

Elder Services of Worcester Area Nutrition Program

Monday	Tuesday	Wednesday	Thursday	Friday
<u>Menus are Subject to Change</u> Your \$3.00 Donation is Appreciated!		1 <i>Happy New Year</i> <u>No Meal Served</u>	2 Hot Dog on Bun Baked Beans Coleslaw Baked Apples Mustard	3 Shepherd's Pie Carrots Peas Butterscotch Pudding Diet = SF Tapioca Pumpnickel Bread
6 Meatloaf w/Gravy Garlic Mashed Potatoes Country Blend Vegetables Mixed Fruit Whole Wheat Bread	7 Chicken Mornay Couscous Roman Blend Vegetables Vanilla Pudding Diet = SF Vanilla Pudding Marble Rye Bread	8 Roast Turkey w/Gravy Cranberry Stuffing Rst. Brussels Sprouts Baked Cinnamon Pears Pumpnickel Bread	9 Macaroni & Cheese Stewed Tomatoes Green Beans Blondie Diet = Small Piece Whole Wheat Bread	10 Baked Potato w/ Chili & Cheese Broccoli Sour Cream Fresh Fruit Italian Bread
13 Pork Rib-i-que w/ BBQ Sauce Mac 'n Cheese Green Beans Mandarin Oranges Sandwich Roll	14 Swedish Meatballs Mashed Potatoes Scandinavian Vegetables Chocolate Mousse Marble Rye Bread	15 Chicken Cacciatore Gemelli Pasta Roasted Cauliflower Brownie Diet = Half Brownie Italian Bread	16 Sloppy Joe Potato Wedges Mixed Vegetables Apple Crisp Diet = Applesauce Sandwich Roll	17 Braised Beef Rice Pilaf Broccoli Fresh Fruit Marble Rye Bread
20 Martin Luther King Day No Meal Served	21 Spaghetti & Meatballs Marinara Sauce Green Beans Fresh Fruit Italian Bread	22 Garlic Herbed Chicken Apple Cornbread Stuffing Roasted California Blend Pear Crisp Diet = Pears Marble Rye Bread	23 Egg Frittata Red Bliss Potatoes Green Peas Birthday Cake Diet = Half Piece Cake Whole Wheat Bread	24 Lentil Stew w/ Cheddar Cheese Steamed White Rice Peas and Carrots Fruited Ambrosia Pumpnickel Bread
27 Chicken Pot Pie Mashed Potatoes Country Blend Vegetables Cookies Biscuit	28 Bean & Cheese Enchilada Monterey Jack Cheese Spanish Rice Chuckwagon Corn Pineapple Pita Bread Sour Cream	29 Salisbury Steak w/ Gravy Garlic Mashed Potatoes Honey Glazed Carrots Baked Apples Italian Bread	30 Fish w/ Crumb Topping Lemon Seasoned Potatoes Roasted Broccoli Vanilla Mousse Whole Wheat Bread Tartar Sauce	31 Cranberry Chicken Salad Three Bean Salad Coleslaw Fresh Fruit Hot Dog Bun

