

August 2025

Elder Services of Worcester Area Nutrition Program

MENU SUBJECT TO CHANGE

Friday 1st

Beef Enchilada
Steamed Rice
Winter Blend Vegetables
Cookies
Bread

Monday 4th

Lasagna and Meatballs
Roasted Broccoli
Rice Krispy Treat
Italian Bread

Tuesday 5th

Chicken Fajitas
Spanish Rice
Black Beans & Corn
Sour Cream
Bread
Pineapple

Wednesday 6th

Beef with Onions and Peppers
Seasoned Potatoes
Capri Blend Vegetables
Vanilla Mousse
Sandwich Roll

Thursday 7th

Roast Pork with Gravy
Herbed Stuffing
Roasted Brussels Sprouts
Apple Crisp
Marble Rye Bread

Friday 8th

Ham Salad
Tomato & Onion Salad
Pasta Salad
Fresh Fruit
Bread

Monday 11th

Beef Stew
Rice
Corn Niblets
Mandarin Oranges
Italian Bread

Tuesday 12th

Buttermilk Chicken
Cranberry Stuffing
Roasted California Veg
Peaches

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Marble Rye Bread

Wednesday 13th

Baked Potato with Chili & Cheese
Broccoli
Sour Cream
Chocolate Mousse
Pumpnickel Bread

Thursday 14th

Fish with Crumb Topping
Rice Pilaf
Tuscany Blend Vegetables
Fruited Ambrosia
Whole Wheat Bread
Tartar Sauce

Friday 15th

Shepherd's Pie
Carrots
Peas
Butterscotch Pudding
Italian Bread

Monday 18th

Chicken Tikka Masala
Lemon Seasoned Rice
Roman Blend Vegetables
Tropical Fruit
Marble Rye Bread

Tuesday 19th

Meatloaf with Gravy
Garlic Mashed Potatoes
Carrots
Rice Krispy Treat
Whole Wheat Bread

Wednesday 20th

Roast Turkey and Gravy
Mashed Sweet Potatoes
Roasted Brussels Sprouts
Pear Crisp
Italian Bread

Thursday 21st

Hot Dog
Baked Beans
Coleslaw
Baked Apples
Mustard
Hot Dog Bun

Friday 22d

Teriyaki Beef
Steamed Rice
Broccoli with Red Peppers
Blondie

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Pumpnickel Bread
Monday 25th Pork Rib-i-que with BBQ Sauce Mac N Cheese Green Beans Pineapple Sandwich Roll
26th Swedish Meatballs Mashed Potatoes Scandinavian Vegetables Vanilla Mousse Pumpnickel Bread
27th Sloppy Joe Red Bliss Potatoes Mixed Vegetables Fresh Fruit Sandwich Roll
28th Chicken Cranberry Salad Three Bean Salad Coleslaw Birthday Cake Hot Dog Bun
29th Breaded Mac & Cheese Stewed Tomatoes Roasted California Veg. Fresh Fruit Italian Bread