

August 2010

ELDER SERVICES OF WORCESTER AREA NUTRITION PROGRAM
67 MILLBROOK STREET - SUITE 117, WORCESTER, MA 01606

DINING CENTERS AND MEALS ON WHEELS

PHONE 508-852-3205

Monday	Tuesday	Wednesday	Thursday	Friday
2 Fish w/Crumb Topping O'Brien Potato Garden Peas Honey Wheat Bread Granola Bar* Beef Barley Soup / Sub=Juice Cal:769 Fat:36% Fiber:11g Chol:88mg Sodium:780mg	3 Beef & Broccoli Steamed Brown Rice Oriental Style Vegetables Pumpnickel Bread Mandarin Oranges Cal:728 Fat:35% Fiber:7g Chol:68mg Sodium:629mg	4 Honey Barbeque Chicken Herb Roasted Potato Mixed Vegetables Whole Wheat Bread Fruit Crisp* Cal:725 Fat:32% Fiber:9g Chol:93mg Sodium:624mg	5 Swedish Meatballs Egg Noodles Spinach Rye Bread Mixed Fruit Cal:746 Fat:34% Fiber:7g Chol:121mg Sodium:940mg	6 Pork with Mushroom Sauce Garlic Mashed Potato Green Beans Multigrain Bread Fresh Fruit Cal:706 Fat:30% Fiber:8g Chol:64mg Sodium:859mg
9 Veal Marsala Rice Pilaf Carrots French Bread Chocolate Chip Cookie* Cal:691 Fat:31% Fiber:4g Chol:87mg Sodium:734mg	10 Turkey a La King Mashed Potato Brussel Sprouts Multigrain Bread Peaches Cal:857 Fat:44% Fiber:9g Chol:92mg Sodium:689mg	11 Beef with Jardiniere Sauce Red Bliss Potato Broccoli Honey Wheat Bread Bread Pudding* Cal:792 Fat:37% Fiber:10g Chol:223mg Sodium:764mg	12 Hot Dog on Roll** Mustard Baked Beans Cole Slaw Fresh Melon Cal:742 Fat:53% Fiber:8g Chol:65mg Sodium:1480mg	13 Penne with Chicken & Broccoli Country Blend Vegetables Whole Wheat Bread Baked Apples* Cal:680 Fat:27% Fiber:10g Chol:60 Sodium:391mg
16 Italian Braised Beef Egg Noodles Capri Blend Vegetables Pumpnickel Bread Pineapple Cal:770 Fat:39% Fiber:8g Chol:140mg Sodium:743mg	17 Pork w/Apples Herbed New Potato Tuscany Blend Vegetables Whole Wheat Bread Fruit Crisp* Cal:806 Fat:25% Fiber:10g Chol:61mg Sodium:587mg	18 Salmon Boat Garlic Mashed Potato Peas & Onions Multigrain Bread Waffle Grahams* Cal:672 Fat:28% Fiber:7g Chol:43mg Sodium:751mg	19 Sweet & Sour Chicken Steamed White Rice Summer Blend Vegetables Honey Wheat Bread Mandarin Oranges Cal:675 Fat:20% Fiber:8g Chol:82mg Sodium:689mg	20 Vegetarian Chili Mashed Potato Mixed Vegetables Rye Bread Fresh Fruit Cal:630 Fat:20% Fiber:19g Chol:18mg Sodium:776mg
23 Honey Glazed Pork Mashed Carrot & Sweet Potato Brussels Sprouts Honey Wheat Bread Fruit Cocktail Cal:570 Fat: 17% Fiber:10g Chol:61mg Sodium:858mg	24 Yankee Chicken Pie Wax Beans Spinach Rye Bread Birthday Cake Diet= Plain Cake Cal: 855 Fat: 42% Fiber:8g Chol:73mg Sodium:988mg	25 Spaghetti & Meatsauce Italian Green Beans French Bread Fresh Orange Cal:667 Fat: 30% Fiber:8g Chol:74mg Sodium:663mg	26 Fish Newburg Rice Pilaf Broccoli Multigrain Bread Pistachio Pudding & Diet Corn Chowder/Sub = Juice Cal:806 Fat:37% Fiber:4g Chol:86mg Sodium:717mg	27 Roasted Chicken in Herbed Broth O'Brien Potato Fiesta Corn Whole Wheat Bread Peaches Cal:662 Fat:25% Fiber:5g Chol:90mg Sodium:822mg
30 Orange Beef Steamed Rice Oriental Cauliflower Pumpnickel Bread Granola Bar* Cal:834 Fat:56% Fiber:5g Chol:89mg Sodium:833mg	31 Meatloaf & Gravy Mashed Potato Garden Salad Italian Dressing Whole Wheat Bread Baked Apples* Cal:863 Fat:52% Fiber:9g Chol:46mg Sodium:866mg	*Diabetic Friendly Dessert **Higher Sodium Entrée All Meals Include Milk & Margarine	Menu Subject to Change 	

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