OCES NUTRITION PROGRAM

October 2019

Old Colony Elder Services
Providing services to the community since 1974

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
Nutrition Information 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=30mg sodium	**1** Chicken Cordon Bleu* (698) Herbed Brown Rice (14) Fiesta Vegetable Blend (15) Multigrain Bread (150) Chocolate Oatmeal Bar (75) MOD:LemonBlueBites (60) Calories:726 Sodium:1089mg Carb: 93g	**2** WG Vegetable Lasagna Rolls Topped with Tomato Sauce & Mozzarella Cheese (628) Broccoli (12) Wheat Bread (165) Banana (1) Calories:653 Sodium:944mg Carb: 97g	**3** Homemade Meatloaf w/Gravy (356) Garlic Mashed Potatoes (143) Green Beans (3) Oatmeal Bread (150) Strawberry Yogurt (51) Apple Juice (5) Calories:776 Sodium:738mg Carb: 104g	**4** Baked Pollock w/Lemon Dill Sauce (269) Sweet Potato Wedges (267) California Veg.Blend (30) Multigrain Bread (150) Fig Bar (35) MOD:SFLemon Ck (60) Calories:807 Sodium:888mg Carb: 108g
7 Chicken Paprikash (422) Baked Potato Half (4) Brussel Sprouts (17) Sour Cream Packet (13) Oatmeal Bread (150) Pumpkin Cookie (139) MOD:Lorna Doones (100) Calories:794 Sodium:884mg Carb: 92g	**8** Macaroni & Cheese (366) Spring Summer Vegetable Blend (65) Cracked Wheat Bread (150) Hot Cinnamon Pears (64) Calories:766 Sodium:782mg Carb 125g	**9** Sliced Turkey* on Lettuce Bed (612) German Potato Sld (73) Spinach Salad with Mandarin Oranges (29) Mayo.Packet(55)/Pita Half (75) Raspberry Cookie (195) MOD: Vanilla Bites (50) Calories:763 Sodium:1124mg Carb 89g	**10** Chicken Chili* (595) Herbed Brown Rice (14) Corn (1) Cranberry Orange Snack N' Loaf (120) Cantaloupe (14) Calories:676 Sodium:882mg Carb: 97g	**11** Beef Stroganoff (113) Served Over Parslied Egg Noodles (4) Broccoli (12) WW Dinner Roll (180) Hot Caramelized Peaches (75) Calories:725 Sodium:522mg Carb: 87g
14 Columbus Day No Meals Served 	**15** Pulled Teriyaki Pork Served Over (493) Lo Mein Noodles (50) Asian Vegetable Blend (25) Multigrain Bread (150) Fruited Crunch Bar (80) MOD:Cinnamon Bites (71) Calories:831 Sodium:935mg Carb: 107g	**16** Omelette with Provolone Cheese (399) Home Fries (62) Peppers&Onions (2) Blueberry Snack Loaf (115) Fruited Yogurt (75) Orange Juice (5) Calories:674 Sodium:659mg Carb: 90g	**17** Chicken Cacciatore (480) Served Over Parslied Spiral Pasta (1) Riviera Veg. Blend (5) WW Dinner Roll (180) Hot Caramelized Apples (76) Calories:736 Sodium:879 mg Carb: 99g	**18** Pork Roast with Brown Sugar& Sage Sauce (124) Whipped Sweet Potatoes (33) Beets (173) Wheat Bread (165) Fresh Pear (2) Calories:755 Sodium:634mg Carb: 93g
21 Sloppy Joe (333) Roasted Red Bliss Potatoes (6) Green & Wax Beans (4) WW Hamburger Roll (90) Fresh Orange (0) Calories:799 Sodium:570mg Carb: 100g	**22** Baked Chicken w/ Parmesan Cheese Sce* (566) Served Over Parslied Bowtie Pasta (1) Broccoli (12) Oatmeal Bread (150) Chocolate Pudding (190) MOD:SF Lemon Ck (60) Calories:723 Sodium:1057mg Carb: 86g	**23** Fish Sticks (320) Brown Rice & Vegetable Pilaf (94) Asian Vegetable Blend (25) Tartar Sauce (130) Wheat Bread (165) Fruit Mix (10) Calories:782 Sodium:881mg Carb: 105g	**24** Minestrone Soup** (330) Spanish Pot Roast (97) Seasoned Buttered Egg Noodles (38) Peas (58) Corn Muffin (280) Banana (1) Calories:862 Sodium:942mg Carb: 118g	**25** Bone-In Glazed Chicken Drumstick (290) Roasted Sweet Potatoes w/Craisins (41) Cauliflower (17) WW Dinner Roll (180) Brownie (100) MOD:Vanilla Bites (50) Calories:779 Sodium:765mg Carb: 87g
28 Chicken Meatballs w/Tomato Sauce (470) Parslied Rotini Pasta (1) Broccoli (12) Parmesan Cheese (35) Garlic Roll (240) Hot Caramelized Pears (75) Calories:755 Sodium:941mg Carb: 96g	**29** Vegetable Soup** (293) Tuna Salad on Lettuce Bed (125) Chickpea Salad (146) Autumn Corn Salad (3) Mini Kaiser Roll (200) Fresh Apple (2) Calories:885 Sodium:906mg Carb: 103g	**30** Spanish Chicken (404) Brown Rice w/Orzo & Peas (78) Green Beans (3) Multigrain Bread (150) Blueberry Pomegrante Bar (80) MOD:LemonBlueBites (60) Calories:682 Sodium:853mg Carb: 89g	**31** BBQ Pork Patty (280) Italian Roasted Potatoes (6) Chef's Choice Vegetable Blend (51) WW Hamburger Roll (90) Halloween Cupcake (170) MOD:Lorna Doones (100) Calories:818 Sodium:735mg Carb: 106g	

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