



Old Colony Elder Services Nutrition Program

June 2014 menu

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Stuffed Shells Spinach Zucchini and Tomato Wheat Bread Mandarin Oranges Calories: 560 Fat: 25% Sodium: 910mg Carb: 75g	3 Turkey A La King Oven Roasted Potatoes Peas and Mushrooms Biscuit Peaches Calories: 760 Fat: 28% Sodium: 640mg Carb: 94g	4 Salmon with Pineapple Salsa Wild Rice Roman Vegetables Multi Grain Bread Butterscotch Pudding MOD: Diet Pudding Calories: 625 Fat: 22% Sodium: 655mg Carb: 88g	5 Orange Almond Chicken Carrot and Barley Pilaf Succotash Rye Bread Fresh Apple Calories: 690 Fat: 18% Sodium: 550mg Carb: 102g	6 Beef Burgundy Mashed Potatoes Carrot Coins Wheat Roll Fresh Plum Calories: 520 Fat: 22% Sodium: 470mg Carb: 64g
9 ♦ Low Sodium Hotdog with Ketchup Lyonnais Potatoes Tuscany Vegetables Hotdog Bun Fresh Peach Calories: 705 Fat: 43% Sodium: 1080mg Carb: 75g	10 Krunch Lite Fish with Tartar Sauce Brown Rice Jardinière Vegetables Pumpnickel Bread Fresh Orange Calories: 675 Fat: 29% Sodium: 770mg Carb: 89g	11 Mediterranean Chicken Orzo Vegetable Blend Spinach Oatmeal Bread Pineapple Calories: 675 Fat: 22% Sodium: 865mg Carb: 89g	12 Pepper Steak Red Bliss Potatoes Broccoli Wheat Bread Apple Cinnamon Muffin MOD: Fruit Grahams Calories: 770 Fat: 35% Sodium: 825mg Carb: 87g	13 Egg Salad Pesto Pasta Salad Summer Vegetable Salad Rye Bread Pistachio Pudding MOD: Diet Pudding Calories: 850 Fat: 37% Sodium: 895mg Carb: 94g
16 Beef Stroganoff Over Egg Noodles Broccoli Pumpnickel Bread Pineapple Calories: 580 Fat: 23% Sodium: 440mg Carb: 72g	17 Pork Stir Fry Oriental vegetables Brown Rice Wheat Bread Fresh Pear Calories: 655 Fat: 22% Sodium: 905mg Carb: 91g	18 Fish Tacos with Sour Cream Black Beans and Rice Pepper and Tomato Salsa Tortilla Fresh Orange Calories: 740 Fat: 38% Sodium: 840mg Carb: 90g	19 Roasted Turkey with Gravy Half Baked Potato Broccoli Wheat Dinner Roll Chocolate Chip Cookie MOD: Diet Cookie Calories: 640 Fat: 34% Sodium: 980mg Carb: 73g	20 California Chicken Salad Potato Salad Tomato + Cucumber Salad Multigrain Bread Light Apple Rhubarb Crisp Calories: 725 Fat: 34% Sodium: 530mg Carb: 82g
23 Hawaiian Roast Pork Oven Roasted Potatoes Brussel Sprouts Corn Muffin Fresh Nectarine Calories: 780 Fat: 25% Sodium: 955mg Carb: 107g	24 ♦ BBQ Chicken with Hamburger Bun Corn Cabbage and Carrots Watermelon Calories: 565 Fat: 19% Sodium: 1015mg Carb: 79g	25 Baked Ziti with Meat Sauce Honey Glazed Carrots Italian Bread Mandarin Oranges Calories: 745 Fat: 22% Sodium: 615mg Carb: 108g	26 Tuna Salad Vegetable Pasta Salad Cole Slaw Multigrain Bread Mixed Fruited Jell-O Light Calories: 795 Fat: 36% Sodium: 940mg Carb: 85g	27 Meatloaf au Jus with Ketchup Mashed Potatoes Carrot Coins Wheat Roll Fresh Apple Calories: 760 Fat: 27% Sodium: 845mg Carb: 103g
30 Lasagna Peas and Onions Spinach Parmesan Rye Bread Fresh Orange Calories: 610 Fat: 22% Sodium: 860mg Carb: 88g				Milk and margarine are served at every meal and are included in the nutrition breakdown ♦ Indicates entrée has > 700 mg Sodium

