

ElderServices of Worcester Area Nutrition Program

Monday		Tuesday		Wednesday		Thursday		Friday			
<p><u>MENUS ARE SUBJECT TO CHANGE</u> <u>YOUR \$3.00 DONATION IS APPRECIATED!</u></p> <p>Meals are based on a No Added Salt (3,000-4,000 milligram diet) for healthy older adults. If you have a special concern regarding sodium, contact our Nutritionist for guidance on managing your dietary needs.</p> <p>Na+ = Sodium *Indicates higher sodium entrees >500mg</p> <p>Mg = milligrams Totals include 125mg of sodium for milk served daily</p>						<p>1</p>  <p>No Meals Served</p>		<p>2</p> <p>Garlic Brown Sugar Chicken 356 Lemon Seasoned Potatoes 179 Roasted California Blend 32 Fresh Fruit 1 Whole Wheat Bread 138</p> <p>Calories: 699 Total Sodium: 831mg</p>		<p>Sodium</p>	
<p>5</p> <p>Beef Bourginon Garlic Mashed Potatoes Peas & Mushrooms Lorna Doone Cookies Italian Bread</p> <p>Sodium 252 108 45 147 96</p>		<p>6</p> <p>Chicken Stir-Fry* Rice Pilaf Roasted Broccoli Fresh Fruit Pumpernickel Bread</p> <p>Sodium 815 70 15 1 135</p>		<p>7</p> <p>Vegetable Cheese Bake Red Bliss Potatoes Mixed Vegetables Chocolate Pudding Diet = SF Choc. Pudding Whole Wheat Bread</p> <p>Sodium 416 17 30 135 160 138</p>		<p>8</p> <p>HIGH SODIUM Bahn Mi Pork w/ BBQ Sauce Carrots Coleslaw Baked Cinnamon Pears Sandwich Roll Mayo</p> <p>Sodium 450 320 53 152 5 248 70</p>		<p>9</p> <p>Lentil Stew w/ Cheddar Cheese Steamed White Rice Jardiniere Vegetables Fruited Ambrosia Marble Rye Bread</p> <p>Sodium 252 180 101 18 55 105</p>			
<p>Calories: 839 Total Sodium: 847mg</p>		<p>Calories: 685 Total Sodium: 1162mg</p>		<p>Calories: 829 Diet: 769 Total Sodium: 861mg Diet: 886mg</p>		<p>Calories: 784 Total Sodium: 1422mg</p>		<p>Calories: 834 Total Sodium: 837mg</p>			
<p>12</p> <p>Ziti w/ Meat Sauce* Mozzarella Cheese Broccoli & Red Peppers Baked Apples Italian Bread</p> <p>Sodium 524 150 15 14 96</p>		<p>13</p> <p>Beef w/ Onions & Peppers Herb Potatoes Peas & Carrots Rice Krispie Treat Pumpernickel Bread</p> <p>Sodium 420 3 7 30 105 135</p>		<p>14</p> <p>Roast Pork with Gravy Cranberry Stuffing Roasted Brussels Sprouts Pear Crisp Diet = Applesauce Whole Wheat Bread</p> <p>Sodium 354 170 300 9 35 25 138</p>		<p>15</p> <p>Cranberry Chicken Salad Pasta Salad Tomato & Onion Salad Fresh Fruit Hot Dog Bun</p> <p>Sodium 197 172 71 0 195</p>		<p>16</p> <p>Bean & Cheese Enchilada* w/ Monterey Jack Cheese Brown Rice Chuckwagon Corn Pineapple Pita Bread Sour Cream</p> <p>Sodium 748 162 64 1 0 68 9</p>			
<p>Calories: 681 Total Sodium: 924mg</p>		<p>Calories: 731 Total Sodium: 825mg</p>		<p>Calories: 802 Diet: 731 Total Sodium: 1131mg Diet: 1121mg</p>		<p>Calories: 752 Total Sodium: 759mg</p>		<p>Calories: 768 Total Sodium: 1177mg</p>			
<p>19</p> <p>Martin Luther King Day</p> <p>No Meals Served</p>		<p>20</p> <p>Lasagna & Meatballs Marinara Sauce Rst. Broccoli & Carrots Fresh Fruit Italian Bread</p> <p>Sodium 459 381 33 1 96</p>		<p>21</p> <p>Chicken Fajitas* Spanish Rice Black Beans & Corn Pineapple Pita Bread Sour Cream</p> <p>Sodium 527 66 292 0 68 9</p>		<p>22</p> <p>Vegetarian Chili w/Cheese Roasted Potatoes Country Blend Vegetables Birthday Cake Diet = Small Piece Marble Rye Bread</p> <p>Sodium 491 7 22 221 110 105</p>		<p>23</p> <p>Fish w/ Crumb Topping Au Gratin Potatoes Mixed Vegetables Tropical Fruit Pumpernickel Bread Tartar Sauce</p> <p>Sodium 224 285 30 20 135 85</p>			
		<p>Calories: 737 Total Sodium: 1096mg</p>		<p>Calories: 862 Total Sodium: 1086mg</p>		<p>Calories: 853 Diet: 762 Total Sodium: 970mg Diet: 859mg</p>		<p>Calories: 734 Total Sodium: 904mg</p>			
<p>26</p> <p>Shepherd's Pie Carrots Peas Fresh Fruit Marble Rye Bread</p> <p>Sodium 255 53 7 0 105</p>		<p>27</p> <p>Buttermilk Chicken Herb Stuffing Roasted California Blend Tapioca Diet = SF Tapioca Whole Wheat Bread</p> <p>Sodium 362 305 32 210 135 138</p>		<p>28</p> <p>Baked Potato w/ Chili Cheese Roasted Broccoli Chocolate Mousse Pumpernickel Bread Sour Cream</p> <p>Sodium 7 474 180 15 230 135 9</p>		<p>29</p> <p>HIGH SODIUM Hot Dog* Baked Beans Coleslaw Baked Apples Mustard Hot Dog Bun</p> <p>Sodium 540 370 162 14 50 195</p>		<p>30</p> <p>Beef Stew White Rice Corn Niblets Fruited Ambrosia Biscuit</p> <p>Sodium 166 101 1 55 310</p>			
<p>Calories: 772 Total Sodium: 545mg</p>		<p>Calories: 764 Diet: 714 Total Sodium: 1173mg Diet: 1098mg</p>		<p>Calories: 850 Total Sodium: 1175mg</p>		<p>Calories: 841 Total Sodium: 1457mg</p>		<p>Calories: 998 Total Sodium: 758mg</p>			