## OCES NUTRITION PROGRAM December 2016



Old Colony Elder Services
Providing services to the community since 1974

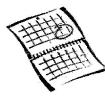
Community Dining Menu

Please call the nutrition department for meal cancellations by

10 am two days before delivery-508-584-1561.

Suggested donation-\$2.50/meal

MONDAY			Menu subject to ch				WW=whole wheat		WG=whole grain	
	MONDAY		1.10114 540,000 00 0		. ,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,				FRIDAY	
Fresh Orange   Fres		on is		_		2)			2	
Including bread, milit, & margarine Leach Item is followed by the mility grams of southurn in parentheses. Nutrition information is approximate   Nutrition information information is approximate   Nutrition information information is approximate   Nutrition information info		<b>JAI</b> 15	ADP		MRPR	d	!	(343)	Spanish Pot Roast	(99)
		r &,	Dec	<u> </u>	TATTACTA			- 20		
Section   Control   Cont				.0				(-1)		(3.7)
grams of sodium in parentheses. Nutrition information is approximate 19% Milke 107 mg sodium Margarine-47 mg sodi						)	1000	(10)		(15)
Parentheses. Nutrition	-			- \$		_				
Information is approximate   10% Milk=107 mg sodium   Sodium's 40% of 10%   Sodium's 40% of 10% of 10%   Sodium's 40% of 10%	[0]				_					
1945 Milk-107 mg sodium	A TOTAL CONTRACTOR AND				<b>~</b>		,	, ,	riesiireai	(2)
Margarine=47 mg sodium			AND					W12 10 12 12 12 12 12 12 12 12 12 12 12 12 12		10.000
5   Chicken Marsala   (459)   7   Breaded Pork   (500)   8   w/Lemon Wedge   Brown Wild Rice   Brown Wild Rice   Blend   (35)   Spring Summer   (4) Roasted Red Bliss   Potatoes   (25)   Roman Vegetable   Green Beans   (3)   Vegetable Blend   (35)   Onions   (36)   WW Dinner Roll   (350)   Roman Vegetable   Roman Vegetable   (350)   Roman Vegetable   (350)   Roman Vegetable   (350)   Roman Vegetable   (350)   Roman Vegetable   Roman Vegetable   (350)   Roman Vegetable   (350)   Roman Vegetable			· S				CONTRACTOR OF THE PROPERTY OF THE PROPERTY OF THE PARTY O			10 / 4
Turkey Chili		шш	6 Chickon Marcala	(450)	7 Pranded Dark*	(500)		278		JU,715
Brown Wild Rice   Pasta				(459)	Date to been proposed assessed assessed	,				(220)
Blend		(822)	arana			(0)	-			
Green Beans   Garmer   Green Beans   Garmer				(4)	K)		garant come our mentions can use as as as as as a surple of as	(41)		
Corn Bread   (211)   Multigrain Bread   (150)   Onions   (50)   WW Dinner Roll   (180)   WW Hamburger   (250)   Roll   (250)		25 (4)				(25)				
Mandarin Oranges								100		(130)
MOD: Lorna Doones   100   Banana   11   MOD: Waffle Snaps   65   Fresh Orange   10	and technology are account technology					, ,				
Calories 706   Sodium 923mg   Carb   98.56   Sodium \$40mg   Carb   16.76   Sodium \$68mg   Carb   92.85   Sodium 1937mg   Carb   98.57   Sodium \$40mg   Carb   16.76   Sodium 1937mg   Carb   98.57   Sodium 1937mg   S	Mandarin Oranges	100	_			12 21	_			(250)
13				(100)		(1)				(0)
13					THE CONTRACT OF THE PARTY OF TH					<u> </u>
Ravioli w/   (477   Swiss Cheese   Spanish Chicken   (461   Cheeseburger   (384)   w/Apple Glaze   (384   W/Appl				98.5g		116./g				
Meat Sauce		1								
Chef's Choice	,		Sale Control		•		_	1		
Vegetable Blend         (30)         Peppers & Onions         (2)         Blend         (32)         Vegetable Blend         (65)         Fiesta Vegetable Blend         (15)           Parmesan Cheese         (108)         Fruited Snack Loaf         (170)         Oatmeal Bread         (150)         Ketchup         (82)         Pumpernickel Bread         (280)           Multigrain Bread         (150)         Applesauce         (14)         Lemon Square         (105)         WW Hamburger Roll         (250)         Fruited Oatmeal Bar         (85)           Apricots         (5)         Calories 777         Calories 689         Calories 794         Calories 794 </td <td>Second Associate Color C</td> <td></td> <td></td> <td></td> <td></td> <td>(35)</td> <td></td> <td></td> <td></td> <td>nd</td>	Second Associate Color C					(35)				nd
