

508-852-3205

Ext. 290

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www.eswa.org

## Elder Services of Worcester Area Nutrition Program

| Monday                                                                                                                           |  | Tuesday                                                   |                                                                                                                                      | Wednesday                                                   |                                                                                                                                                                                                                                                                                                                                           | Thursday                                                    |                                                                                                                                                                                                               | Friday                                                      |                                                                                                                                                     |                                                             |
|----------------------------------------------------------------------------------------------------------------------------------|--|-----------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------|
| <b>2</b><br><br><b>Pork Rib-i-que</b><br>BBQ Sauce<br>Mac 'n Cheese<br>Green Beans<br>Pineapple<br>Sandwich Roll                 |  | <b>Sodium</b><br>280<br>195<br>167<br>0<br>0<br>248       | <b>3</b><br><br><b>Swedish Meatballs</b><br>Garlic Mashed Potatoes<br>Italian Blend Vegetables<br>Fresh Fruit<br>Pumpernickel Bread  | <b>Sodium</b><br>323<br>108<br>31<br>0<br>125               | <b>4</b><br><br><b>Sloppy Joe's*</b><br>Red Bliss Potatoes<br>Mixed Vegetables<br>Mixed Fruit<br>Sandwich Roll                                                                                                                                                                                                                            | <b>Sodium</b><br>648<br>17<br>30<br>20<br>248               | <b>5</b><br><br><b>Chicken Cacciatore</b><br>Gemelli Pasta<br>Roasted Broccoli<br>Lorna Doone Cookies<br>Italian Bread                                                                                        | <b>Sodium</b><br>303<br>8<br>15<br>147<br>138               | <b>6</b><br><br><b>Haddock w/ Crumb Topping</b><br>Rice Pilaf<br>Spinach<br>Lemon Pudding<br>Diet = SF Tapioca<br>Whole Wheat Bread<br>Tartar Sauce | <b>Sodium</b><br>224<br>70<br>87<br>180<br>135<br>105<br>85 |
| Calories: 770<br>Total Sodium: 1016mg                                                                                            |  | Calories: 698<br>Total Sodium: 722mg                      |                                                                                                                                      | Calories: 706<br>Total Sodium: 1088mg                       |                                                                                                                                                                                                                                                                                                                                           | Calories: 705<br>Total Sodium: 735mg                        |                                                                                                                                                                                                               | Calories: 721<br>Total Sodium: 876mg                        |                                                                                                                                                     |                                                             |
| <b>9</b><br><br><b>Vegetable Cheese Bake</b><br>Seasoned Potatoes<br>Capri Blend Vegetables<br>Jello<br>Marble Rye Bread         |  | <b>Sodium</b><br>416<br>7<br>18<br>35<br>105              | <b>10</b><br><br><b>Spaghetti &amp; Meatballs</b><br>Marinara Sauce<br>Green Beans<br>Peach Crisp<br>Diet = Peaches<br>Italian Bread | <b>Sodium</b><br>211<br>381<br>0<br>35<br>5<br>96           | <b>11</b><br><br><b>Braised Beef</b><br>Gemelli Pasta<br>Herbed Carrots<br>Fruited Ambrosia<br>Whole Wheat Bread                                                                                                                                                                                                                          | <b>Sodium</b><br>197<br>8<br>53<br>55<br>138                | <b>12</b><br><br><b>Father's Day Meal</b><br><b>Chicken w/ Broc. &amp; Cheese</b><br>Gravy<br>Cornbread Stuffing<br>Roasted Brussels Sprouts<br>Carrot Cake<br>Diet = Cheesecake Mousse<br>Pumpernickel Bread | <b>Sodium</b><br>410<br>81<br>242<br>9<br>277<br>130<br>135 | <b>13</b><br><br><b>Vegetarian Chili</b><br>w/ Cheddar Cheese<br>Steamed Rice<br>Roasted California Blend<br>Fresh Fruit<br>Marble Rye Bread        | <b>Sodium</b><br>311<br>180<br>101<br>32<br>0<br>105        |
| Cal: 770<br>Total Sodium: 706mg                                                                                                  |  | Cal: 706 (Diet: 645)<br>Total Sodium: 848mg (Diet: 818mg) |                                                                                                                                      | Cal: 961<br>Total Sodium: 576mg                             |                                                                                                                                                                                                                                                                                                                                           | Cal: 955 (Diet: 739)<br>Total Sodium: 1153mg (Diet: 1007mg) |                                                                                                                                                                                                               | Cal: 817<br>Total Sodium: 854mg                             |                                                                                                                                                     |                                                             |
