

# JULY 2009

**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
<p>All Meals Include Milk &amp; Margarine</p>	<p>Menu Subject to Change</p> 	<p>1. <b>Italian Braised Beef</b> Egg Noodles Broccoli Multigrain Bread Mandarin Oranges</p>	<p>2. <b>Pot Roast Stew</b> Red Bliss Potato Green Beans Wheat Bread Fruit Cocktail</p>	<p>3   <b>No Meals Served</b></p>
		<p>Cal:731 Sodium:804mg Fat:37% Chol:113mg</p>	<p>Cal:735 Sodium:475mg Fat:35% Chol:70mg</p>	
<p>6. <b>Turkey Divan</b> Mashed Potatoes Corn Niblets Oatmeal Bread Pears</p>	<p>7. <b>Potato Crunch Fish</b> Herbed New Potatoes Spinach Rye Bread Cookies</p>	<p>8. Chicken Noodle Soup <b>Garden Swiss Steak</b> Garlic Mashed Potato Capri Blend Veg. Pumpnickel Bread Peaches Soup Sub = Juice</p>	<p>9. <b>Italian Casserole</b> Broccoli French Stick Bread Smoothie Diet=SF Pudding</p>	<p>10. <b>Hawaiian Chicken</b> Rice Carrots Muffin Fresh Melon</p>
<p>Cal:702 Sodium:593mg Fat:26% Chol:65mg</p>	<p>Cal:726 Sodium:788mg Fat:32% Chol:108mg</p>	<p>Cal:756 Sodium:880mg Fat:39% Chol:84mg</p>	<p>Cal:765 Sodium:823mg Fat:22% Chol:65mg</p>	<p>Cal:692 Sodium:496mg Fat:23% Chol:83mg</p>
<p>13. <b>Swedish Meatballs &amp; Gravy</b> Noodles California Vegetables Pita Bread Peaches</p>	<p>14. <b>Savory Ham &amp; Maple Glaze</b> Boiled Potato Cabbage &amp; Carrots Dinner Roll Smoothie Diet=SF Pudding</p>	<p>15. <b>Chicken with Supreme Sauce</b> Rice Pilaf Brussel Sprouts Wheat Bread Cookies</p>	<p>16. <b>Salmon Boat</b> Dill Sauce Mashed Potato Garden Peas Muffin Fresh Fruit</p>	<p>17. <b>Macaroni &amp; Cheese</b> Stewed Tomatoes Summer Blend Veg. Rye Bread Pears</p>
<p>Cal:671 Sodium:833mg Fat:32% Chol:82mg</p>	<p>Cal:677 Sodium:1266mg Fat:21% Chol:77mg</p>	<p>Cal:692 Sodium:624mg Fat:25% Chol:102mg</p>	<p>Cal:686 Sodium:614mg Fat:19% Chol:43mg</p>	<p>Cal:753 Sodium:1124mg Fat:32% Chol:54mg</p>
<p>20. Crm of Tomato Soup <b>Chicken Salad</b> Rice/ Broc./Cheese Salad Pickled Beet Salad Pocket Bread Fresh Melon Soup Sub = Juice</p>	<p>21. <b>Pork with Mushroom Sauce</b> Steamed Rice Ratatouille Multigrain Bread Fruit Cocktail</p>	<p>22. <b>Spaghetti &amp; Meatballs</b> Garden Salad with French Dressing Dinner Roll Vanilla Pudding Diet = SF Pudding</p>	<p>23. <b>Beef with Jardiniere Sauce</b> Oven Browned Potato Honey Glazed Carrots Oatmeal Bread Cookies</p>	<p>24. <b>Chicken Fricassee</b> Mashed Potato Green Beans Wheat Bread Peaches</p>
<p>Cal:710 Sodium:769mg Fat:29% Chol:126mg</p>	<p>Cal:709 Sodium:493mg Fat:31% Chol:99mg</p>	<p>Cal:815 Sodium:1269mg Fat:37% Chol:53mg</p>	<p>Cal:816 Sodium:646mg Fat:39% Chol:101mg</p>	<p>Cal:715 Sodium:673mg Fat:28% Chol:50mg</p>
<p>27. <b>Honey Glazed Pork Roast</b> Red Bliss Potato Broccoli Rye Bread Smoothie Diet = SF Pudding</p>	<p>28. <b>Roasted Chicken</b> O'Brien Potatoes Mixed Vegetables Oatmeal Bread Birthday Cake Diet=Plain Cake</p>	<p>29. <b>Fish with Newburg Sauce</b> Seasoned Rice Scandinavian Style Veg. Dinner Roll Mandarin Oranges</p>	<p>30. <b>Yankee Chicken Pie</b> Corn Spinach Pumpnickel Bread Mixed Fruit</p>	<p>31. <b>Hot Dog on Roll</b> Condiments Potato Wedges Tossed Greens Italian Dressing Fresh Fruit</p>
<p>Cal:837 Sodium:968mg Fat:20% Chol:74mg</p>	<p>Cal:688 Sodium:742mg Fat:24% Chol:79mg</p>	<p>Cal:710 Sodium:790mg Fat:25% Chol:120mg</p>	<p>Cal:759 Sodium:652mg Fat:32% Chol:101mg</p>	<p>Cal:741 Sodium:1165mg Fat:45% Chol:62mg</p>

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