Parmesan Cheese         (108)         Fruited Snack Loaf (170)         (170)         Oatmeal Bread         (150)         Ketchup         (82)         Pumpernickel Bread         (280)           Multigrain Bread         (150)         Applesauce         (141)         Lemon Square         (105)         WW Hamburger Roll         (250)         Fruited Oatmeal Bar         (85)           Apricots         (5)         Calores (77)         Calores (89)         Calores (79)         Calores (80)         Portato         Calores (80)         WW Dinner Roll		1						- 1	• • •	
Multigrain Bread (150) Applesauce (14) Lemon Square (105) WW Hamburger Roll (250) Fruited Oatmeal Bar (85) Apricots (5) Calories (62 Calories 777 Calories (69) Calories (777 Calories (69) Calories (778 Calories (69) Calories (779 Calories (69) Calories (779 Calories (779 Calories (779 Carb (1012)) Sodium; 93 ng Carb (91 og Sodium; 95 ng Carb (92 1g Sodi										(15)
Apricots (5)						10 12	•	- 1		(280)
Calories   662   Calories   777   Calories   689   Calories   794   Calories   814	1	(150)	Applesauce	(14)	•			(250)	Fruited Oatmeal Bar	(85)
Sodium 1048mg   Carb   92.28   Sodium 700mg   Carb   99.98   Sodium 937mg   Carb   91.68   Sodium 950mg   Carb   92.18   Sodium 581mg   Carb   101.28	Apricots	(5)			MOD:Vanilla Wafers	(65)	Pears	(6)	MOD:SF Lemon Cookie	(60)
Sodium   1048mg   Carb   92 22   Sodium   700mg   Carb   99 8   Sodium   937mg   Carb   91 6   Sodium   950mg   Carb   92.1   Sodium   581mg   Carb   101.2	Calories: 662		Calories: 777		Calories:689		Calories: 794		Calories: 814	
Chicken, Broccoli,	Sodium:1048mg Carb:			99,9g				92.1g	Sodium: 581mg Carb:	101,2g
& Ziti Alfredo       (419)       Casserole       (172)       Italian Roasted       w/Dill Sauce       Whipped Sweet         Carrots       (67)       Spinach       (110)       Potatoes       (6)       Apple Butternut       (30)       Peas & Onions       (72)         Fresh Orange       (0)       Brownie       (100)       WW Dinner Roll       (180)       Apple Butternut       (30)       Peas & Onions       (72)         Fresh Orange       (0)       Brownie       (100)       WW Dinner Roll       (180)       Marble Rye Bread       (280)       Pumpkin Cookie       (139)         MoD: Waffle Snaps       (65)       Banana       (11)       Marble Rye Bread       (280)       Pumpkin Cookie       (139)         Fresh Pear       (2)       MOD: SFChocChipCk       (55)         Calories: 667       Calories: 742       Calories: 785         Sodium: 522mg       Carb       89.9g       Sodium: 706mg       Carb       71.9g       Sodium: 843mg       Carb       94.6g       Sodium: 523mg       Carb       100.3g       Sodium: 1484mg       Carb         26       27 No Milk Served       Chicken a L'Orange       (327)       Catch of the Day       W/Meat Sauce       (102)       Broccoli       102       Beef Lo Mein w/	19		20		21		22		23 Baked Ham w/**	
Carrots (67) Spinach (110) Potatoes (6) Parslied Bowtie Pasta (4) Potato (24) Mulitgrain Bread (150) Green Beans (3) Apple Butternut (30) Peas & Onions (72) Squash (4) Wheat Bread (115) Marble Rye Bread (280) Pumpkin Cookie (139) Presh Pear (2) MOD:SFChocChipCk (55) Calories 667.  Calories 667.  Calories 667.  Calories 699 (1) 10 Calories 762 Calories 785 Sodium 822mg Carb 80.96 Sodium 706mg Carb 71.9g Sodium 842mg Carb 94.6g Sodium 523mg Carb 100.3g Sodium 1484mg Carb 101.4g W/Florentine Sauce (102) W/Florentine Sauce (102) Spring Summer (102) Sweet Potato Tots (380) Parmesan Cheese (108) Snap Peas&Carrots (333) Asian Vegetable Blend (25) Served (150) Apple Juice (5) Apple Cinnamon (150) Ww Dinner Roll (180) Hot Caramelized (150) Peaches (150) Fortune Cookie (5) Fruited Yogurt (75) Waffle Snaps (80) Calories 742 Calories 784  Calories 697 (102) Sodium 523mg Carb 100.3g Sodium 1484mg Carb 101.4g W/Meat Sauce (102) Broccoli (12) Broccoli (12) Broccoli (12) Broccoli (12) Broccoli (139) Parmesan Cheese (108) Snap Peas&Carrots (333) Asian Vegetable Blend (25) Ww Dinner Roll (180) Hot Caramelized Wheat Bread (115) Fortune Cookie (5) Fruited Yogurt (75) Waffle Snaps (80) Calories 742 Calories 804	Chicken, Broccoli,		Beef, Rice, & Pepper		Greek Chicken	(489)	Baked Salmon	(208)	Pineapple Glaze	(979)
