

JANUARY ELDER SERVICES OF WORCESTER AREA NUTRITION PROGRAM
2010 67 Millbrook St. Worcester, MA 01606

DINING CENTERS & MEALS ON WHEELS

508-852-3205

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	Menu Subject to Change 	All Meals Include Milk & Margarine		1. New Year's Day *No Meals Served*
4. Buttermilk Chicken Mashed Potato Tuscany Blend Veg. Muffin Applesauce	5. Sweet & Sour Pork Steamed Rice Garden Peas Whole Wheat Bread Pineapple	6. Macaroni & Cheese Zucchini & Tomato Multigrain Bread Fresh Fruit Chicken Rice Soup Soup Sub=Juice	7. Meatloaf & Gravy Red Bliss Potato Green Beans Rye Bread Bread Pudding	8. Turkey Divan Mashed Potato Diced Carrots Honey Wheat Bread Cookies
Cal:721 Sodium:1003mg Fat:31% Chol:118 mg	Cal:696 Sodium:791mg Fat:19 % Chol: 59 mg.	Cal:803 Sodium:1038mg Fat: 33 % Chol: 50 mg.	Cal:864 Sodium:946mg Fat: 35% Chol:318 mg.	Cal:856 Sodium:1424mg Fat:38% Chol: 60 mg.
11. Spaghetti & Meatballs Tomato Sauce Broccoli Italian Bread Pears	12. Beef Stew Green Beans Corn Muffin Tapioca Pudding Sugar Free Pudding	13. Chicken with Supreme Sauce Rice Pilaf California Blend Veg Multigrain Bread Cutie Pie Diet = Grahams	14. Baked Ham Mashed Potato Carrots Honey Wheat Bread Peaches Green Pea Soup Soup Sub = Juice	15. Potato Crunch Fish Tartar Sauce Lemon Herbed Potato Winter Mix Vegetable Whole Wheat Bread Fresh Fruit
Cal:766 Sodium:1017mg Fat: 32% Chol: 70 mg.	Cal:833 Sodium:659mg Fat: 27% Chol:55 mg.	Cal:864 Sodium:1142mg Fat: 27% Chol: 92 mg.	Cal:677 Sodium:1581mg Fat: 23% Chol: 89 mg.	Cal:726 Sodium:700mg Fat: 28 % Chol: 68 mg.
18. Holiday *No Meals Served* 	19. Roast Turkey Gravy Cranberry Sauce Mashed Potato Broccoli Honey Wheat Bread Mixed Fruit	20. Hot Dog Condiments Baked Beans Coleslaw Hot Dog Roll Baked Apple Slices	21. Fish Victor Tartar Sauce Seasoned Rice Mixed Vegetables Sandwich Roll Mandarin Oranges	22. Chicken Stew Brussels Sprouts Jardiniere Vegetables Multigrain Bread Butterscotch Pudding Diet = SF Pudding
	Cal:656 Sodium:1054mg Fat:21 % Chol: 60 mg.	Cal:873 Sodium:1598mg Fat: 41% Chol: 75 mg.	Cal:833 Sodium:1246mg Fat: 36% Chol: 78 mg.	Cal:784 Sodium:901mg Fat: 28% Chol: 88 mg.
25. Chicken Mornay Herbed New Potato Mixed Vegetables Multigrain Bread Pineapple	26. Beef Ziti Bake California Blend Veg. French Bread Birthday Cake Diet = Plain Cake	27. Beef & Broccoli Steamed Rice Carrots Rye Bread Pudding Diet = SF Pudding	28. Omelet w/Cheese Oven Browned Potato Peas Honey Wheat Bread Peaches Crm. of Tomato Soup Soup Sub = Juice	29. Garden Swiss Steak Steamed Potato Vegetable Blend Whole Wheat Bread Pears
Cal:792 Sodium:1047mg Fat: 28 % Chol: 114 mg.	Cal:849 Sodium:1265mg Fat: 33 % Chol: 83 mg.	Cal:819 Sodium:746mg Fat: 31% Chol: 82 mg.	Cal:731 Sodium:541mg Fat: 29% Chol: 445 mg.	Cal:703 Sodium:861mg Fat: 33 % Chol: 70 mg.

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