

December 2024 ESWA Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Shepherd's Pie Carrots Peas Cookies Marble Rye Bread	3 Greek Chicken Steamed White Rice Roasted Broccoli Peaches Pumpernickel Bread	4 Meatloaf with Gravy Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit Whole Wheat Bread	5 Turkey Supreme Cornbread Stuffing Brussels Sprouts Baked Cinnamon Pears Italian Bread	6 Lemon Pepper Haddock Rice Pilaf Roasted Broccoli & Carrots Chocolate Mousse Pumpernickel Bread
9 Vegetable Cheese Bake Seasoned Potatoes Green Beans Mandarin Oranges Italian Bread	10 Teriyaki Beef Steamed Rice Broccoli Vanilla Mousse Fortune Cookie Whole Wheat Bread	11 Chicken Milano Wild Rice Spinach Brownie Diet = Half Piece Italian Bread	12 Salisbury Steak w/Gravy Garlic Mashed Potatoes Peas & Carrots Pear Crisp Diet = Pears Sandwich Roll	13 Macaroni & Cheese Stewed Tomatoes Capri Blend Vegetables Fresh Fruit Marble Rye Bread
16 Chicken Picatta Rice Pilaf Roasted California Veg. Lorna Doones Pumpernickel Bread	17 Hot Dog Baked Beans Coleslaw Baked Apples Hot Dog Bun	18 <u><i>Holiday Meal</i></u> Broccoli & Cheese Chicken Mashed Potatoes Glazed Carrots Cheesecake Mousse Dinner Roll	19 Marinated Pork Loin Herbed Potatoes Roasted Brussels Sprouts Fruited Ambrosia Whole Wheat Bread	20 Ham Salad Sandwich Pasta Salad Three Bean Salad Fresh Fruit Pita Bread
23 Spaghetti & Meatballs Marinara Sauce Green Beans Fresh Fruit Italian Bread	24 Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple	25 Holiday <u>No Meal Served</u>	26 Beef w/Onions & Peppers Seasoned Potatoes Honey Glazed Carrots Birthday Cake Diet = Half Piece Cake Sandwich Roll	27 Meatballs w/Onion Gravy Mashed Potato Scandinavian Vegetables Peaches Whole Wheat Bread
30 Beef Tagine Rice Green Beans Mandarin Oranges Italian Bread	31 Buttermilk Chicken Herbed Stuffing Mixed Vegetables Fruited Ambrosia Whole Wheat Bread	MENU SUBJECT TO CHANGE YOUR \$3.00 DONATION IS APPRECIATED!		