Carrots (67) Spinach (110) Potatoes (6) Parslied Bowtie Pasta (4) Potato (24) Multigrain Bread (150) Green Beans (3) Apple Butternut (30) Peas & Onions (72) Squash (4) Wheat Bread (115) MoD: Waffle Snaps (65) Banana (1) Marble Rye Bread (280) Pumpkin Cookie (139) Fresh Pear (2) MoD:SFChocChipCk (55) Calories (667) Calories (667) Sodium 822mg Carb: 89.92 Sodium 706mg Carb: 71.93 Sodium 843mg Carb: 94.63 Sodium: 523mg Carb: 100.33 Sodium: 1484mg Carb: 101.43 Spring Summer (102) Ww Dinner Roll (103) Wightentine Sauce (102) Broccoli (102) Broccoli (102) Spring Summer (103) Ww Dinner Roll (103) Ww Dinner Roll (103) Hot Caramelized (103) Apple Juice (5) Apple Cinnamon (103) Peaches (103) Waffle Snaps (80) Fruited Yogurt (75) Waffle Snaps (80) Calories 742 Calories 742 Calories 804	& Ziti Alfredo	- 1		(172)	Italian Roasted		w/Dill Sauce			
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Fresh Orange (0) Brownie (100) WW Dinner Roll (180) Squash (4) Wheat Bread (115) MOD: Waffle Snaps (65) Banana (1) Marble Rye Bread (280) Pumpkin Cookie (139) Fresh Pear (2) MOD:SFChocChipCk (55) Calories (667. Calories 714 Calories 699 (13	Garlic Roll	0 0 2		100		(3)	Apple Butternut	20.00		
MOD: Waffle Snaps (65) Banana (1) Marble Rye Bread (280) Pumpkin Cookie (139) Fresh Pear (2) MOD:SFChocChipCk (55) Calories: 667. Calories: 667. Sodium: 822mg Carb: 89.9g Sodium: 706mg Carb: 71.9g Sodium: 848mg Carb: 94.6g Sodium: 523mg Carb: 100.3g Sodium: 1484mg Carb: 101.4g  26	Fresh Orange				Y.Y.					
Calories 667							•			
Calories 667         Calories 714         Calories: 699         Calories: 762         Calories: 785           Sodium: 822mg         Carb         89.9g         Sodium: 706mg         Carb         71.9g         Sodium: 843mg         Carb         94.6g         Sodium: 523mg         Carb         100.3g         Sodium: 1484mg         Carb         101.9g           26         27 No Milk Served         28         29 WG Lasagna Rolls         (290)         30           Chicken a L'Orange         (327)         Catch of the Day         w/Meat Sauce         (102)           Rice w/Orzo&Peas         (96)         W/Florentine Sauce         (150)         Broccoli         (12)         Beef Lo Mein w/           Spring Summer         Sweet Potato Tots         (380)         Parmesan Cheese         (108)         Snap Peas&Carrots         (333)           Meals         Vegetable Blend         (65)         Zucchini&Tomatoes         (56)         Italian Bread         (380)         Asian Vegetable Blend         (25)           Served         Rye Bread         (150)         WW Dinner Roll         (180)         Hot Caramelized         Wheat Bread         (115)           Apple Juice         (5)         Apple Cinnamon         Peaches         (75)         Fortune Cookie         (5)		- 1	r	()		<b>3</b>	•			
Sodium: 822mg         Carb         89.9g         Sodium: 706mg         Carb         71.9g         Sodium: 843mg         Carb         94.6g         Sodium: 523mg         Carb         100.3g         Sodium: 1484mg         Carb         101.3g           26         27 No Milk Served         28         29 WG Lasagna Rolls         (290)         30         (290)         30         (290)         30         (290)         30         (290)         30         (290)         30         (290)         30         (290)         30         (290)         30         (290)         30         (290)         30         (290)         30         (290)         30         (290)         30         (290)         30         (290)         30         (290)         30         (290)         30         (290)         30         (200)         (2	Calories: 667		Calones 714		Calories: 699	n e				
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Meals Vegetable Blend (65) Zucchini&Tomatoes (56) Italian Bread (380) Asian Vegetable Blend (25) Rye Bread (150) WW Dinner Roll (180) Hot Caramelized Wheat Bread (115) Apple Juice (5) Apple Cinnamon Peaches (75) Fortune Cookie (5) Fruited Yogurt (75) Waffle Snaps (80) Pineapple (0) Calories: 667 Calories: 815 Calories: 742 Calories: 804	No		Spring Summer					,	ALC: No.	(333)
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	7			99.1g	The state of the s					110.7g



