
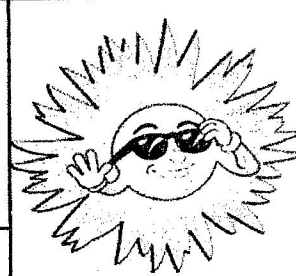


Old Colony Elder Services Nutrition Program



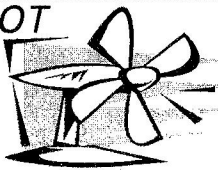
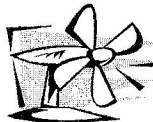

July 2014 Menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Milk and margarine are served at every meal and are included in the nutrition breakdown ❖ Indicates entrée has > 700 mg Sodium	1 Salmon Stir Fry with Soy Ginger Glaze Oriental Vegetables Brown Rice Wheat Bread Pineapple Calories: 525 Fat: 19% Sodium: 510mg Carb: 71g	2 Salisbury Steak With Gravy Mashed Potatoes Green Beans Rye Bread Peaches Calories: 620 Fat: 34% Sodium: 685mg Carb: 74g	3 ❖Hawaiian Chicken Baked Beans Corn Hamburger Bun Strawberry Cupcake MOD: SF Cake Calories: 805 Fat: 20% Sodium: 1255mg Carb: 118g	No Meals Served 
7 Swiss Cheese Omelet Tomato and Pepper Salsa Potato Wedges Rye Bread Fresh Orange Calories: 700 Fat: 41% Sodium: 955mg Carb: 73g	8 American Chop Suey Carrots Multigrain Bread Fruit Cocktail Calories: 650 Fat: 26% Sodium: 590mg Carb: 82g	9 Broccoli & Cheese Fish Mashed Potatoes Peas and Onions Oatmeal Bread Pineapple Calories: 610 Fat: 25% Sodium: 895mg Carb: 84g	10 Chicken Parmesan Penne Pasta With Spaghetti Sauce California Vegetables Italian Bread Brownie MOD: Diet Brownie Calories: 740 Fat: 27% Sodium: 700mg Carb: 84g	11 Turkey and Swiss Lite Mayonnaise Italian Pasta Salad Cole Slaw Wheat Bread Fresh Plum Calories: 870 Fat: 39% Sodium: 975mg Carb: 88g
14 Sloppy Joe with Hamburger Bun Corn Green Beans Pineapple Calories: 690 Fat: 30% Sodium: 585mg Carb: 84g	15 Chilled Marinated Chicken and Broccoli Potato Salad Half Pita Bread Fresh Apple Calories: 690 Fat: 32% Sodium: 435mg Carb: 78g	16 Meatballs With Pasta Spinach Parmesan Rye Bread Mandarin Oranges Calories: 660 Fat: 28% Sodium: 735mg Carb: 83g	17 Fish Sticks with Tartar Sauce Red Bliss Potatoes Honey Glazed Carrots Wheat Roll Fresh Pear Calories: 780 Fat: 31% Sodium: 820mg Carb: 109g	18 BBQ Pork Riblet Potato Wedges Broccoli Multigrain Bread Oatmeal Cookie MOD: Lorna Doone Calories: 625 Fat: 37% Sodium: 1030mg Carb: 69g
21 Unstuffed Pepper Casserole Green Beans Rye Bread Peaches Calories: 550 Fat: 29% Sodium: 500mg Carb: 68g	22 Cranberry Chicken Mashed Potatoes Fiesta Vegetables Multigrain Bread Mixed Fruited Jello Light Calories: 560 Fat: 16% Sodium: 430mg Carb: 77g	23 Mini Ravioli with Tomato Sauce Peas and Carrots Wheat Roll Fresh Orange Calories: 575 Fat: 19% Sodium: 900mg Carb: 91g	24 Italian Pot Roast Oven Roasted Potatoes Brussels Sprouts Italian Bread Chocolate Chip Cookie MOD: Lorna Doone Calories: 675 Fat: 29% Sodium: 560mg Carb: 79g	25 Tuna Fish Salad with Hamburger Bun English Pea Salad Rivera Salad Fruit Cocktail Calories: 635 Fat: 26% Sodium: 875mg Carb: 76g
28 Mac and Cheese Broccoli Garlic Roll Pears Calories: 680 Fat: 33% Sodium: 915mg Carb: 90g	29 Chicken Salad Tri Color Pasta Salad Carrot Cauliflower Salad Wheat Bread Sugar Cookie MOD: Vanilla Wafers Calories: 820 Fat: 31% Sodium: 780mg Carb: 98g	30 Beef Stew Steamed Potatoes Pumpnickel Bread Apple Sauce Calories: 625 Fat: 31% Sodium: 520mg Carb: 75g	31 ❖Roasted Turkey With Stuffing and Gravy Mashed Potatoes Green Beans Mandarin Oranges Rye Bread Calories: 595 Fat: 26% Sodium: 1045mg Carb: 76g	

Menu is subject to change without notice

Suggested Donation - \$2.50 per meal

For cancellations of home delivered meals, call the Nutrition Department Office @ 508-584-1561
Cancellations should be made no later than 10:30 am on the day before delivery

