

Elder Services of Worcester Area Nutrition Program

Monday		Tuesday		Wednesday		Thursday		Friday	
Meals are based on a No Added Salt (3,000-4,000 milligram diet) for healthy older adults. If you have a special dietary concerns, contact our Nutritionist at Ext. 266 for guidance on meeting your dietary requirements. mg = milligram *Indicates higher sodium entrees >500mg High Sodium Meal = >1200mg All meals include 125mg sodium for milk				<u>MENU SUBJECT TO CHANGE</u> Your \$2.50 Donation is Appreciated!		1 Salisbury Steak w/ Gravy Mashed Potatoes Peas & Mushrooms Fresh Fruit Sandwich Roll Calories: 818 Total Sodium: 849mg	Sodium 240 83 108 45 0 248	2 Lemon Pepper Haddock Delmonico Potatoes Green Beans Fruited Ambrosia Tartar Sauce Italian Bread Calories: 747 Total Sodium: 841mg	Sodium 267 213 0 55 85 96
5 Cinco de Mayo Chicken Fajitas* Spanish Rice Black Beans & Corn Sour Cream Pineapple Pita Bread	Sodium 527 66 292 9 1 68	6 Meatballs w/ Onion Gravy Bowtie Pasta Roman Blend Vegetables Lorna Doone Cookies Whole Wheat Bread	Sodium 260 85 8 9 147 138	7 Lentil Stew w/ Cheese Steamed White Rice Peas & Carrots Fresh Orange Marble Rye Bread	Sodium 252 180 100 12 0 105	8 Mother's Day Meal Chicken Royale* w/ Gravy Mashed Sweet Potato & Carrot Capri Vegetables Spice Cake Diet = Cheesecake Mousse Italian Bread	Sodium 550 81 78 18 40 130 96	9 Breaded Macaroni & Cheese* Stewed Tomatoes Green Beans Mixed Fruit Pumpernickel Bread	Sodium 507 6 0 20 135
Calories: 869 Total Sodium: 1087mg		Calories: 714 Total Sodium: 647mg		Calories: 768 Total Sodium: 793mg		Calories: 701 (Diet Cal: 683) Total Sodium: 989 (Diet: 1079mg)		Calories: 819 Total Sodium: 767mg	
12 Lasagna & Meatballs w/ Marinara Sauce Honey Glazed Carrots Baked Cinnamon Pears Italian Bread	Sodium 321 119 381 70 5 96	13 Chicken BBQ Sauce Sour Crm. & Chive Mash Pot. Country Blend Vegetables Fresh Fruit Pumpernickel Bread	Sodium 212 391 154 22 1 135	14 Roast Pork with Gravy Herb Stuffing Rsted. Brussels Sprouts Apple Crisp Diet = Baked Apples Marble Rye Bread	Sodium 266 212 306 9 63 14 105	15 Beef with Onions & Peppers Red Bliss Potatoes Green Beans Lorna Doone Cookies Sandwich Roll	Sodium 420 4 17 0 147 248	16 Haddock w/ Chimichurri Rice Pilaf Roasted California Blend Chocolate Pudding Diet = SF Chocolate Pudding Whole Wheat Bread	Sodium 185 70 32 135 160 138
Calories: 674 Total Sodium: 1136mg		Calories: 695 Total Sodium: 1040mg		Calories: 777 (Diet: 673) Total Sodium: 1085mg (Diet: 1036mg)		Calories: 719 Total Sodium: 960mg		Calories: 746 (Diet: 686) Total Sodium: 686mg (Diet: 711mg)	
19 Beef Stew Steamed White Rice Corn Niblets Pineapple Italian Bread	Sodium 166 101 1 1 96	20 Buttermilk Chicken Roasted Potatoes Mixed Vegetables Butterscotch Pudding Diet = SF Vanilla Pudding Pumpernickel Bread	Sodium 362 7 30 246 125 135	21 HIGH SODIUM MEAL Roast Turkey* w/ Gravy Mashed Sweet Potatoes Jardiniere Vegetables Fresh Fruit Whole Wheat Bread	Sodium 790 150 91 18 0 138	22 HIGH SODIUM MEAL Holiday Meal Hot Dog* Baked Beans Coleslaw Baked Apples Hot Dog Bun Mustard	Sodium 540 370 152 14 195 50	23 Shepherd's Pie Carrots Peas Chocolate Mousse Marble Rye Bread	Sodium 255 58 53 230 105
Calories: 844 Total Sodium: 490mg		Calories: 709 (Diet: 671) Total Sodium: 905mg (Diet: 784mg)		Calories: 678 Total Sodium: 1312mg		Calories: 834 Total Sodium: 1446mg		Calories: 795 Total Sodium: 826mg	
26 Memorial Day No Meals Served		27 Meatloaf w/ Gravy Garlic Mashed Potatoes Country Blend Vegetables Fresh Fruit Italian Bread	Sodium 202 83 108 22 0 96	28 Bake Potato w/ Chili & Cheese Carrots Sour Cream Tropical Fruit Pumpernickel Bread	Sodium 7 74/18 53 9 20 135	29 Teriyaki Beef Steamed Rice Broccoli w/ Red Peppers Birthday Cake Diet = Small Piece Marble Rye Bread	Sodium 438 101 15 221 110 105	30 Chicken Salad Pasta Salad Three Bean Salad Fruited Ambrosia Hot Dog Bun	Sodium 197 172 280 55 195
		Calories: 717 Total Sodium: 635mg		Calories: 758 Total Sodium: 1003mg		Calories: 875 (Diet: 784) Total Sodium: 1005mg (Diet: 894mg)		Calories: 912 Total Sodium: 1023mg	