MAY 2011

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 Newburg Vegetable Couscous Carrots Oatmeal Bread Chocolate Pudding Diet = SF Pudding	**3. Pot Roast Stew** Red Bliss Potatoes Succotash French Bread Mixed Fruit	**4. Chicken Mornay** Wild Rice Spinach Multigrain Bread Granola Bar*	**5. Vegetable Alfredo** Brussels Sprouts Pumpernickel Bread Baked Apple*	**6. Salisbury Steak** Garlic Mashed Potato California Blend Veg. Whole Wheat Bread Fresh Fruit
Calories:736 Sodium:872mg Fat:35% Chol:187mg Fiber:5g	Calories:812 Sodium:573mg Fat: 44% Chol:73mg Fiber:7g	Calories:881 Sodium:953mg Fat:53% Chol:123mg Fiber:4g	Calories:514 Sodium:642mg Fat:23% Chol:30mg Fiber:9g	Calories:687 Sodium:759mg Fat:51% Chol:63mg Fiber:7g
9. Roast Turkey Gravy Mashed Potato Green Beans Oatmeal Bread Fruited Pink Ambrosia Diet = SF Fruited Jello	**10. Spanish Meatballs** Egg Noodles Scandanavian Veg. Whole Wheat Bread Fresh Fruit ***Vegetable Soup*** ***Soup Sub = Juice***	**11. Vegetarian Chili** Brown Rice Broccoli Honey Wheat Bread Bread Pudding*	**12. Buttermilk Chicken** Red Bliss Potatoes Mixed Vegetables Rye Bread Pineapple Fruit Crisp*	**13. Pork w/Apples** Vegetable Pilaf Roman Blend Veg. Pumpernickel Bread Chocolate Chip Cookie*
Calories:810 Sodium:1055mg Fat:48% Chol:62mg Fiber:6g	Calories:839 Sodium:669mg Fat:51% Chol:136mg Fiber:12g	Calories:721 Sodium:915mg Fat:27% Chol:191mg Fiber:16g	Calories:709 Sodium:706mg Fat:39% Chol:149mg Fiber:7g	Calories:899 Sodium:805mg Fat:37% Chol:61mg Fiber:7g
16. Italian Braised Beef Egg Noodles Brussels Sprouts Whole Wheat Bread Granola Bar*	**17. Pork Stir Fry** Brown Rice Spring Blend Vegetable Oatmeal Bread Peaches	**18. Beef and Cabbage Casserole** Wax Beans and Carrots Rye Bread Pineapple Cream Cheese Salad Diet = SF Pudding	**19. Salmon Boat with Dill Sauce** Garlic Mashed Potato Peas and Onions Multigrain Bread Apricots	**20. Chicken in Herbed Broth** Seasoned Potatoes Winter Mix Vegetables Honey Wheat Bread Fresh Fruit
Calories:772 Sodium:756mg Fat:37% Chol:129mg Fiber:10g	Calories:757 Sodium:830mg Fat:35% Chol:89mg Fiber:8g	Calories:702 Sodium:828mg Fat:37% Chol:84mg Fiber:10g	Calories:728 Sodium:760mg Fat:32% Chol:43mg Fiber:8g	Calories:658 Sodium:780mg Fat:20% Chol:65mg Fiber:12g
23. Rosemary Pork Mashed Sweet Potatoes Cauliflower w/Red Pepper Honey Wheat Bread Pear Crisp*	**24. Apricot Chicken** Herbed Potatoes Green Beans Whole Wheat Bread Birthday Cake Diet = Plain Cake	**25. Fish with Dill Sauce** Lemon Seasoned Potato Spinach Honey Wheat Bread Fruited Ambrosia Diet = SF Jello	**26. Beef Stroganoff** Mashed Potatoes Jardiniere Vegetables Potato Bread Waffle Grahams*	**27. Lasagna** Italian Blend Vegetable Italian Bread Baked Apple* ***Minestrone Soup*** ***Soup Sub = Juice***
Calories:835 Sodium:855 mg Fat:38% Chol:61mg Fiber:8g	Calories:679 Sodium:583 mg Fat:20% Chol:15mg Fiber:6g	Calories:700 Sodium:593 mg Fat:32% Chol:89mg Fiber:6g	Calories:740 Sodium:609 mg Fat:31% Chol:66mg Fiber:9g	Calories:548 Sodium:780 mg Fat:26% Chol:152mg Fiber:6g
30. Memorial Day *No Meals Served*	**31. Beef with Jardiniere Sauce** Mashed Potato Honey Glazed Carrots Oatmeal Bread Peaches Calories:810 Sodium:778mg Fat:41% Chol:51mg Fiber:10g		**All Meals Include Milk & Margarine** ***Menu Subject to Change***	*Diabetic Friendly

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