



Elder Services of Worcester Area Nutrition Program

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Vegetable Cheese Bake Seasoned Potatoes Jardiniere Vegetables Cookies Whole Wheat Bread	2 Burger w/Chili & Cheese Potato Wedges Green Beans Fresh Fruit Sandwich Roll	3 Jambalaya Rice Pilaf Green Peas Pineapple Marble Rye Bread	4 Ranch Chicken Au Gratin Potatoes Mixed Vegetables Fruited Ambrosia Pumpnickel Bread	5 Braised Beef Mashed Potatoes Scandinavian Veg. Pears Italian Bread
8 Salisbury Steak w/Gravy Garlic Mashed Potatoes Herbed Carrots Fresh Fruit Sandwich Roll	9 Hot Dog on Bun Baked Beans Coleslaw Baked Apples Mustard	10 Turkey Supreme Herbed Stuffing Mixed Vegetables Fruited Ambrosia Italian Bread	11 Baked Potato w/ Chili & Cheese Roasted Broccoli Lemon Pudding Diet = Vanilla Pudding Whole Wheat Bread	12 Burgundy Pork Mashed Potatoes Rstd. Brussels Sprouts Peaches Pumpnickel Bread
15 Shepherd's Pie Carrots Peas Tropical Fruit Marble Rye Bread	16 Greek Lemon Chicken Steamed White Rice Rstd Broccoli & Carrots Chocolate Mousse Pumpnickel Bread	17 Meatloaf with Gravy Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit Whole Wheat Bread	18 American Chop Suey Winter Blend Veg. Birthday Cake Diet = Half Piece Cake Italian Bread	19 Frittata Stewed Tomatoes Green Beans Cookies Whole Wheat Bread
22 Chicken Picatta Bowtie Pasta Roasted Broccoli Rice Krispy Treat Pumpnickel Bread	23 Stuffed Chicken w/Gravy Cranberry Stuffing Buttered Carrots Carrot Cake Diet = Half Piece Cake Italian Bread	24 Teriyaki Beef Steamed Rice Roasted California Veg. Pineapple Fortune Cookie Whole Wheat Bread	25 Christmas Day No Meals Served 	26 Lemon Pepper Haddock Rice Pilaf Mixed Vegetables Fresh Fruit Marble Rye Bread Tartar Sauce
29 Breaded Mac & Cheese Stewed Tomatoes Green Beans Peaches Italian Bread	30 Meatballs w/Onion Gravy Bowtie Pasta Peas Pineapple Whole Wheat Bread	31 Marinated Pork Loin Herbed Potatoes Glazed Carrots Vanilla Mousse Marble Rye Bread	MENU SUBJECT TO CHANGE Your \$3.00 Donation is Appreciated! 	

508-852-3205 Ext. 290

December 2025

www.eswa.org

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