IF YOU NEED a Meals on Wheels menu calendar for the month of January, kindly call our office in late December. We will not have it available from Old Colony Elder Services until that time.

Do you need a ride to a doctor's appointment or to do food shopping? Call our office to check on the van availability....we are here to try and accommodate your needs.

Thursday, noon to 1pm pick up = Stop & Shop Friday, 9-10 am pick up = Wal-Mart & errands

## Van rates, round-trip

In town = \$3.00 Surrounding towns = \$6.00 (E. Bridgewater, Hanson, Pembroke, Plympton)

Outer Towns = \$8.00

(Brockton, Weymouth, Plymouth, Hanover, etc.)

Cape Cod = \$12.00 Boston = \$30.00 (one way OR round-trip)

, etc.) R round-trip)

WE HAVE TWO OPPORTUNITIES THAT WOULD BE OF INTEREST TO ALL GENDERS AND AGES....



Adult Coloring is on Thursday afternoons (1-3pm) with a time to just enjoy making a black and white page turn into color and vibrancy!

Joy of Writing is on Monday afternoons (2pm) when you can explore the dynamics and flow of writing your thoughts or life experiences on paper and get ideas from others to improve, enhance or develop your writing skills.

You are invited to have a **manicure**, pedicure or waxing with JULIE on first Tuesday of any month.



## Cash-only prices are:

Basic with hand massage ~ \$7

French manicure with hand massage ~ \$10

Polish removal, shaping of nails and new polish ~ \$5

Pedicure with massage and polish ~ \$22

Combine pedicure and manicure~ \$25

Waxing of facial area ~ \$7

You MUST make an appointment before scheduled day! (\*)