

Elder Services of Worcester Area Nutrition Program

Monday		Tuesday		Wednesday		Thursday		Friday	
1 Labor Day No Meal Served		2 Spaghetti & Meatballs Marinara Sauce Green Beans Fresh Fruit Italian Bread Calories: 732 Total Sodium: 1196 mg		3 Beef Stir Fry Steamed Rice Roasted Broccoli Vanilla Mousse Pumpernickel Bread Calories: 847 Total Sodium: 974 mg		4 Honey Mustard Pork* Red Bliss Potatoes Peas & Carrots Baked Cinnamon Pears Marble Rye Bread Calories: 703 Total Sodium: 1141 mg		5 Chicken Cranberry Salad Pasta Salad Three Bean Salad Fruited Ambrosia Hot Dog Bun Calories: 912 Total Sodium: 1023 mg	
		Sodium 211 763 0 1 96		Sodium 443 101 15 155 135		Sodium 817 17 72 5 105		Sodium 197 172 280 55 195	
8 Burger Chili & Cheese Herbed Potatoes Green Beans Jello Sandwich Roll		9 Braised Beef Gemelli Pasta Broccoli Pear Crisp Diet = Pears Italian Bread		10 Jambalaya* Rice Pilaf Green Peas Pineapple Marble Rye Bread		11 Vegetable Cheese Bake Seasoned Potatoes Mixed Vegetables Chocolate Pudding Diet = Chocolate Pudding Whole Wheat Bread		12 Ranch Chicken* Cornbread Stuffing Spinach Fresh Fruit Pumpernickel Bread	
		Sodium 150 297/90 7 0 6 248		Sodium 197 8 16 54 10 96		Sodium 539 70 7 0 105		Sodium 416 7 30 135 160 138	
Calories: 756 Total Sodium: 922 mg		Calories: 949 (Diet: 832) Total Sodium: 496mg (Diet:452mg)		Calories: 707 Total Sodium: 846 mg		Calories: 930 (Diet: 870) Total Sodium: 851 mg (Diet:876mg)		Calories: 716 Total Sodium: 1143 mg	
15 Chicken Sofrito Stew* Steamed White Rice Roasted California Veg. Lorna Doone Cookies Whole Wheat Bread		16 <u>HIGH SODIUM MEAL</u> Hot Dog* Baked Beans Coleslaw Baked Apples Hot Dog Bun Mustard		17 Burgundy Pork* Mashed Sweet Potatoes Green Peas Peaches Marble Rye Bread		18 Baked Potato w/ Chili & Cheese Jardiniere Vegetables Fresh Fruit Sour Cream Pumpernickel Bread		19 American Chop Suey Roasted Broccoli Carrots Brownie Diet = Half Piece Italian Bread	
		Sodium 556 101 32 147 138		Sodium 540 370 162 14 195 50		Sodium 768 91 7 5 105		Sodium 7 474/180 18 0 9 135	
Calories: 834 Total Sodium: 1099 mg		Calories: 841 Total Sodium: 1457 mg		Calories: 790 Total Sodium: 1100 mg		Calories: 746 Total Sodium: 949 mg		Calories: 700 (Diet:627) Total Sodium: 625 mg (Diet:551mg)	
22 Turkey* w/ Supreme Sauce Cornbread Stuffing Roman Blend Vegetables Fresh Fruit Marble Rye Bread		23 Meatloaf w/ Gravy Garlic Mashed Potatoes Chuckwagon Corn Apple Crisp Diet = Baked Apples Whole Wheat Bread		24 Shepherd's Pie Carrots Peas Chocolate Mousse Italian Bread		25 Greek Chicken Lemon Seasoned Potatoes Country Blend Vegetables Birthday Cake Diet = Half Piece Marble Rye Bread		26 <u>HIGH SODIUM MEAL</u> White Bean Chicken Chili* Brown Rice Roasted Brussels Sprouts Tropical Fruit Pumpernickel Bread	
		Sodium 592 115 242 9 1 105		Sodium 202 83 108 1 63 14 138		Sodium 255 53 58 230 96		Sodium 497 179 22 221 110 105	
Calories: 681 Total Sodium: 1190 mg		Calories:849 (Diet:745) Total Sodium: 720 mg (Diet:672mg)		Calories: 780 Total Sodium: 817 mg		Calories: 756 (Diet: 723) Total Sodium: 1148 mg (Diet:1095mg)		Calories: 683 Total Sodium: 1247 mg	
29 Teriyaki Beef Steamed Rice Broccoli Pineapple Fortune Cookie Whole Wheat Bread		30 Egg Frittata* Stewed Tomatoes O'Brien Potatoes Tapioca Diet = SF Tapioca Italian Bread		<p align="center"><u>MENU SUBJECT TO CHANGE</u> <u>YOUR \$3.00 DONATION IS APPRECIATED!</u></p> <p>Meals are based on a No Added Salt (3,000-4,000 milligram) diet for healthy older adults. If you have specific dietary concerns, contact our Nutritionist at Ext.266 for guidance on meeting your dietary needs.</p> <p>mg = milligrams High Sodium Meal = >1200mg *Indicates higher sodium entrees >500mg</p> <p>Totals include calories and sodium for milk served daily</p>					
		Sodium 438 101 16 8 0 138							
Calories: 802 Total Sodium: 818 mg		Calories: 718 (Diet:668) Total Sodium: 1195mg (Diet:1120mg)							