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



PEOPLE PROFILE . . . FEATURING Joyce Curran, our wonderful Outreach Coordinator for the past fifteen years! Joyce was originally born and raised in Hingham and attended all her school years there, in addition to meeting the love of her life, Bill, in 1963. Bill and her married, lived a while in S. Weymouth, as well as Pittsfield, Mass. They raised five boys, of which 4 live locally and 1 lives in North Carolina, where they visit as often as possible. They have five grandchildren. Bill's job has taken them on many interested travels, including trips to Hawaii and Nassau. They chose to live in Halifax 47 years ago, and love the country setting. Joyce wishes she could have the gardening talents but hopes someday she'll be able to learn more about keeping plants healthy and alive! Joyce loves to read stories with happy endings and eating at Grill 58 and All Seasons Restaurant, especially Italian offerings. She doesn't often order desserts, but loves her main courses. Family pets have usually been dogs, but only one at a time! Joyce loves the connection that she has with the elderly in our town, and we're so glad that she's always ready to listen and help where needed.

Please call our office in advance if you need a ride to the pharmacy, medical or grocery appointments. Every Thursday at noon, the van travels to Stop & Shop and Fridays at 9am it will travel to WalMart and other town errands.

First come, first served on Fridays 8am-2pm for medical appointments.



The cost for service: roundtrip

Halifax—\$2.00

South Shore area / towns—\$6.00

Cape Cod (over bridge) - \$10.00

Boston—\$30.00

UPCOMING 'LOVE TO WALK' plans include:

June 9: Webb State Park, Weymouth

June 23: Castle Island, S. Boston

Watch for details on July through October in upcoming

Please call to join the walking group!

From Our Director...

Did you happen to see a "brand new" blue & white Senior van running around town lately? We are excited to announce we received the 8 passenger van on April 9th, 2014, all the way from New York! It is a Ford, 2013- E350 from a Department of Transportation grant over one year ago. It is an eight passenger van with capacity for two wheelchairs. The van is driven by our four dedicated drivers, John Kealey, Frank Sullivan, Chris Tompkins and Deb Killeffer, Monday through Friday for medical appointments, grocery shopping, town errands and special events.

Our heartfelt thanks to the Municipal and School Building Committee for their grand efforts the past months with the project for purchasing All Season's Restaurant (with more needed space), for the location of the Senior Center. An update of Town Meeting on May 12 with Article 2 for the purchase of All Season's Restaurant was a very close vote, not quite making the 2/3 vote needed. A reconsideration was made that same night and then brought up on May 13th meeting floor, with more discussion and the vote at night's end was defeated a second time, but again was very close. Many, many thank-you's to all of you who dedicated themselves to positive efforts with this well needed Article for many years! We remain proud that so many townspeople rallied together (just like the old days) like communities did, to support one another for the needs of our seniors, who have given so much through the years! Keep up your good works and continue my friends to pay it forward always, you will never regret it!

~~ Fondly, Barbara

HEALTHY EATING, HEALTHY MOVING, HEALTHY YOU!

Eating fish the healthy "weigh"!

Eat FISH for great taste. Check out your cookbooks or go online to 'troll' for ideas.

Eat fish to protect your heart. The American Heart Association has good reason to recommend two fish meals per week. The omega-3 fatty acids in fish (especially in darker-colored fish like salmon and trout) significantly reduce heart disease risk in women and men. Think healthy, eat healthy, move healthy for a more HEALTHY YOU!