

## Elder Services of Worcester Area Nutrition Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>MENU SUBJECT TO CHANGE</b></p> <p><b>Your \$3.00 Donation is Appreciated!</b></p>	<p><b>1</b></p> <p><b>Greek Chicken</b> Steamed White Rice Carrots Mandarin Oranges Pumpnickel Bread</p>	<p><b>2</b></p> <p><b>Meatloaf with Gravy</b> Garlic Mashed Potatoes Corn Fresh Fruit Whole Wheat Bread</p>	<p><b>3</b></p> <p><b>Hot Dog on Bun</b> Baked Beans Coleslaw Baked Apples Mustard</p>	<p><b>4</b> <i>Holiday - No Meals Served</i></p> 
<p><b>7</b></p> <p><b>Salisbury Steak w/ Gravy</b> Mashed Potatoes Glazed Carrots Fresh Fruit Sandwich Roll</p>	<p><b>8</b></p> <p><b>Egg Frittata</b> Stewed Tomatoes O'Brien Potatoes Fruited Ambrosia Whole Wheat Bread</p>	<p><b>9</b></p> <p><b>Chicken Picatta</b> Garlic Mashed Potatoes Roasted Broccoli Lemon Pudding Diet = Tapioca Pudding Pumpnickel Bread</p>	<p><b>10</b></p> <p><b>Meatballs w/Onion Gravy</b> Bowtie Pasta Peas Pineapple Italian Bread</p>	<p><b>11</b></p> <p><b>Lemon Pepper Haddock</b> Rice Pilaf Mixed Vegetables Lorna Doones Marble Rye Bread Tartar Sauce</p>
<p><b>14</b></p> <p><b>Macaroni &amp; Cheese</b> Stewed Tomatoes Mixed Vegetables Fresh Fruit Pumpnickel Bread</p>	<p><b>15</b></p> <p><b>BBQ Chicken</b> Au Gratin Potatoes Capri Blend Veg Mandarin oranges Marble Rye Bread</p>	<p><b>16</b></p> <p><b>Teriyaki Beef</b> Steamed Rice Broccoli Pineapple Fortune Cookie Whole Wheat Bread</p>	<p><b>17</b></p> <p><b>Marinated Pork Loin</b> Herbed Stuffing Roasted Brussels Sprouts Vanilla Mousse Pumpnickel Bread</p>	<p><b>18</b></p> <p><b>Chicken Cranberry Salad</b> Three Bean Salad Coleslaw Chocolate Pudding Diet = Chocolate Pudding Hot Dog Bun</p>
<p><b>21</b></p> <p><b>Vegetable Cheese Bake</b> Herbed Potatoes Jardiniere Vegetables Mixed Fruit Pumpnickel Bread</p>	<p><b>22</b></p> <p><b>Banh Mi Pork w/Sauce</b> Carrots Coleslaw Baked Cinnamon Pears Sandwich Roll Mayo</p>	<p><b>23</b></p> <p><b>Chicken Vegetable Stir Fry</b> Rice Pilaf Summer Corn Fresh Fruit Marble Rye Bread</p>	<p><b>24</b></p> <p><b>Beef Bourguignon</b> Garlic Mashed Potatoes Roasted Broccoli &amp; Carrots Birthday Cake Diet = 1/2 Piece Cake Italian Bread</p>	<p><b>25</b></p> <p><b>Lentil Stew with Cheese</b> Steamed Rice Peas &amp; Carrots Rice Krispy Treat Marble Rye Bread</p>
<p><b>28</b></p> <p><b>Honey Mustard Pork</b> Herbed Potatoes Roasted Brussels Sprouts Jello Marble Rye Bread</p>	<p><b>29</b></p> <p><b>Beef Chili</b> Brown Rice Mixed Vegetables Fresh Fruit Pumpnickel Bread</p>	<p><b>30</b></p> <p><b>Garlic Brown Sugar Chicken</b> Lemon Seasoned Potatoes Green Beans Fruited Ambrosia Whole Wheat Bread</p>	<p><b>31</b></p> <p><b>Ziti with Meat Sauce</b> Roman Blend Vegetables Baked Apples Italian Bread</p>	

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[www.eswa.org](http://www.eswa.org)

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