

# OCES NUTRITION PROGRAM

February 2017

Please call the nutrition department for meal cancellations by



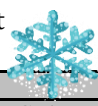






10 am **two days** before delivery-508-584-1561.

## Community Dining Menu

**Suggested Donation-\$2.50/meal**

**Menu subject to change without notice.**

WG=Whole Grain

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Nutrition Information</b> is for the entire meal including bread, milk, & margarine. Each item is followed by the milli-grams of sodium in parentheses. Nutrition information is approximate 1% Milk=107 mg sodium Margarine=47 mg sodium		<b>1</b> Spanish Chicken (461) Tomato Braised Potatoes (38) Broccoli (12) WW Dinner Roll (180) Lemon Pudding (200) MOD:SF Lemon Cookie (60) Calories: 727 Sodium: 1046mg Carb: 91.7g	 <b>2</b> Salmon w/Dill Sauce (79) Brown Wild Rice (35) Blend (47) Tuscany Veg.Blend (150) Multigrain Bread (100) Brownie (65) MOD:SF Oatmeal Cookie (65) Calories: 722 Sodium:566mg Carb: 82.4g	<b>3</b> Roasted Pork w/Apple Glaze (59) Roasted Sweet Potatoes (41) Brussel Sprouts (17) Marble Rye Bread (280) Banana (1) Calories: 704 Sodium: 398mg Carb: 90.3g
<b>6</b> Pancakes ❖ (313) w/Sausage Patty* (540) Peppers & Onions (2) Fruit Loaf (179) Maple Syrup (50) Apple Juice (5) Fruited Yogurt (75)  Calories: 804 Sodium:1203mg Carb: 122.7g	<b>7</b> Macaroni&Cheese* (616) Roman Vegetable Blend (12) Wheat Bread (115) Double Chocolate Chip Cookie (91) MOD:SFChocChCk (51) Calories: 757 Sodium:988mg Carb: 98.3g	<b>8</b> WG Stuffed Shells w/Meat Sauce (492) Italian Veg.Blend (91) Parmesan Cheese (108) Rye Bread (150) Hot Caramelized Apples (76) Calories: 724 Sodium: 1000mg Carb: 89.5g	<b>9</b> Spanish Pot Roast (97) Baked Potato (4) Green Beans w/Red Peppers (3) Sour Cream (13) WW Dinner Roll (180) Lemon Square (105) MOD:Vanilla Wafers (65) Calories: 748 Sodium: 558mg Carb: 87.6g	<b>10</b> Chicken Teriyaki* (574) Herbed Brown Rice (41) Asian Vegetables (25) Multigrain Bread (150) Banana (1)  Calories: 631 Sodium: 935mg Carb: 93.2g
<b>13</b> Potato Crunch Fish (270) Brown Rice with Tomatoes & Basil (8) Apple Butternut Squash (4) Tartar Sauce (130) Oatmeal Bread (150) Mandarin Oranges (7) Calories: 886 Sodium: 723mg Carb: 117.7g	<b>14</b>  Chicken, Broccoli, & Penne Alfredo (419) Carrots (43) Garlic Roll (181) Valentine's Day Cookie (200) MOD:Lorna Doones (100) Calories: 832 Sodium: 1031mg Carb: 111.4g	<b>15</b> Omelette (283) with Swiss Cheese (13) Potato Wedges (261) Peppers and Onions (2) Rye Bread (150) Apricots (10) Calories: 676 Sodium: 874mg Carb: 74g	<b>16</b> Unstuffed Pepper Casserole (229) Spinach (110) Multigrain Bread (150) Waffle Snaps (65) Calories: 704 Sodium: 708mg Carb: 72.4g	<b>17</b> Beef Stew (143) Baked Sweet Potato (20) Green Beans (3) Corn Bread (211) Hot Cinnamon Peaches (64) Calories: 864 Sodium: 597mg Carb: 94.3g
<b>20 No Meals Served</b>  <b>PRESIDENTS DAY</b>	<b>21</b> Turkey Chili*❖ (696) Hot Mexicali Brown Rice Salad (89) Country Style Vegetables (40) Multigrain Bread (150) Vanilla Pudding (200) MOD: SF Lemon Cookie (60) Calories:901 Sodium:1330mg Carb: 120.7g	<b>22</b> Chicken Parmesan* (722) Rotini Pasta (4) Winter Fall Vegetable Blend (14) Parmesan Cheese (108) Wheat Bread (115) Hot Caramelized Pears (75) Calories: 761 Sodium: 1077mg Carb: 87.2g	<b>23</b> Meatloaf w/Gravy (133) Mashed Potato (135) Carrots (64) WW Dinner Roll (180) Banana (1)  Calories:752 Sodium: 667mg Carb: 90.5g	<b>24</b>  Catch of the Day w/Newburg Sauce~ (196) Sweet Potato, Tater Tots (380) Collard Greens with Onions (50) Oatmeal Bread (150) Applesauce (15) Calories:694 Sodium:945mg Carb: 95.5g
<b>27</b> WG Lasagna Rolls with Meat Sauce (392) Roman Veg.Blend (12) Italian Bread (380) Parmesan Cheese (108) Fruited Oatmeal Bar (85) MOD: Apple Cinnamon Waffle Snaps (65) Calories: 730 Sodium: 1132mg Carb: 97.8g	<b>28</b> Chicken Scallopini (351) Roasted Sweet Potatoes (41) Tuscany Vegetable Blend (47) WW Dinner Roll (180) Fresh Orange (0) Calories:693 Sodium:773mg Carb: 87.9g			

