Ext. 290

JANUARY 2025 Elder Services of Worcester Area Nutrition Program

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

JANUARY 2025

Ext. 290

Elder Services of Worcester Area Nutrition Program

Monday		Tuesday		Wednesday		Thursday		Friday	
	1			1		2 HIGH SODIUM	Sodium	3	Sodium
Menus are Subject to Change		Your \$3.00 Donation is Apprecia	ited			Hot Dog*	540	Shepherd's Pie	255
Tour percention to represented			Happy New Year		Baked Beans	370	Carrots	53	
Meals are based on a No Added Salt (3,000-4,000 milligram diet) for healthy			, , , , , , , , , , , , , , , , , , ,		Coleslaw	162	Peas	7	
older adults. If you have a special concern regarding sodium, contact our			No Meal Served		Baked Apples	14	Butterscotch Pudding	246	
Nutritionist for guidance on managing your intake to meet your diet requirements.			i to moar corred		Mustard	50	Diet = SF Tapioca	135	
Nutritionist for guidance on managing your intake to meet your diet requirements.					Hot Dog Bun	195	Pumpernickel Bread	135	
mg = milligrams	*Indica	ates higher sodium entrees >500mg	,			l lot bog buil	133	T diffportitoitor Broad	133
		kdown includes 125mg sodium for		Calories: 923 (Diet: 805)	1	Calories: 841	J	Calories: 837 (Diet:799)	-L
		Radowi included 125mg socialii for mink		Total Sodium: 930mg (Diet:886mg)		Total Sodium: 1457mg		Total Sodium: 821mg (Diet:710mg)	
_	s !:	1_	l				a 1:	<u> </u>	Ť
6	Sodium	1 -	Sodium		Sodium	1	Sodium		Sodium
Meatloaf	202	Chicken Mornay	424	Roast Turkey*	681	Macaroni & Cheese	250	Baked Potato w/Chili	7/474
w/ Gravy	83	Couscous	84	w/ Gravy	150	Stewed Tomatoes	6	& Cheese	180
Garlic Mashed Potatoes	108	Roman Blend Vegetables	9	Cranberry Stuffing	300	Green Beans	0	Broccoli	16
Country Blend Vegetables	22	Vanilla Pudding	170	Rst. Brussels Sprouts	9	Blondie	272	Sour Cream	9
Mixed Fruit	20	Diet = SF Vanilla Pudding	125	Baked Cinnamon Pears	5	Diet = Small Piece	136	Fresh Fruit	0
Whole Wheat Bread	138	Marble Rye Bread	105	Pumpernickel Bread	135	Whole Wheat Bread	138	Italian Bread	96
Calories: 746	_L	Calories: 728 (Diet:658)	-1	Calories: 684	L	Calories: 775 (Diet:653)	ــــــــــــــــــــــــــــــــــــــ	Calories: 718	-L
Total Sodium: 697mg		Total Sodium: 917mg (Diet:872m)	σ)	Total Sodium: 1404mg		Total Sodium: 792mg (Diet:655mg	, 1	Total Sodium: 907mg	
13	Sodium		Sodium	Ü	Sodium		Sodium		Sodium
1.7									
Pork Rib-i-que	395	Swedish Meatballs	323	Chicken Cacciatore*	621	Sloppy Joe*	648	Braised Beef	197
w/ BBQ Sauce	195	Mashed Potatoes	108	Gemelli Pasta	8	Potato Wedges	7	Rice Pilaf	70
Mac 'n Cheese	167	Scandinavian Vegetables	30	Roasted Cauliflower	15	Mixed Vegetables	30	Broccoli	16
Green Beans	0	Chocolate Mousse	230	Brownie	150	Apple Crisp	63	Fresh Fruit	0
Mandarin Oranges	0	Marble Rye Bread	105	Diet = Small Piece	75	Diet = Applesauce	25	Marble Rye Bread	105
Sandwich Roll	248			Italian Bread	96	Sandwich Roll	248		
Calories: 782	_L	Calories: 756	-L	Calories: 757 (Diet:684)	1	Calories: 886 (Diet:776)	J	Calories: 842	
Total Sodium: 1130mg		Total Sodium: 921mg		Total Sodium: 1014mg (Diet:939m	ng)	Total Sodium: 1120mg (Diet:1083	mg)	Total Sodium: 513mg	
20		21	Sodium		Sodium		Sodium		Sodium
20				Garlic Herbed Chicken	257			Lentil Stew	252
Martin Luther King Day		Spaghetti & Meatballs	211		l l	Egg Frittata*	657		
Martin Luther King Day		Marinara Sauce	763	Apple Cornbread Stuffing	338	Red Bliss Potatoes	17	w/ Cheddar Cheese	180
		Green Beans	0	Roasted California Blend	32	Green Peas	7	Steamed White Rice	101
No Meal Served		Fresh Fruit	0	Pear Crisp	54	Birthday Cake	221	Peas and Carrots	30
		Italian Bread	96	Diet = Pears	10	Diet = Small Piece	110	Fruited Ambrosia	55
				Marble Rye Bread	105	Whole Wheat Bread	138	Pumpernickel Bread	135
	_L	Calories: 697		Calories: 755 (Diet:638)	L	Calories: 768 (Diet:677)	 	Calories: 874	
		Total Sodium: 1195mg		Total Sodium: 912mg (Diet:868mg	<u>z</u>)	Total Sodium: 1165mg (Diet:1054		Total Sodium: 878mg	
27	Sodium		Sodium		Sodium		Sodium		Sodium
Chicken Pot Pie	311	Bean & Cheese Enchilada*	748	Salisbury Steak	240	Fish w/ Crumb Topping	94	Cranberry Chicken Salad	197
Mashed Potatoes	108	Monterey Jack Cheese	162	w/ Gravy	83	Lemon Seasoned Potatoes	179	Three Bean Salad	280
Country Blend Vegetables	22	Spanish Rice	66	Garlic Mashed Potatoes	108	Roasted Broccoli	179	Coleslaw	173
Cookies	147	Chuckwagon Corn	1	Honey Glazed Carrots	70	Vanilla Mousse	155	Fresh Fruit	0
Biscuit	310	Pineapple	0	Baked Apples	14	Whole Wheat Bread	138	Hot Dog Bun	195
Discuit	310	Pita Bread	68	Italian Bread	96	Tartar Sauce		l lot bog buil	193
		Sour Cream	9	Italian Dieau	90	ranai Sauce	85		
Cal. 992	_		I9	Calarias, 700	1	Calories: 761	J	Calarias 921	
Cal: 883		Cal: 728		Calories: 709				Calories: 821	
Total Sodium: 1022mg		Total Sodium: 1179mg		Total Sodium: 736mg		Total Sodium: 790mg		Total Sodium: 969mg	