

Elder Services of Worcester Area Nutrition Program

Monday	Tuesday	Wednesday	Thursday	Friday
2 Chicken Tiki Masala Couscous Rst. California Blend Lorna Doones Pumpnickel Bread	3 Meatloaf with Gravy Garlic Mashed Potatoes Green Beans Butterscotch Pudding Diet = SF Vanilla Whole Wheat Bread	4 Roast Turkey w/ Gravy Apple Cornbread Stuffing Roasted Brussels Sprouts Fresh Fruit Italian Bread	5 Teriyaki Beef Steamed Rice Broccoli w/ Red Peppers Pineapple Fortune Cookie Whole Wheat Bread	6 Honey Mustard Pork Mashed Sweet Potatoes Scandinavian Vegetables Baked Apples Marble Rye Bread
9 Sloppy Joe Herb Potatoes Mixed Vegetables Fresh Fruit Sandwich Roll	10 Chicken Cacciatore Gemelli Pasta Rst. Brussel Sprouts Brownie Diet = Half Piece Whole Wheat Bread	11 Pork Rib-i-que BBQ Sauce Mac 'n Cheese Green Beans Fruited Ambrosia Sandwich Roll	12 Ziti & Meatballs Marinara Sauce California Blend Stawberry Mousse Italian Bread	13 Beef Stir Fry Steamed Rice Roasted Broccoli Baked Cinnamon Pears Pumpnickel Bread
16 <u>PRESIDENT'S DAY</u> No Meal Served	17 Jambalaya Rice Pilaf Peas Pineapple Marble Rye Bread	18 Fish w/ Crumb Topping Lemon Seasoned Potatoes Country Blend Vegetables Apple Crisp Diet = Baked Apples Pumpnickel Bread Tartar Sauce	19 Garlic Herb Chicken Cranberry Herb Stuffing Broccoli & Carrots Chocolate Mousse Whole Wheat Bread	20 Macaroni & Cheese Stewed Tomatoes Green Beans Fresh Fruit Italian Bread
23 Burger Chili & Cheese Herb Potatoes Green Beans Fresh Fruit Sandwich Roll	24 Swedish Meatballs Mashed Potatoes Honey Glazed Carrots Pear Crisp Diet = Pears Italian Bread	25 Braised Beef Gemelli Pasta Roasted Broccoli Peaches Marble Rye Bread	26 Ranch Chicken Wild Rice Spinach Birthday Cake Diet = Half Piece Pumpnickel Bread	27 Vegetable Cheese Bake Red Bliss Potatoes Peas & Carrots Lorna Doone Cookies Whole Wheat Bread

MENU SUBJECT TO CHANGE**YOUR \$3.00 DONATION IS APPRECIATED!***Please watch WCVB Channel 5 and WHDH Channel 7 for information on Meals on Wheels closures during inclement weather.*