\*Indicates food item with >500mg sodium ❖=high sodium meal "Catch of the Day"=fish type will vary each month (nutrition information is approximate)

## Bone Health with Calcium and Vitamin D



As you age, getting enough calcium and vitamin D is essential to keeping your bones strong and healthy. It is important to have healthy bones because they provide the basic support structure for your body and also protect your heart and lungs and other vital organs.

Bone is a living tissue that constantly renews itself. Your body cannot produce calcium so that is why it is important to eat foods that are rich in calcium.

### **What is Calcium?**



Calcium is a necessary mineral that is found mostly in your bones and teeth. It is vital in helping your blood to clot, keeping a strong heart beat, controlling blood pressure, sending nerve messages and helping your muscles move properly.

### **Which Foods Contain Calcium?**

- °Dairy products such as non-fat and low-fat milk, yogurt, hard cheese (Cheddar and Swiss)
- °Calcium Fortified Orange Juice, Calcium Fortified Soy Milk, Canned Salmon with bone
- °Broccoli, Spinach, Almonds

### **Vitamin D**

Vitamin D plays an important role in building and protecting your bones. It is essential to absorb calcium and to keep bones strong.



### **Sources of Vitamin D**

- °Sunlight! Your skin absorbs vitamin D from the UVB rays from the sunlight and stores it in your body to use later.
- °Fatty fish such as salmon, tuna, mackerel, liver, cod liver oil, egg yolks
- °Supplements

### **How Much Calcium and Vitamin D Do I Need?**

- °Adults age 50 and older need 1,200mg of Calcium and 800-1,000 IU of Vitamin D daily.

### **Physical Activity**

In addition to calcium and vitamin D, physical activity is also very important for keeping healthy bones.

- °Exercising your bones helps build up bone mass
- °Weight-bearing activity in which your arms, legs or feet carry your weight is the best type of physical activity for healthy bones
- °Adults should be physically active for at least 30 minutes or more everyday.



### **Supplements**

Consult with your healthcare provider before taking any supplements due to possible interactions between prescription or over-the-counter medications and calcium supplements.

### **Reference**

1. National Osteoporosis Foundation. Washington, DC. Available at [www.nof.org](http://www.nof.org)