

Elder Services of Worcester Area Nutrition Program

Monday		Tuesday		Wednesday		Thursday		Friday	
MENU SUBJECT TO CHANGE		Your \$3.00 Donation is Appreciated!		1		2		3	
Meals are based on a No Added Salt (3,000-4,000 milligram diet for healthy older adults. If you have a special dietary concerns, contact our Nutritionist at Ext.266 for guidance on meeting your dietary requirements.				Chicken Picatta Bowtie Pasta Roasted Brussels Sprouts Chocolate Mousse Pumpernickel Bread		Salisbury Steak w/ Beef Gravy Mashed Potatoes Herbed Carrots Fresh Fruit Sandwich Roll		Lemon Pepper Haddock Wild Rice Green Beans Fruited Ambrosia Marble Rye Bread Tartar Sauce	
mg = milligrams High Sodium Meal = >1200mg		*Indicates higher sodium entrees >500mg All meals include 125mg sodium for milk		Calories: 725 Total Sodium: 825 mg		Calories: 792 Total Sodium: 857mg		Calories: 764 Total Sodium: 917mg	
6		7		8		9		10 HIGH SODIUM MEAL	
Macaroni & Cheese Stewed Tomatoes Peas Lorna Doone Cookies Whole Wheat Bread		Meatballs w/ Onion Gravy Mashed Potatoes Green Beans Peaches Pumpernickel Bread		Marinated Pork Loin Herbed Stuffing Cabbage & Carrots Chocolate Pudding Diet = SF Pudding Whole Wheat Bread		Chicken w/ BBQ Sauce Potatoes Au Gratin Country Blend Vegetables Apple Crisp Diet = Applesauce Italian Bread		Ham Salad* Pasta Salad Tomato & Onion Salad Fresh Fruit Pita Bread	
Calories: 739 Total Sodium: 672mg		Calories: 740 Total Sodium: 718mg		Calories: 753 (Diet: 693) Total Sodium: 1145mg (Diet: 1170mg)		Calories: 738 (Diet: 628) Total Sodium: 1194mg (Diet: 1156mg)		Calories: 651 Total Sodium: 1193mg	
13		14		15		16 HIGH SODIUM MEAL		17	
COLUMBUS DAY No Meal Served		Chicken Stir Fry* Steamed White Rice Roasted Broccoli Fresh Fruit Pumpernickel Bread		Vegetable Cheese Bake Seasoned Potatoes Jardiniere Vegetables Mixed Fruit Italian Bread		Banh Mi Pork Riblet w/ BBQ Sauce Carrots Colelaw Baked Cinnamon Pears Sandwich Roll Mayo		Lentil Stew w/ Cheddar Cheese Rice Pilaf Rst Cali. Blend Lemon Pudding Diet = SF Vanilla Pudding Marble Rye Bread	
Calories: Total Sodium: mg		Calories: 718 Total Sodium: 1193mg		Calories: 832 Total Sodium: 682 mg		Calories: 784 Total Sodium: 1422mg		Calories: 826 (Diet: 776) Total Sodium: 945mg (Diet: 890mg)	
20		21		22		23		24	
Beef Enchiladas* w/ Cheese Spanish Rice Chuckwagon Corn Mandarin Oranges Pita Bread Sour Cream		Ziti w/ Meat Sauce* Mozzarella Cheese Green Beans Baked Apples Italian Bread		Garlic Brown Sugar Chicken Lemon Seasoned Potatoes Mixed Vegetables Lorna Doone Cookies Whole Wheat Bread		Vegetarian Chili w/ Cheddar Cheese Roasted Potatoes Tuscany Vegetables Birthday Cake Diet = Small Piece Marble Rye Bread		Beef Bourguignon Garlic Mashed Potatoes Rst. Broccoli & Carrots Fresh Fruit Pumpernickel Bread	
Calories: 953 Total Sodium: 1089mg		Calories: 761 Total Sodium: 913mg		Calories: 684 Total Sodium: 974mg		Calories: 838 (Diet: 747) Total Sodium: 979mg (Diet: 869mg)		Calories: 801 Total Sodium: 654mg	
27		28		29		30		31 HIGH SODIUM MEAL	
Lasagna w/ Meatballs Marinara Sauce Green Beans Fresh Fruit Whole Wheat Bread		Roast Pork w/ Gravy Cranberry Stuffing Rst. California Vegetables Rice Krispy Treat Marble Rye Bread		Chicken Fajitas* Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple		Beef w/ Onions & Peppers Herb Potatoes Honey Glazed Carrots Pumpkin Spice Mousse Sandwich Roll		Hot Dog* Baked Beans Coleslaw Cinnamon Baked Pears Hot Dog Bun Mustard	
Calories: 693 Total Sodium: 1105mg		Calories: 720 Total Sodium: 1103 mg		Calories: 862 Total Sodium: 1086mg		Calories: 810 Total Sodium: 1051mg		Calories: 843 Total Sodium: 1447mg	