

Elder Services of Worcester Area Nutrition Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MENU SUBJECT TO CHANGE Your \$3.00 Donation is Appreciated!				1 Cranberry Chicken Salad Three Bean Salad Pasta Salad Fresh Fruit Hot Dog Roll
4 Pork Rib-i-que Mac N Cheese Mixed Vegetables Pineapple Sandwich Roll	5 Sloppy Joe Seasoned Potatoes Green Beans Fresh Fruit Sandwich Roll	6 Chicken Cacciatore Gemmeli Pasta Roasted Broccoli Cookies Italian Bread	7 Salisbury Steak w/Gravy Mashed Potatoes Corn Carrot Cake Diet = Half Piece Marble Rye Bread	8 Fish with Crumb Topping Rice Pilaf Tuscany Style Vegetables Fruited Ambrosia Whole Wheat Bread Tartar Sauce
11 VETERAN'S DAY No Meals Served	12 Swedish Meatballs Mashed Potatoes Scandinavian Vegetables Fresh Fruit Marble Rye Bread	13 Roast Pork with Gravy Cranberry Stuffing Country Blend Veg. Apple Crisp Diet = Baked Apples Pumpernickel Bread	14 Potato Crunch Fish Herbed Potatoes Peas & Onions Mixed Fruit Whole Wheat Bread Tartar Sauce	15 Garlic Herbed Chicken Herbed Stuffing Roast Brussels Sprouts Lemon Pudding Diet = Tapioca Pudding Marble Rye Bread
18 Chicken Pot Pie Mashed Potatoes Corn Niblets Peaches Biscuit	19 Hot Dog on Bun Baked Beans Coleslaw Baked Apples Mustard	20 Stuffed Pepper Casserole Garlic Mashed Potatoes Carrots Lorna Doones Marble Rye Bread	21 Chicken Tikki Masala Lemon Seasoned Rice Broccoli Birthday Cake / Diet=Half Pc. Pumpernickel Bread	22 Braised Beef Gemelli Pasta Green Beans Fresh Orange Italian Bread
25 Chicken Pesto Rice Pilaf Glazed Carrots Fresh Fruit Pumpernickel Bread	26 Roast Turkey with Gravy Cornbread Stuffing Butternut Squash Cheesecake Mousse Italian Bread	27 Spaghetti & Meatballs Marinara Sauce Green Beans Cinnamon Pears Italian Bread	28 THANKSGIVING DAY No Meals Served	29 Jambalaya Steamed Rice Green Peas Pineapple Whole Wheat Bread

