

Elder Services of Worcester Area Nutrition Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <p><u>MENU SUBJECT TO CHANGE</u></p> <p>Your \$3.00 Donation is Appreciated!</p>				1 Beef Enchilada Steamed Rice Winter Blend Veg. Cookies Pita Bread
4 Lasagna & Meatballs Roasted Broccoli Rice Krispy Treat Italian Bread	5 Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple	6 Beef with Onions & Peppers Seasoned Potatoes Capri Blend Vegetables Vanilla Mousse Sandwich Roll	7 Roast Pork w/Gravy Herbed Stuffing Roasted Brussels Sprouts Apple Crisp Diet = Baked Apples Marble Rye Bread	8 Ham Salad Tomato & Onion Salad Pasta Salad Fresh Fruit Pita Bread
11 Beef Stew Rice Corn Niblets Mandarin Oranges Italian Bread	12 Buttermilk Chicken Cranberry Stuffing Roasted California Veg Peaches Marble Rye Bread	13 Baked Potato w/ Chili & Cheese Broccoli Sour Cream Chocolate Mousse Pumpnickel Bread	14 Fish w/Crumb Topping Rice Pilaf Tuscany Blend Vegetables Fruited Ambrosia Whole Wheat Bread Tartar Sauce	15 Shepherd's Pie Carrots Peas Butterscotch Pudding Diet= SF Tapioca Pudding Italian Bread
18 Chicken Tikka Masala Lemon Seasoned Rice Roman Blend Vegetables Tropical Fruit Marble Rye Bread	19 Meatloaf with Gravy Garlic Mashed Potatoes Carrots Rice Krispy Treat Whole Wheat Bread	20 Roast Turkey & Gravy Mashed Sweet Potatoes Roasted Brussels Sprouts Pear Crisp Diet = Pears Italian Bread	21 Hot Dog Baked Beans Coleslaw Baked Apples Mustard Hot Dog Bun	22 Teriyaki Beef Steamed Rice Broccoli w/Red Peppers Blondie Diet = Half Piece Pumpnickel Bread
25 Pork Rib-i-que/BBQ Sauce Mac N Cheese Green Beans Pineapple Sandwich Roll	26 Swedish Meatballs Mashed Potatoes Scandinavian Vegetables Vanilla Mousse Pumpnickel Bread	27 Sloppy Joe Red Bliss Potatoes Mixed Vegetables Fresh Fruit Sandwich Roll	28 Chicken Cranberry Salad Three Bean Salad Coleslaw Birthday Cake Diet = Small Piece Hot Dog Bun	29 Breaded Mac & Cheese Stewed Tomatoes Roasted California Veg. Fresh Fruit Italian Bread