

MENUS ARE SUBJECT TO CHANGE

YOUR \$3.00 DONATION IS APPRECIATED!

Meals are based on a No Added Salt (3,000-4,000 milligram) diet for healthy older adults. If you have special dietary concerns, contact our Nutritionist at Ext. 266 for guidance on meeting your dietary requirements.

Mg = milligrams

***Indicates higher sodium entrees above 500mg**

High Sodium Meal = >/= 1200mg

All meals include milk which provides 125mg of sodium



Interesting Thanksgiving Facts – Did You Know?

- Americans eat more than 46 million turkeys on Thanksgiving Day each year which equates to about 704 million pounds of turkey.
- Minnesota raises the most turkeys in the U.S.
- The Butterball hotline answers 100,000 turkey-related questions every year.
- It's estimated that 50 million pumpkin pies are consumed on Thanksgiving Day alone
- According to a 2024 survey conducted by Instacart, cranberry sauce is the least popular Thanksgiving dish.
- About 28 million people watch the Macy's Thanksgiving Day Parade.
- More people travel to Orlando, Florida, than anywhere else on Thanksgiving.

The Nutrition Project is administered by Elder Services of Worcester Area, Inc. and receives Federal financial support under the Older Americans Act provided by Senior Connection and the Massachusetts Executive Office of Elder Affairs. Funders also include United Way of Central Massachusetts, Greater Worcester Community Foundation, City of Worcester's Department of Health and Human Services, Elder Affairs Commission Division, participant donations, grants, individual support and the Councils on Aging in Auburn, Barre, Boylston, Grafton, Hardwick/Gilbertville, Holden, Leicester, Millbury, Oakham, Paxton, Rutland, Shrewsbury, and West Boylston.