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<p>Meals are based on a No Added Salt (3,000-4,000 mg) diet for healthy older adults. If you have a special concern regarding sodium, please contact our Nutritionist for guidance on managing your intake to meet your diet requirements.</p> <p>High sodium meal = >1200mg mg=milligrams *Higher sodium entrée > 500mg Breakdown includes 125mg sodium for milk</p>						<p>MENU SUBJECT TO CHANGE</p> <p>Your \$3.00 Donation is Appreciated!</p>		<p>1</p> <p>Cranberry Chicken Salad 197 Three Bean Salad 172 Pasta Salad 370 Fresh Fruit 0 Hot Dog Roll 195</p>		<p>Sodium</p>
								<p>Calories: 812 Total Sodium: 968mg</p>		
<p>4</p> <p>Pork Rib-i-que* 590 Mac N Cheese 167 Mixed Vegetables 30 Pineapple 0 Sandwich Roll 248</p>		<p>5</p> <p>Sloppy Joe* 698 Seasoned Potatoes 7 Green Beans 0 Fresh Fruit 0 Sandwich Roll 248</p>		<p>6</p> <p>Chicken Cacciatore* 621 Gemmeli Pasta 8 Roasted Broccoli 15 Cookies 147 Italian Bread 96</p>		<p>7</p> <p>Salisbury Steak w/Gravy 323 Mashed Potatoes 108 Corn 1 Carrot Cake 262 Diet = Half Piece 131 Marble Rye Bread 105</p>		<p>8</p> <p>Fish w/Crumb Topping 94 Rice Pilaf 70 Tuscany Style Vegetables 31 Fruited Ambrosia 55 Whole Wheat Bread 138 Tartar Sauce 85</p>		<p>Sodium</p>
<p>Calories: 705 Total Sodium: 851mg</p>		<p>Calories: 779 Total Sodium: 1028mg</p>		<p>Calories: 748 Total Sodium: 1011mg</p>		<p>Calories:942 (Diet:802) Total Sodium:924mg (Diet:793mg)</p>		<p>Calories: 765 Total Sodium: 598mg</p>		
<p>11</p> <p>VETERAN'S DAY</p> <p>No Meals Served</p>		<p>12</p> <p>Swedish Meatballs 323 Mashed Potatoes 108 Scandinavian Veg. 30 Fresh Fruit 0 Marble Rye Bread 105</p>		<p>13</p> <p>Roast Pork with Gravy 436 Cranberry Stuffing 300 Country Blend Veg. 32 Apple Crisp 63 Diet = Baked Apples 14 Pumpernickel Bread 135</p>		<p>14</p> <p>Potato Crunch Fish 280 Herbed Potatoes 7 Peas & Onions 34 Mixed Fruit 20 Whole Wheat Bread 138 Tartar Sauce 85</p>		<p>15</p> <p>Garlic Herbed Chicken 257 Herbed Stuffing 305 Roast Brussels Sprouts 9 Lemon Pudding 180 Diet = Tapioca Pudding 135 Marble Rye Bread 105</p>		<p>Sodium</p>
		<p>Calories: 702 Total Sodium: 692mg</p>		<p>Calories: 797 (Diet: 693) Total Sodium:1091 (Diet:1042mg)</p>		<p>Calories: 734 Total Sodium: 688mg</p>		<p>Calories:707 (Diet:657mg) Total Sodium:981mg (Diet:936mg)</p>		
<p>18</p> <p>Chicken Pot Pie 316 Mashed Potatoes 108 Corn Niblets 1 Peaches 5 Biscuit 310</p>		<p>19 High Sodium Meal</p> <p>Hot Dog* 540 Baked Beans 370 Coleslaw 173 Baked Apples 14 Mustard 50 Hot Dog Bun 195</p>		<p>20</p> <p>Stuffed Pepper Casserole 118 Garlic Mashed Potatoes 108 Carrots 53 Lorna Doones 147 Marble Rye Bread 105</p>		<p>21</p> <p>Chicken Tikki Masala 323 Lemon Seasoned Rice 149 Broccoli 16 Birthday Cake 221 Diet = Half Piece 110 Pumpernickel Bread 135</p>		<p>22</p> <p>Braised Beef 405 Gemelli Pasta 8 Green Beans 0 Fresh Orange 0 Italian Bread 96</p>		<p>Sodium</p>
<p>Calories: 831 Total Sodium: 860mg</p>		<p>Calories: 848 Total Sodium: 1467mg</p>		<p>Calories: 709 Total Sodium: 656mg</p>		<p>Calories:724 (Diet:633) Total Sodium:969mg (Diet:858mg)</p>		<p>Calories: 848 Total Sodium: 426mg</p>		
<p>25</p> <p>Chicken Pesto 459 Rice Pilaf 70 Glazed Carrots 70 Fresh Fruit 0 Pumpernickel Bread 135</p>		<p>26 High Sodium Meal</p> <p>Roast Turkey w/Gravy* 831 Cornbread Stuffing 242 Butternut Squash 75 Cheesecake Mousse 130 Italian Bread 96</p>		<p>27</p> <p>Spaghetti & Meatballs 211 Marinara Sauce 763 Green Beans 0 Cinnamon Pears 5 Italian Bread 96</p>		<p>28</p> <p>THANKSGIVING DAY</p> <p>No Meals Served</p>		<p>29</p> <p>Jambalaya* 539 Steamed Rice 101 Green Peas 7 Pineapple 0 Whole Wheat Bread 138</p>		<p>Sodium</p>
<p>Calories: 753 Total Sodium: 888mg</p>		<p>Calories: 753 Total Sodium: 1499mg</p>		<p>Calories: 685 Total Sodium: 1199mg</p>				<p>Calories: 746 Total Sodium: 910mg</p>		

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November 2024

www.eswa.org

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What Does Nutrient-Dense Mean?

Nutrient density refers to the amount of essential nutrients (such as vitamins, minerals, fiber, and protein) in a food or beverage relative to its calorie content. Foods that are nutrient-dense provide a high concentration of these essential nutrients per calorie, making them a healthy choice for your diet.

In contrast, foods that are calorie-dense but lack significant nutritional value are often referred to as "empty-calorie" foods. These foods provide a lot of calories but very few essential nutrients. For example, sugary sodas, candies, and many fast foods are considered low in nutrient density because they are high in calories from added sugars and unhealthy fats but offer little in the way of vitamins, minerals, or other beneficial nutrients.

Nutrient-dense foods are typically whole, unprocessed, and minimally processed foods that provide a wide range of nutrients without excessive calories. Examples of nutrient-dense foods include:

- **Fruits and Vegetables:** These are packed with vitamins, minerals, fiber, and antioxidants while being relatively low in calories.
- **Lean Proteins:** Skinless poultry, lean cuts of beef or pork, fish, tofu, and legumes are good sources of protein without excessive fat.
- **Whole Grains:** Foods like quinoa, brown rice, whole wheat bread, and oats provide complex carbohydrates, fiber, vitamins, and minerals.
- **Dairy:** Low-fat or fat-free dairy products like yogurt and milk offer calcium, protein, and other essential nutrients.
- **Nuts and Seeds:** These provide healthy fats, protein, and various vitamins and minerals.
- **Eggs:** Eggs are a good source of protein, vitamins, and minerals.
- **Beans and Legumes:** These are rich in fiber, protein, and various nutrients.
- **Leafy Greens:** Vegetables like spinach, kale, and Swiss chard are particularly nutrient-dense due to their high vitamin and mineral content.
- **Berries:** Berries like blueberries, strawberries, and raspberries are rich in antioxidants and vitamins.

Choosing nutrient-dense foods is a key aspect of maintaining a balanced and healthy diet. They provide the essential nutrients your body needs to function properly while helping you manage your calorie intake. Incorporating a variety of nutrient-dense foods into your meals and snacks can promote overall health and well-being.

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.



