

Elder Services of Worcester Area Nutrition Program

Monday	Tuesday	Wednesday	Thursday	Friday
3 Burger Chili & Cheese Herbed Potatoes Green Beans Fresh Fruit Sandwich Roll	4 Chicken Pesto Delmonico Potatoes Peas & Carrots Cookies Pumpnickel Bread	5 Turkey Supreme Mashed Potatoes Roman Blend Vegetables Pear Crisp Diet = Pears Marble Rye Bread	6 American Chop Suey Roasted Broccoli Corn Vanilla Pudding Diet = SF Vanilla Pudding Whole Wheat Bread	7 Jambalaya Rice Pilaf Green Peas Fruited Ambrosia Italian Bread
10 Meatloaf w/ Gravy Mashed Potatoes Mixed Vegetables Fresh Fruit Pumpnickel Bread	11 Hot Dog on Bun Baked Beans Coleslaw Baked Apples Mustard	12 Shepherd's Pie Carrots Peas Chocolate Pudding Diet = SF Choc. Pudding Marble Rye Bread	13 Lemon Pepper Haddock O'Brien Potatoes Summer Corn Mandarin Oranges Apple Cinnamon Muffin	14 <u>Valentine's Day</u> Chicken Picatta Wild Rice Roasted Brussels Sprouts Cheesecake Mousse Whole Wheat Bread
17 <u>Presidents' Day</u> No Meal Served	18 BBQ Chicken Potatoes Au Gratin Scandinavian Vegetables Fresh Fruit Marble Rye Bread	19 Macaroni & Cheese Stewed Tomatoes Green Beans Brownie Diet = Small Piece White Bread	20 Teriyaki Beef Steamed Rice Broccoli Pineapple Fortune Cookie Whole Wheat Bread	21 Marinated Pork Loin Herbed Potatoes Honey Glazed Carrots Peach Crisp Diet = Peaches Marble Rye Bread
24 Greek Chicken Steamed White Rice Rsted California Blend Lorna Doone Cookies Whole Wheat Bread	25 Meatballs w/ Onion Gravy Bowtie Pasta Country Blend Vegetables Pineapple Italian Bread	26 Banh Mi Pork Riblet Carrots Coleslaw Baked Cinnamon Pears Sandwich Roll Mayo	27 Vegetable Cheese Bake Red Bliss Potatoes Green Beans Birthday Cake Diet = Small Piece Pumpnickel Bread	28 Salisbury Steak Garlic Mashed Potatoes Beets Fresh Fruit Sandwich Roll