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MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2	Sodium	3	Sodium	4	Sodium	5	Sodium	6	Sodium
Shepherd's Pie	255	Greek Chicken	409	Meatloaf with Gravy	285	Turkey Supreme*	707	Lemon Pepper Haddock	274
Carrots	53	Steamed White Rice	101	Garlic Mashed Potatoes	108	Cornbread Stuffing	242	Rice Pilaf	70
Peas	7	Roasted Broccoli	15	Chuckwagon Corn	1	Brussels Sprouts	15	Roasted Broccoli & Carrots	33
Cookies	147	Peaches	5	Fresh Fruit	0	Baked Cinnamon Pears	5	Chocolate Mousse	230
Marble Rye Bread	105	Pumpernickel Bread	135	Whole Wheat Bread	138	Italian Bread	96	Pumpernickel Bread	135
Calories: 838		Calories: 713		Calories: 794		Calories: 639		Calories: 737	
Total Sodium: 692mg		Total Sodium: 790mg		Total Sodium: 658mg		Total Sodium: 1190mg		Total Sodium: 867mg	
9	Sodium	10	Sodium	11	Sodium	12	Sodium	13	Sodium
Vegetable Cheese Bake	416	Teriyaki Beef	438	Chicken Milano	434	Salisbury Steak w/Gravy	323	Macaroni & Cheese	250
Seasoned Potatoes	7	Steamed Rice	101	Wild Rice	280	Garlic Mashed Potatoes	108	Stewed Tomatoes	6
Green Beans	0	Broccoli	16	Spinach	87	Peas & Carrots	72	Capri Blend Vegetables	17
Mandarin Oranges	0	Vanilla Mousse	155	Brownie	150	Pear Crisp	54	Fresh Fruit	0
Italian Bread	96	Fortune Cookie		Diet = Half Piece	75	Diet = Pears	10	Marble Rye Bread	105
Calories: 832		Calories: 818		Calories: 781 (Diet: 709)		Calories: 923 (Diet: 805)		Calories: 639	
Total Sodium: 644mg		Total Sodium: 972mg		Total Sodium: 1171mg (Diet: 1096mg)		Total Sodium: 930mg (Diet: 886mg)		Total Sodium: 504mg	
16	Sodium	17	Sodium	18	Sodium	19	Sodium	20	Sodium
Chicken Picatta	319	<i>High Sodium Meal</i>		<i>Holiday Meal</i>		Marinated Pork Loin	400	<i>High Sodium Meal</i>	
Rice Pilaf	70	Hot Dog*	540	Broccoli & Cheese Chicken	410	Herbed Potatoes	7	Ham Salad Sandwich*	757
Roasted California Veg.	32	Baked Beans	370	Mashed Potatoes	108	Roasted Brussels Sprouts	9	Pasta Salad	172
Lorna Doones	147	Coleslaw	152	Glazed Carrots	70	Fruited Ambrosia	55	Three Bean Salad	370
Pumpernickel Bread	135	Baked Apples	14	Cheesecake Mousse	130	Whole Wheat Bread	138	Fresh Fruit	0
Calories: 726		Calories: 834		Calories: 761		Calories: 823		Calories: 696	
Total Sodium: 828mg		Total Sodium: 1446mg		Total Sodium: 1153mg		Total Sodium: 733mg		Total Sodium: 1492mg	
23	Sodium	24	Sodium	25	Sodium	26	Sodium	27	Sodium
Spaghetti & Meatballs	211	Chicken Fajitas*	527	Holiday		Beef w/Onions & Peppers	423	Meatballs w/Onion Gravy	345
Marinara Sauce	763	Spanish Rice	66	<u>No Meal Served</u>		Seasoned Potatoes	7	Mashed Potato	108
Green Beans	0	Black Beans & Corn	292			Honey Glazed Carrots	70	Scandinavian Vegetables	30
Fresh Fruit	0	Sour Cream	9			Birthday Cake	221	Peaches	5
Italian Bread	96	Pita Bread	68			Half Piece	110	Whole Wheat Bread	138
Calories: 732		Calories: 862				Calories: 912 (Diet: 821)		Calories: 755	
Total Sodium: 1196mg		Total Sodium: 1086mg				Total Sodium: 1093mg (Diet: 983mg)		Total Sodium: 751mg	
30	Sodium	31	Sodium	<p align="center"><u>MENU SUBJECT TO CHANGE</u> <u>YOUR \$3.00 DONATION IS APPRECIATED!</u></p> <p><i>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.</i></p> <p align="center">High Sodium Meal = >1200mg *Higher sodium item >500mg</p> <p align="center">mg = milligrams Breakdown includes 125mg Na+ for milk</p>					
Beef Tagine	334	Buttermilk Chicken	362						
Rice	101	Herbed Stuffing	306						
Green Beans	0	Mixed Vegetables	30						
Mandarin Oranges	0	Fruited Ambrosia	55						
Italian Bread	96	Whole Wheat Bread	138						
Calories: 775		Calories: 747							
Total Sodium: 656mg		Total Sodium: 1016mg							

Healthy Lifestyles for Older Adults

Americans are living longer, enjoying energetic and active lifestyles well into their 80s and 90s. Study after study confirms eating well and being active can make a dramatic difference in the quality of life for older adults. **You are never too old to enjoy the benefits of improved nutrition and fitness!** With nutrient-rich foods and activities with friends, you can feel an immediate difference in your energy levels and enjoyment of life. In fact, as we get older, our food and activity choices are as important as ever to our health.

Focus on Nutrient Density

As adults age, they need fewer total calories, but higher amounts of certain nutrients, especially calcium and vitamin D. In terms of nutrition, you need to focus on quality, not quantity. For both optimal physical and mental health, older adults truly need to make every calorie count. For a healthy eating plan, choose a variety of foods from all the MyPlate food groups regularly.

Aim for a Healthy Weight

The golden years are not the time for fad diets or drastic weight loss. Your goal should be to eat better while staying within your calorie needs. Fad diets frequently eliminate entire food groups, which can lead to serious nutrient gaps. Rapid weight loss often leads to a loss of lean body mass, exactly the opposite of what older people need for good health. Aim for a stable weight as you get older. If you want to lose a few pounds, talk to your health care provider or a registered dietitian about the best plan for you. The right balance of foods and activities can help you maintain strong muscles and bones.

Enjoy the Power of Protein

People of all ages need protein for strong, healthy bodies. Some older adults do not get the protein they need to maintain muscle mass, fight infection and recover from an accident or surgery. Chewing protein foods such as meat can be a problem for some older adults. Here are a few tasty tips to pump up your protein intake, without upsetting your food budget or energy balance.

- **Enjoy More Beans.** Add canned beans to salads, soups, rice dishes and casseroles.
- **Make Your Crackers Count.** Spread peanut butter on whole-grain crackers and eat them as snacks or alongside soup, chili or salad.
- **Amp Up Your Eggs.** Mix grated, low-fat cheese or extra egg whites into scrambled eggs.
- **Cook with Milk.** Use fat-free or low-fat milk or fortified soy milk, rather than water, to make creamy soups or oatmeal.
- **Use Dry Milk Powder.** Mix a spoonful of dry milk into fluid milk, cream soups and mashed potatoes.

Reference: American Dietetic Association, www.eatright.org

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 Senior Connection 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.