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
July 2014	1 9:00 Men's Coffee Hr. 10:00 SHINE 12:00 Lunch 1-4pm Podiatrist Appointments	2 9:00 church 10:30 Wii games 11:00 Chair Yoga @ HMHP 11:30 Lady Bugs Mtg. 12:00 Lunch	3 9:00 Men's Coffee 10:00 Oil Painting 12:00 Our 4th of July party! RSVP through office 12:30 Grocery Shopping 1-3pm Game Afternoon	4 Independence Day 
7 9:00 Love To Walk 10:00 Computer Class & Cribbage 12:00 Lunch 1:00 Craft/Crochet/Knitting 2:30 Joy of Writing	8 9:00 Men's Coffee Hr. 10:00 SHINE, TRIAD mtg. 12:00 Lunch	9 9:00 church 11:00 Chair Yoga @ HMHP 10:30 Wii games 12:00 Lunch 12:30 My Life, My Health	10 9:00 Men's Coffee 10:00 Oil Painting 11:30 Massage by Jen 12:00 Lunch 12:30 Grocery Shopping, Free Workshop on Blood Pressure 1-3pm Game Afternoon	11 9:00 Errands & Walmart 10:00 Exercise Class, 12:00 Lunch 1:00 Train Dominoes
14 10:00 Computer Class & Cribbage 12:00 Lunch 12:15 Lady Bugs Lunch to New Tokyo! 1:00 Craft/Crochet/Knitting 2:30 Joy of Writing	15 9:00 Men's Coffee Hr. 10:00 SHINE 12:00 Lunch	16 9:00 church 11:00 Chair Yoga, Veterans Agent 10:30 Wii games	17 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping 1-3pm Game Afternoon	18 9:00 Errands & Walmart 10:00 Exercise Class 12:00 Lunch 1:00 Train Dominoes
21 9:00 Love to Walk 10:00 Computer Class & Cribbage 12:00 Lunch 1:00 Craft/Crochet/Knitting 2:30 Joy of Writing	22 9:00 Men's Coffee Hr. 10:00 SHINE 12:00 Lunch	23 9:00 church 10:30 Wii games / Brown Bag 11:00 Chair Yoga @ HMHP 12:00 Lunch	24 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping 1-3pm Game Afternoon	25 9:00 Errands & Walmart 11:00 Attorney Jason Rawlins 12:00 Lunch 1:00 Train Dominoes
28 10:00 Computer Class & Cribbage 12:00 Lunch 1:00 Craft/Crochet/Knitting 2:30 Joy of Writing	29 9:00 Men's Coffee Hr. 10:00 SHINE 12:00 Lunch	30 9:00 church 10:30 Wii games 11:00 Chair Yoga @ HMHP 12:00 Lunch 1:00 Ice Cream Social @ HMHP 	31 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping 1-3pm Game Afternoon 6:00pm Informational Mtg. @ The Inn at Silver Lake, Kingston RSVP 781-585-4101	
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
August 2014	HOT 	HOT 	VERY Hot ! 	1 9:00 Errands & Walmart 10:00 Exercise Class 12:00 Lunch 1:00 Train Dominoes
4 9:00 Love To Walk 10:00 Computer Class & Cribbage 12:00 Lunch 1:00 Craft/Crochet/Knitting 2:30 Joy of Writing	5 9:00 Men's Coffee Hr. 10:00 SHINE 12:00 Lunch 1-4pm Podiatrist Appointments	6 9:00 church 10:00 Quilting 10:30 Wii games 11:00 Chair Yoga @ HMHP 12:00 Lunch	7 9:00 Men's Coffee 10:00 Oil Painting 11:30 Massage by Jen 12:00 Lunch 12:30 Grocery Shopping 1-3pm Game Afternoon	8 9:00 Errands & Walmart 10:00 Exercise Class, 12:00 Lunch 1:00 Train Dominoes
11 10:00 Computer Class & Cribbage 12:00 Lunch 1:00 Craft/Crochet/Knitting 2:30 Joy of Writing	12 9:00 Men's Coffee Hr. 10:00 SHINE, TRIAD Mtg. 12:00 Lunch	13 9:00 church 10:00 Quilting 11:00 Chair Yoga @ HMHP 10:30 Wii games 12:00 Lunch 12:30 My Life, My Health	14 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping 1-3pm Game Afternoon	15 9:00 Errands & Walmart 10:00 Exercise Class 12:00 Lunch 1:00 Train Dominoes
18 9:00 Love To Walk 10:00 Computer Class & Cribbage 12:00 Lunch 1:00 Craft/Crochet/Knitting 2:30 Joy of Writing	19 9:00 Men's Coffee Hr. 10:00 SHINE 12:00 Lunch	20 9:00 church 10:00 Quilting 10:30 Wii games 11:00 Chair Yoga, Veterans Agent 12:00 Annual Hawaiian Cookout!	21 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping 1-3pm Game Afternoon	22 9:00 Errands & Walmart 11:00 Attorney Jason Rawlins 12:00 Lunch 1:00 Train Dominoes
25 10:00 Computer Class & Cribbage 12:00 Lunch 1:00 Craft/Crochet/Knitting 2:30 Joy of Writing	26 9:00 Men's Coffee Hr. 10:00 SHINE 12:00 Lunch	27 9:00 church 10:00 Quilting 10:30 Wii games / Brown Bag 11:00 Chair Yoga @ HMHP 12:00 Lunch	28 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch 12:30 Grocery Shopping 1-3pm Game Afternoon	29 9:00 Errands & Walmart 12:00 Lunch 1:00 Train Dominoes