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Menus are Subject to Change		Your \$3.00 Donation is Appreciated		1 Happy New Year No Meal Served		2 HIGH SODIUM Hot Dog* Baked Beans Coleslaw Baked Apples Mustard Hot Dog Bun		3 Shepherd's Pie Carrots Peas Butterscotch Pudding Diet = SF Tapioca Pumpernickel Bread	
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 Breakdown includes 125mg sodium for milk		Calories: 923 (Diet: 805) Total Sodium: 930mg (Diet:886mg)		Calories: 841 Total Sodium: 1457mg		Calories: 837 (Diet:799) Total Sodium: 821mg (Diet:710mg)	
6	Meatloaf w/ Gravy Garlic Mashed Potatoes Country Blend Vegetables Mixed Fruit Whole Wheat Bread	Sodium	7 Chicken Mornay Couscous Roman Blend Vegetables Vanilla Pudding Diet = SF Vanilla Pudding Marble Rye Bread	Sodium	8 HIGH SODIUM Roast Turkey* w/ Gravy Cranberry Stuffing Rst. Brussels Sprouts Baked Cinnamon Pears Pumpernickel Bread	Sodium	9 Macaroni & Cheese Stewed Tomatoes Green Beans Blondie Diet = Small Piece Whole Wheat Bread	Sodium	10 Baked Potato w/Chili & Cheese Broccoli Sour Cream Fresh Fruit Italian Bread
	202 83 108 22 20 138		424 84 9 170 125 105		681 150 300 9 5 135		250 6 0 272 136 138		7/474 180 16 9 0 96
Calories: 746 Total Sodium: 697mg		Calories: 728 (Diet:658) Total Sodium: 917mg (Diet:872mg)		Calories: 684 Total Sodium: 1404mg		Calories: 775 (Diet:653) Total Sodium: 792mg (Diet:655mg)		Calories: 718 Total Sodium: 907mg	
13	Pork Rib-i-que w/ BBQ Sauce Mac 'n Cheese Green Beans Mandarin Oranges Sandwich Roll	Sodium	14 Swedish Meatballs Mashed Potatoes Scandinavian Vegetables Chocolate Mousse Marble Rye Bread	Sodium	15 Chicken Cacciatore* Gemelli Pasta Roasted Cauliflower Brownie Diet = Small Piece Italian Bread	Sodium	16 Sloppy Joe* Potato Wedges Mixed Vegetables Apple Crisp Diet = Applesauce Sandwich Roll	Sodium	17 Braised Beef Rice Pilaf Broccoli Fresh Fruit Marble Rye Bread
	395 195 167 0 0 248		323 108 30 230 105		621 8 15 150 75 96		648 7 30 63 25 248		197 70 16 0 105
Calories: 782 Total Sodium: 1130mg		Calories: 756 Total Sodium: 921mg		Calories: 757 (Diet:684) Total Sodium: 1014mg (Diet:939mg)		Calories: 886 (Diet:776) Total Sodium: 1120mg (Diet:1083mg)		Calories: 842 Total Sodium: 513mg	
20	Martin Luther King Day No Meal Served	Sodium	21 Spaghetti & Meatballs Marinara Sauce Green Beans Fresh Fruit Italian Bread	Sodium	22 Garlic Herbed Chicken Apple Cornbread Stuffing Roasted California Blend Pear Crisp Diet = Pears Marble Rye Bread	Sodium	23 Egg Frittata* Red Bliss Potatoes Green Peas Birthday Cake Diet = Small Piece Whole Wheat Bread	Sodium	24 Lentil Stew w/ Cheddar Cheese Steamed White Rice Peas and Carrots Fruited Ambrosia Pumpernickel Bread
			211 763 0 0 96		257 338 32 54 10 105		657 17 7 221 110 138		252 180 101 30 55 135
		Calories: 697 Total Sodium: 1195mg		Calories: 755 (Diet:638) Total Sodium: 912mg (Diet:868mg)		Calories: 768 (Diet:677) Total Sodium: 1165mg (Diet:1054mg)		Calories: 874 Total Sodium: 878mg	
27	Chicken Pot Pie Mashed Potatoes Country Blend Vegetables Cookies Biscuit	Sodium	28 Bean & Cheese Enchilada* Monterey Jack Cheese Spanish Rice Chuckwagon Corn Pineapple Pita Bread Sour Cream	Sodium	29 Salisbury Steak w/ Gravy Garlic Mashed Potatoes Honey Glazed Carrots Baked Apples Italian Bread	Sodium	30 Fish w/ Crumb Topping Lemon Seasoned Potatoes Roasted Broccoli Vanilla Mousse Whole Wheat Bread Tartar Sauce	Sodium	31 Cranberry Chicken Salad Three Bean Salad Coleslaw Fresh Fruit Hot Dog Bun
	311 108 22 147 310		748 162 66 1 0 68 9		240 83 108 70 14 96		94 179 15 155 138 85		197 280 173 0 195
Cal: 883 Total Sodium: 1022mg		Cal: 728 Total Sodium: 1179mg		Calories: 709 Total Sodium: 736mg		Calories: 761 Total Sodium: 790mg		Calories: 821 Total Sodium: 969mg	