

OCES NUTRITION PROGRAM

January 2020



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, WW=Whole Wheat

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>January</p>	<p>Nutrition Information is for the entire meal including bread, milk, & margarine. Each item is followed by the milligrams of sodium in parentheses. Nutrition information is approximate 1% Milk=107 mg sodium Margarine=30mg sodium</p>	<p>1 New Year's Day No Meals Served <i>Happy New Year</i> 2020</p>	<p>2 Chicken Cordon Bleu* (698) Roasted Sweet Potatoes (41) Peas w/Pearl Onions (68) Cracked Wheat Bread (150) Fresh Pear (2) Calories:773 Sodium:1096mg Carb: 97g</p>	<p>3 WG Breaded Alaskan Pollock (190) Brown Rice & Vegetable Pilaf (95) Brussel Sprouts (17) Tartar Sauce (130) Multigrain Bread (150) Banana (1) Calories:775 Sodium:720mg Carb: 109g</p>
			<p>6 Chicken Marsala (414) Seasoned & Buttered Noodles (38) Broccoli (12) Cherry Snack Loaf (240) Fresh Apple (2) Calories:735 Sodium:844mg Carb: 99g</p>	<p>7 Macaroni and Cheese (308) California Vegetable Blend (30) Corn Muffin (280) Hot Cinnamon Peaches (64) Calories:681 Sodium:819mg Carb: 107g</p>
<p>13 ❖Hot Dog with Beef Chili (610) Chickpea Salad (146) Crinkle Cut Carrots (67) Ketchup (82) Mustard (55) WW Hot Dog Roll (200) Fresh Orange (0) Calories:780 Sodium:1287mg Carb: 104g</p>	<p>14 Chicken Cacciatore (480) Served Over Parslied Bowtie Pasta (1) Roman Vegetable Blend (16) Multigrain Bread (150) Raspberry Filled Ck (195) MOD:Vanilla Bites (50) Calories:729 Sodium:979mg Carb: 99g</p>	<p>15 Swiss Cheese Omelette (296) French Toast Sticks (190) Home Fries (62) Peppers & Onions (2) SF Syrup (30) Fruited Yogurt (75) Orange Juice (0) <small>No Milk</small> Calories:669 Sodium:686mg Carb: 86g</p>	<p>16 Homemade Meatloaf with Gravy (139) Whipped Sweet Potatoes (33) Peas (82) Wheat Bread (165) Gingerbread Cookie (102) MOD:LemonBlueBites (60) Calories:783 Sodium:657mg Carb: 92g</p>	<p>17 Hawaiian Pork Roast (461) Served Over Soba Noodles (121) Green Beans (3) Multigrain Bread (150) Fresh Pear (2) Calories:780 Sodium:875mg Carb: 108g</p>
<p>20 Martin Luther King Jr. Day No Meals Served </p>	<p>21 Vegetable Lasagna Rolls w/Meat Sauce (443) Tuscany Vegetable Blend (47) Oatmeal Bread (150) Fruited Crunch Bar (80) MOD:LemonGrahams (95) Calories:775 Sodium:857mg Carb: 106g</p>	<p>22 ❖Roast Turkey w/Gravy & Stuffing Garnish* (830) Mashed Potatoes (135) Butternut Squash with Apples (4) Cranberry Sauce (4) Multigrain Bread (150) Fresh Apple (2) Calories:688 Sodium:1262mg Carb: 95g</p>	<p>23 Vegetable Soup** (42) Grilled Cheese* (640) Broccoli (12) O'Brien Potatoes (31) Fresh Orange (0) Calories:730 Sodium:864mg Carb: 102g</p>	<p>24 Chicken Scallopini (351) Served Over Herbed Brown Rice (14) Fiesta Vegetable Blend (15) WW Dinner Roll (180) Hot Caramelized Peaches (75) Calories:727 Sodium:772mg Carb: 98g</p>
<p>27 CHINESE LUNCHEON MOW ONLY: Salmon w/Honey Ginger Sauce Calories:768 Sodium:611mg Carb: 99g</p>	<p>28 BBQ Pork Patty (280) Tater Tots (341) Riviera Vegetable Blend (5) WW Hamburger Roll (90) Banana (1) Calories:700 Sodium:855mg Carb: 93g</p>	<p>29 Baked Chicken w/Pumpkin & Almond Pesto (482) Over Spiral Pasta (1) Brussel Sprouts (17) Oatmeal Bread (150) Chocolate Pudding (190) MOD:Lorna Doones (100) Calories:781 Sodium:977mg Carb: 110g</p>	<p>30 Beef, Rice, & Pepper Casserole (229) Carrots (67) WW Dinner Roll (180) Lemon Square (105) MOD: Lemon Blueberry Bites (60) Calories:779 Sodium:718mg Carb: 90g</p>	<p>31 Swedish Chicken Meatballs Served Over Parslied Egg Noodles (1) Garden Vegetable Blend (2) Multigrain Bread (150) Hot Cinnamon Pears (64) Calories:762 Sodium:599mg Carb 96g</p>

**community dining only ❖high sodium meal day *food item with >500mg/sodium