

Elder Services of Worcester Area Nutrition Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Beef Stew Rice Corn Niblets Pineapple Italian Bread	4 Buttermilk Chicken Cranberry Stuffing Roasted California Veg. Brownie Diet = Half Brownie Whole Wheat Bread	5 Baked Potato w/ Chili & Cheese Roasted Broccoli Sour Cream Chocolate Mousse Pumpernickel Bread	6 Breaded Mac & Cheese Stewed Tomatoes Mixed Vegetables Fresh Fruit Whole Wheat Bread	7 Shepherd's Pie Carrots Peas Pear Crisp Diet = Pears Marble Rye Bread
10 Chicken Tiki Masala Steamed Rice Roasted Broccoli & Carrots Tapioca Pudding Diet = Tapioca Pudding Marble Rye Bread	11 <i>No Meals Served</i> 	12 Meatloaf with Gravy Garlic Mashed Potatoes Glazed Carrots Mixed Fruit Whole Wheat Bread	13 Hot Dog Baked Beans Coleslaw Baked Apples Hot Dog Bun	14 Honey Mustard Pork Herbed Potatoes Roasted Brussels Sprouts Fresh Fruit Italian Bread
17 Sloppy Joe Red Bliss Potatoes Mixed Vegetables Fresh Fruit Sandwich Roll	18 <i>Holiday Meal</i> Roast Turkey & Gravy Cranberry Stuffing Butternut Squash Pumpkin Mousse Italian Bread	19 Swedish Meatballs Mashed Potatoes Scandinavian Vegetables Peaches Marble Rye Bread	20 Chicken Cacciatore Gemmeli Pasta Roasted Broccoli Birthday Cake Diet = Half Piece Italian Bread	21 Fish w/Crumb Topping Lemon Rice Pilaf Tuscany Style Veg. Tropical Fruit Whole Wheat Bread
24 Spaghetti & Meatballs Green Beans Apple Crisp Diet = Applesauce Whole Wheat Bread	25 Pork Rib-i-que Mac N Cheese Green Beans Cinnamon Pears Sandwich Roll	26 Beef Stir Fry Steamed Rice Roasted Broccoli Vanilla Mousse Pumpernickel Bread	27 Thanksgiving Day <i>No Meals Served</i> 	28 Chicken Cranberry Salad Pasta Salad Three Bean Salad Fresh Fruit Hot Dog Roll