

## Elder Services of Worcester Area Nutrition Program

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<b>3</b>	<b>Beef Stew</b> Rice Corn Niblets Pineapple Italian Bread	<b>4</b>	<b>Buttermilk Chicken</b> Cranberry Stuffing Rstd. California Veg. Brownie Diet = Half Brownie Whole Wheat Bread	<b>5</b>	<b>Baked Potato</b> w/ Chili & Cheese Roasted Broccoli Sour Cream Chocolate Mousse Pumpnickel Bread	<b>6</b>	<b>Mac &amp; Cheese*</b> Stewed Tomatoes Mixed Vegetables Fresh Fruit Whole Wheat Bread	<b>7</b>	<b>Shepherd's Pie</b> Carrots Peas Pear Crisp Diet = Pears Marble Rye Bread
Calories: 844 Total Sodium: 490mg		Calories: 789 Diet: 716 Total Sodium: 1107mg Diet: 1033mg		Calories: 850 Total Sodium: 1175mg		Calories: 782 Total Sodium: 860mg		Calories: 889 Diet: 772 Total Sodium: 589mg Diet: 555mg	
<b>10</b>	<b>Chicken Tiki Masala</b> Steamed Rice Rstd Broc & Carrots Tapioca Pudding /Diet Marble Rye Bread	<b>11</b> <i>No Meals Served</i> 		<b>12</b>	<b>Meatloaf w/ Gravy</b> Garlic Mash Potatoes Glazed Carrots Mixed Fruit Whole Wheat Bread	<b>13</b> <i>High Sodium Meal</i>	<b>Hot Dog*</b> Baked Beans Coleslaw Baked Apples Hot Dog Bun	<b>14</b>	<b>Honey Mustard Pork*</b> Herbed Potatoes Roasted Brussels Sprouts Fresh Fruit Italian Bread
Calories: 645 Diet: 595 Total Sodium: 772mg Diet: 697mg				Calories: 771 Total Sodium: 745mg		Calories: 834 Total Sodium: 1446mg		Calories: 826 Total Sodium: 1024mg	
<b>17</b>	<b>Sloppy Joe*</b> Red Bliss Potatoes Mixed Vegetables Fresh Fruit Sandwich Roll	<b>18</b> <i>Holiday Meal</i>	<b>Roast Turkey*</b> Gravy Cranberry Stuffing Butternut Squash Pumpkin Mousse Italian Bread	<b>19</b>	<b>Swedish Meatballs</b> Mashed Potatoes Scandinavian Veg. Peaches Marble Rye Bread	<b>20</b>	<b>Chicken Cacciatore*</b> Gemmeli Pasta Roasted Broccoli Birthday Cake Diet = Half Piece Italian Bread	<b>21</b>	<b>Fish w/Crumb Topping</b> Lemon Rice Pilaf Tuscany Style Veg. Tropical Fruit Whole Wheat Bread
Calories: 731 Total Sodium: 1069mg		Calories: 723 Total Sodium: 1500mg		Calories: 723 Total Sodium: 692mg		Calories: 729 Diet: 639 Total Sodium: 767mg Diet: 657mg		Calories: 681 Total Sodium: 762mg	
<b>24</b>	<b>Spaghetti &amp; Meatballs</b> Green Beans Apple Crisp Diet = Applesauce Whole Wheat Bread	<b>25</b>	<b>Pork Rib-i-que</b> Mac N Cheese Green Beans Cinnamon Pears Sandwich Roll	<b>26</b>	<b>Beef Stir Fry</b> Steamed Rice Roasted Broccoli Vanilla Mousse Pumpnickel Bread	<b>27</b> <i>Holiday</i> <i>No Meals Served</i> 		<b>28</b>	<b>Chicken Cranberry Salad</b> Pasta Salad Three Bean Salad Fresh Fruit Hot Dog Roll
Calories: 765 Diet: 655 Total Sodium: 918mg Diet: 880mg		Calories: 699 Total Sodium: 1020mg		Calories: 847 Total Sodium: 974mg				Calories: 847 Total Sodium: 969mg	