

**OCES NUTRITION PROGRAM**

**August 2018**



**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. SF=Sugar Free WG=Whole Grain**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p><b>August</b></p>	<p><b>Nutrition Information</b> is for the entire meal including bread, milk, &amp; margarine. Each item is followed by the milligrams of sodium in parentheses. Nutrition information is approximate 1% Milk=107 mg sodium Margarine=47 mg sodium</p>	<p><b>1</b> Potato Crunch Fish (270) Brown &amp; Wild Rice Blend (40) Spinach (110) Tartar Sauce (130) Wheat Bread (115) Lemon Blueberry Bites (60) Calories: 752 Sodium: 862mg Carb: 89g</p>	<p><b>2</b> Beef Bourguignon (119) Served Over Parslied Bowtie Pasta (4) Spring Summer Vegetable Blend (65) Cracked Wheat Bread (150) Raspberry Filled Ck (195) MOD:SF Oatmeal Ck (95) Calories: 785 Sodium: 670mg Carb: 107g</p>	<p><b>3</b> Chicken Teriyaki (472) Lo Mein Noodles (61) Fiesta Vegetable Blend (15) WW Dinner Roll (180) Fruit Mix (10) Calories: 700 Sodium: 875mg Carb: 102g</p>
	<p><b>6</b> Swedish Chicken Meatballs with Gravy (237) Over Egg Noodles (4) California Vegetable Blend (30) Multigrain Bread (150) Vanilla Pudding (200) MOD:Lorna Doones (100) Calories: 688 Sodium: 758mg Carb: 85g</p>	<p><b>7</b> Chicken Cordon Bleu* (516) Brown Rice with Red Pepper &amp; Orzo (48) Italian Vegetable Blend (19) WW Dinner Roll (180) Fresh Apple (2) Calories: 721 Sodium: 903mg Carb: 92g</p>	<p><b>8</b> Turkey with Lettuce and Tomato Pasta Salad (560) Vinaigrette (8) Purple Cabbage Slaw (56) Mayonnaise (55) Pita Half (146) Mandarin Oranges (7) Calories: 746 Sodium: 969mg Carb: 97g</p>	<p><b>9</b> Southwestern Omelette (377) French Toast Sticks (190) Broccoli (12) SF Syrup (30) Wheat Bread (115) Chocolate Cupcake (170) MOD:SF ChocChCk (55) Calories: 729 Sodium: 1032mg Carb: 84g</p>
<p><b>13</b> Chicken Broccoli Penne Alfredo* (669) Tuscany Vegetable Blend (47) Oatmeal Bread (150) Hot Caramelized Pears (75) Calories: 689 Sodium: 1078mg Carb: 91g</p>	<p><b>14</b> Cheeseburger (454) Roasted Red Bliss Potatoes (6) Riviera (4) Vegetable Blend (4) Ketchup (82) WW Hamburger Roll (230) Fruit Mix (10) Calories: 727 Sodium: 924mg Carb: 85g</p>	<p><b>15</b> WG Alaskan Pollock (190) Brown Rice Pilaf (94) Garden Veg. Blend (2) Tartar Sauce (130) Multigrain Bread (150) Lemon Square (105) MOD:SF LemonCk (60) Calories: 853 Sodium: 808mg Carb: 114g</p>	<p><b>16</b> American Chop Suey (277) Scandinavian Vegetable Blend (41) Parmesan Cheese (35) Cracked Wheat Bread (150) Butterscotch Pudding (270) MOD:Vanilla Bites (50) Calories: 795 Sodium: 910mg Carb: 98g</p>	<p><b>17</b> Roast Turkey w/Gravy &amp; Stuffing* (623) Whipped Sweet Potatoes (31) Peas &amp; Pearl Onions (68) Cranberry Sce (4) Wheat Bread (115) Fresh Pear (2) Calories: 688 Sodium: 979mg Carb: 104g</p>
<p><b>20</b> Meatloaf w/Gravy Italian (260) Roasted Potatoes (6) Jardiniere (4) Vegetable Blend (32) Italian Bread (380) Fresh Apple (2) Calories: 696 Sodium: 816mg Carb: 104g</p>	<p><b>21</b> Chicken Cacciatore (480) Parslied Rotini Pasta (4) Fall Winter Vegetable Blend (14) WW Dinner Roll (180) Brownie (100) MOD:SF ChocChCk (55) Calories: 733 Sodium: 915mg Carb: 95g</p>	<p><b>22</b> Egg Salad on Lettuce Bed (170) Sweet Potato Salad w/Mango &amp; Coconut (137) Summer Corn Salad (3) Mini Kaiser Roll (200) Fresh Nectarine (0) Calories: 704 Sodium: 648mg Carb: 84g</p>	<p><b>23</b> Chicken Stroganoff* (528) Seasoned Buttered Egg Noodles (38) Spring Summer Vegetable Blend (65) Garlic Roll (181) Fruited Crunch Bar (80) MOD:SF Oatmeal Ck (65) Calories: 829 Sodium: 998mg Carb: 105g</p>	<p><b>24</b> Burgundy Pork (182) Brown Rice with Tomato &amp; Basil (5) Scandinavian Vegetable Blend (41) Rye Bread (150) Fresh Orange (0) Calories: 706 Sodium: 515mg Carb: 78g</p>
<p><b>27</b> Chicken Parmesan* (722) Parslied Penne Pasta (4) Italian Vegetable Blend (19) Parmesan Cheese (35) Wheat Bread (115) Fresh Peach (2) Calories: 700 Sodium: 1033mg Carb: 86g</p>	<p><b>28</b> Chef Salad w/Turkey, Egg, and Cheese (415) Greek Orzo Salad (98) Spinach Salad with Mandarin Oranges (20) Italian Dressing (40) Multigrain Bread (150) Cantaloupe (14) Calories: 694 Sodium: 978mg Carb: 61g</p>	<p><b>29</b> Unstuffed Beef, Rice &amp; Pepper Casserole (229) Zucchini (2) WW Dinner Roll (180) Hot Caramelized Peaches (75) Calories: 752 Sodium: 623mg Carb: 84g</p>	<p><b>30</b> Vegetable Soup** (293) Salmon with Honey Ginger Sauce (198) Herbed Brown Rice (14) Broccoli (15) Wheat Bread (115) Chocolate Pudding (200) MOD:Vanilla Bites (50) Calories: 688 Sodium: 969mg Carb: 96g</p>	<p><b>31</b> Chicken Scallopini (351) Roasted Sweet Potatoes (41) Fiesta Vegetable Blend (15) Pumpnickel Bread (280) Fig Bar (35) MOD:SF ChocChCk (55) Calories: 869 Sodium: 859mg Carb: 110g</p>

\*\*community dining only unless available for home delivered meals ❖high sodium meal day \*food item with >500mg/sodium