Wheat Bread	18 Beef w/Onions & Peppers Herb Potatoes Honey Glazed Carrots Vanilla Pudding Diet = SF Vanilla Pudding Sandwich Roll
21 Beef Stew Rice Corn Niblets Mandarin Oranges Italian Bread	22 Hot Dog Baked Beans Coleslaw Baked Apples Mustard Hot Dog Bun	23 Baked Potato w/ Chili & Cheese Broccoli Sour Cream Chocolate Mousse Pumpnickel Bread	24 Buttermilk Chicken Lemon Potatoes Mixed Vegetables Birthday Cake Diet = Small Piece Whole Wheat Bread	25 Shepherd's Pie Carrots Peas Fresh Fruit Italian Bread
28 Macaroni & Cheese Stewed Tomatoes Green Beans Mixed Fruit Muffin	29 Chicken Mornay Couscous Roman Blend Vegetables Butterscotch Pudding Diet = SF Tapioca Marble Rye Bread	30 Lentil Stew w/ Cheddar Cheese Steamed White Rice Carrots Fruited Ambrosia Pumpnickel Bread	31 Meatloaf w/ Gravy Garlic Mashed Potatoes Peas & Mushrooms Pumpkin Mousse Whole Wheat Bread	Your \$3.00 Donation is Appreciated!

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MENU SUBJECT TO CHANGE <i>Your \$3.00 Donation is Appreciated!</i>		1 Vegetable Cheese Bake Seasoned Potatoes Capri Blend Vegetables Mixed Fruit Italian Bread Calories: 826 Total Sodium: 680mg	Sodium	2 Greek Chicken Steamed White Rice California Blend Rice Krispie Treat Pumpkin Bread Calories: 689 Total Sodium: 910mg	Sodium	3 Salisbury Steak Beef Gravy Garlic Mashed Potatoes Peas & Carrots Fruited Ambrosia Sandwich Roll Calories: 905 Total Sodium: 931mg	Sodium	4 Macaroni & Cheese Stewed Tomatoes Green Beans Blondie Diet = Half Piece Whole Wheat Bread Calories: 775 (Diet:653mg) Total Sodium: 792mg (Diet:655mg)	Sodium	
		7 Chicken Picatta w/ BBQ Sauce Potatoes Au Gratin Country Blend Vegetables Fresh Fruit Marble Rye Bread Calories: 698 Total Sodium: 1141mg	Sodium	8 Meatballs w/ Onion Gravy Bowtie Pasta Scandinavian Vegetables Mandarin Oranges Pumpkin Bread Calories: 800 Total Sodium: 643mg	Sodium	9 Marinated Pork Loin Herbed Potatoes Beets Lemon Pudding Diet = Chocolate Pudding Whole Wheat Bread Calories: 726 (Diet:676) Total Sodium: 990mg (Diet:970mg)	Sodium	10 Chicken Picatta Wild Rice Roasted Broccoli Lorna Doones White Bread Calories: 742 Total Sodium: 1027mg	Sodium	11 HIGH SODIUM MEAL Banh Mi Pork Riblet w/ BBQ Sauce Carrots Coleslaw Baked Apples Sandwich Roll Calories: 781 Total Sodium: 1432mg
14 Holiday <i>No Meals Served</i>		15 Chicken Fajitas* Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple Calories: 862 Total Sodium: 1086mg	Sodium	16 Roast Pork w/ Gravy Cranberry Stuffing Rst. California Vegetables Baked Cinnamon Pears White Bread Calories: 706 Total Sodium: 1040mg	Sodium	17 Haddock w/ Chimichurri Sauce Rice Pilaf Chuckwagon Corn Cookie Whole Wheat Bread Calories: 708 Total Sodium: 529mg	Sodium	18 Beef w/ Onions & Peppers Herb Potatoes Honey Glazed Carrots Vanilla Pudding Diet = SF Vanilla Pudding Sandwich Roll Calories: 890 (Diet:820) Total Sodium: 1043mg (Diet:998mg)	Sodium	
21 Beef Stew Rice Corn Niblets Mandarin Oranges Italian Bread Calories: 924 Total Sodium: 493mg	Sodium	22 HIGH SODIUM MEAL Hot Dog* Baked Beans Coleslaw Baked Apples Mustard Hot Dog Bun Calories: 834 (Diet:676) Total Sodium: 1446mg (Diet:983mg)	Sodium	23 Baked Potato w/ Chili & Cheese Broccoli Sour Cream Chocolate Mousse Pumpkin Bread Calories: 793 Total Sodium: 1176mg	Sodium	24 Buttermilk Chicken Lemon Potatoes Mixed Vegetables Birthday Cake Diet = Small Piece Whole Wheat Bread Calories: 746 (Diet:655) Total Sodium: 1055mg (Diet:944 mg)	Sodium	25 Shepherd's Pie Carrots Peas Fresh Fruit Italian Bread Calories: 726 Total Sodium: 587mg	Sodium	
28 Macaroni & Cheese Stewed Tomatoes Green Beans Mixed Fruit Muffin Calories: 700 Total Sodium: 591mg	Sodium	29 Chicken Mornay Couscous Roman Blend Vegetables Butterscotch Pudding Diet = SF Tapioca Marble Rye Bread Calories: 696 (Diet:658) Total Sodium: 994mg (Diet:882mg)	Sodium	30 Lentil Stew w/ Cheddar Cheese Steamed White Rice Carrots Fruited Ambrosia Pumpkin Bread Calories: 845 Total Sodium: 901mg	Sodium	31 Meatloaf w/ Gravy Garlic Mashed Potatoes Country Blend Vegetables Pumpkin Mousse Whole Wheat Bread Calories: 767 Total Sodium: 879mg	Sodium	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 *Indicates higher sodium entrees >500mg Milk provides 125mg of sodium daily		



Favorite Fall Recipe: (Diabetic Friendly!) Pumpkin Muffins

Ingredients

- 2 cups old fashioned oats
- 1 cup pumpkin puree
- 3/4 cup Plain Greek Yogurt
- 1/4 cup maple syrup
- 2 large eggs
- 1 1/2 tsp baking powder
- 1 tsp vanilla extract
- 1/2 tsp baking soda
- 1/4 tsp ground cinnamon
- 1/4 tsp salt
- 1/8 tsp nutmeg
- 1/8 tsp ginger
- 1 cup semi-sweet chocolate chips (optional)

Directions:

Step 1: Preheat oven to 375 degrees F. Grease muffin pan with oil or insert paper muffin liners.

Step 2: Measure all the ingredients except chocolate chips into a blender or food processor. Blend until smooth. Scrape down the sides of blender as needed.

Step 3: Stir in chocolate chips if desired.

Step 4: Scoop batter into muffin pan filling cups about two-thirds full. Bake for 15-20 minutes or until lightly browned on the edges.

Step 5: Gently remove muffins from pan and let cool on a wire rack. Best eaten immediately, but they can be stored in a sealed container for up to a week or in the freezer for 1-3 months.

Each of these diabetic pumpkin muffins contain only 80 calories and 12 grams of carbohydrates. Most of the fat (2 grams) comes from healthy, unsaturated fats and the sodium is only 5% of your daily value! There are 3 grams of protein per muffin. Slice the muffin in half and add a tbsp or two of natural peanut butter for a bit more protein to make these muffins into a super satisfying snack!

Pumpkin is a nutritious food containing many beneficial **nutrients**, including vitamins A, B1, B6, and C, as well as copper, fiber, folate, manganese, calcium, potassium, and magnesium. It's also loaded with beta-carotene, a powerful antioxidant and great for eyesight!

Menu Updates: 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 which 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.