| <b>16</b><br><br><b>Beef Stir-Fry</b><br>Steamed Rice<br>Roasted Broccoli<br>Tropical Fruit<br>Whole Wheat Bread                 |  | <b>Sodium</b><br>443<br>101<br>15<br>20<br>138            | <b>17</b><br><br><b>High Sodium Meal</b><br><b>Hot Dog*</b><br>Baked Beans<br>Coleslaw<br>Baked Apples<br>Hot Dog Bun<br>Mustard     | <b>Sodium</b><br>540<br>370<br>152<br>14<br>195<br>50       | <b>18</b><br><br><b>Garlic Herbed Chicken</b><br>Cranberry Stuffing<br>Cabbage & Carrots<br>Chocolate Pudding<br>Diet = SF Choc. Pudding<br>Pumpernickel Bread                                                                                                                                                                            | <b>Sodium</b><br>257<br>355<br>42<br>135<br>160<br>135      | <b>19</b><br><br><b>Juneteenth</b><br><br><b>No Meals Served</b>                                                                                                                                              |                                                             | <b>20</b><br><br><b>High Sodium Meal</b><br><b>Ham Salad*</b><br>Pasta Salad<br>Tomato & Onion Salad<br>Fresh Fruit<br>Hot Dog Bun                  | <b>Sodium</b><br>757<br>172<br>71<br>0<br>195               |
| Cal: 804<br>Total Sodium: 842mg                                                                                                  |  | Cal: 834<br>Total Sodium: 1446mg                          |                                                                                                                                      | Cal: 702 (Diet: 642)<br>Total Sodium: 1049mg (Diet: 1074mg) |                                                                                                                                                                                                                                                                                                                                           |                                                             |                                                                                                                                                                                                               | Cal: 681<br>Total Sodium: 1320mg                            |                                                                                                                                                     |                                                             |
| <b>23</b><br><br><b>Burger</b><br><b>w/ Chili &amp; Cheese</b><br>Herbed Potatoes<br>Green Beans<br>Fresh Fruit<br>Sandwich Roll |  | <b>Sodium</b><br>150<br>474/180<br>7<br>0<br>0<br>248     | <b>24</b><br><br><b>Burgundy Pork*</b><br>Mashed Sweet Potatoes<br>Green Peas<br>Pears<br>Marble Rye Bread                           | <b>Sodium</b><br>768<br>91<br>7<br>10<br>105                | <b>25</b><br><br><b>Butter Chicken*</b><br>Red Bliss Potatoes<br>Country Blend Vegetables<br>Vanilla Mousse<br>Whole Wheat Bread                                                                                                                                                                                                          | <b>Sodium</b><br>723<br>17<br>22<br>155<br>138              | <b>26</b><br><br><b>Jambalaya*</b><br>Rice Pilaf<br>California Blend Vegetables<br>Birthday Cake<br>Diet = Small Piece<br>Pumpernickel Bread                                                                  | <b>Sodium</b><br>539<br>70<br>36<br>221<br>110<br>135       | <b>27</b><br><br><b>Bean &amp; Cheese Enchilada*</b><br>Spanish Rice<br>Summer Corn<br>Pineapple<br>Pita Bread<br>Sour Cream                        | <b>Sodium</b><br>748<br>162<br>66<br>5<br>0<br>68           |
| Cal: 939<br>Total Sodium: 1184mg                                                                                                 |  | Cal: 800<br>Total Sodium: 1105mg                          |                                                                                                                                      | Cal: 696<br>Total Sodium: 1179mg                            |                                                                                                                                                                                                                                                                                                                                           | Cal: 761 (Diet: 670)<br>Total Sodium: 1126mg (Diet: 1016mg) |                                                                                                                                                                                                               | Cal: 801<br>Total Sodium: 1182mg                            |                                                                                                                                                     |                                                             |
| <b>30</b><br><br><b>American Chop Suey</b><br>Roasted Broccoli<br>Carrots<br>Lorna Doone Cookies<br>Italian Bread                |  | <b>Sodium</b><br>186<br>15<br>53<br>147<br>96             | <b>MENU SUBJECT TO CHANGE</b><br><br><b>YOUR \$3.00 DONATION IS APPRECIATED!</b>                                                     |                                                             | Meals are based on a No Added Salt (3,000-4,000 milligram diet) for healthy older adults.<br>If you have questions regarding sodium or other dietary needs, contact our Nutritionist at Ext. 266.<br><br>mg = milligrams<br><br>*Higher sodium item >500mg<br><br>High Sodium Meal = >1200mg<br><br>Breakdown includes 125mg Na+ for milk |                                                             |                                                                                                                                                                                                               |                                                             |                                                                |                                                             |
| Cal: 691<br>Total Sodium: 622mg                                                                                                  |  |                                                           |                                                                                                                                      |                                                             |                                                                                                                                                                                                                                                                                                                                           |                                                             |                                                                                                                                                                                                               |                                                             |                                                                                                                                                     |                                                             |