

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.

Menu subject to change without notice.

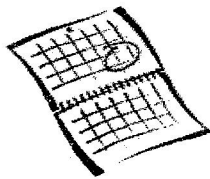
Suggested donation-\$2.50/meal

WW=whole wheat

WG=whole grain

MONDAY	DECEMBER		THURSDAY	FRIDAY
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=47 mg sodium			1 Chicken Cacciatore (343) Rotini Pasta (4) Italian Vegetable Blend (19) Oatmeal Bread (115) Chocolate Cupcake (170) MOD: SF Oatmeal Cookie (65) Calories: 734 Sodium: 840mg Carb: 94g	2 Spanish Pot Roast (99) Whipped Yams (31) Fiesta Vegetable Blend (15) WW Dinner Roll (180) Fresh Pear (2) Calories: 671 Sodium: 414mg Carb: 100.4g
5 Turkey Chili*❖ (822) Brown Wild Rice Blend (35) Green Beans (3) Corn Bread (211) Mandarin Oranges (7) Calories: 706 Sodium: 1312mg Carb: 100.7g	6 Chicken Marsala (459) Parslied Bowtie Pasta (4) Spring Summer Vegetable Blend (65) Multigrain Bread (150) DbleChocChipCk (164) MOD: Lorna Doones (100) Calories: 751 Sodium: 923mg Carb: 98.5g	7 Breaded Pork* w/Lemon Wedge (500) Roasted Red Bliss Potatoes (25) Collard Greens w/ Onions (50) Rye Bread (150) Banana (1) Calories: 805 Sodium: 840mg Carb: 116.7g	8 Beef Burgundy (100) Herbed Brown Rice (41) Roman Vegetable Blend (32) WW Dinner Roll (180) Chocolate Pudding (200) MOD: Waffle Snaps (65) Calories: 698 Sodium: 688mg Carb: 92.8g	9 Fish Filet (220) Tater Tots (341) Green Beans (3) Tartar Sauce (130) WW Hamburger Roll (250) Fresh Orange (0) Calories: 804 Sodium: 1099mg Carb: 99.5g
12 Ravioli w/ Meat Sauce (477) Chef's Choice (102) Vegetable Blend (30) Parmesan Cheese (108) Multigrain Bread (150) Apricots (5) Calories: 662 Sodium: 1048mg Carb: 92.2g	13 Swiss Cheese (296) Omelette (62) Home Fries (2) Peppers & Onions (170) Fruited Snack Loaf (14) Applesauce (14) Calories: 777 Sodium: 700mg Carb: 99.9g	14 Spanish Chicken (461) Brown Wild Rice Blend (35) Jardiniere Vegetable Blend (32) Oatmeal Bread (150) Lemon Square (105) MOD: Vanilla Wafers (65) Calories: 689 Sodium: 937mg Carb: 91.6g	15 Cheeseburger (384) Parslied Potatoes (8) Spring/Summer Vegetable Blend (65) Ketchup (82) WW Hamburger Roll (250) Pears (6) Calories: 794 Sodium: 950mg Carb: 92.1g	16 Roast Pork (56) w/Apple Glaze (3) Brown Rice Orzo Blend w/Red Pepper (96) Fiesta Vegetable Blend (15) Pumppernickel Bread (280) Fruited Oatmeal Bar (85) MOD: SF Lemon Cookie (60) Calories: 814 Sodium: 581mg Carb: 101.2g
19 Chicken, Broccoli, & Ziti Alfredo (419) Carrots (67) Garlic Roll (181) Fresh Orange (0) Calories: 667 Sodium: 822mg Carb: 89.9g	20 Beef, Rice, & Pepper Casserole (172) Spinach (110) Multigrain Bread (150) Brownie (100) MOD: Waffle Snaps (65) Calories: 714 Sodium: 706mg Carb: 71.9g	21 Greek Chicken (489) Italian Roasted Potatoes (6) Green Beans (3) WW Dinner Roll (180) Banana (1) Calories: 699 Sodium: 843mg Carb: 94.6g	22 Baked Salmon (208) w/Dill Sauce Parslied Bowtie Pasta (4) Apple Butternut (30) Squash (4) Marble Rye Bread (280) Fresh Pear (2) Calories: 762 Sodium: 523mg Carb: 100.3g	23 Baked Ham w/*❖ (979) Pineapple Glaze (979) Whipped Sweet Potato (24) Peas & Onions (72) Wheat Bread (115) Pumpkin Cookie (139) MOD: SFChocChipCk (55) Calories: 785 Sodium: 1484mg Carb: 101.4g
26 No Meals Served	27 No Milk Served Chicken a L'Orange (327) Rice w/Orzo&Peas (96) Spring Summer Vegetable Blend (65) Rye Bread (150) Apple Juice (5) Fruited Yogurt (75) Calories: 667 Sodium: 764mg Carb: 99.1g	28 Catch of the Day w/Florentine Sauce (150) Sweet Potato Tots (380) Zucchini&Tomatoes (56) WW Dinner Roll (180) Apple Cinnamon Waffle Snaps (80) Calories: 815 Sodium: 1047mg Carb: 112.2g	29 WG Lasagna Rolls (290) w/Meat Sauce (102) Broccoli (12) Parmesan Cheese (108) Italian Bread (380) Hot Caramelized Peaches (75) Calories: 742 Sodium: 1122mg Carb: 96.4g	30 Beef Lo Mein w/ Snap Peas&Carrots (333) Asian Vegetable Blend (25) Wheat Bread (115) Fortune Cookie (5) Pineapple (0) Calories: 804 Sodium: 653mg Carb: 110.7g

*Indicates food item with >500mg sodium ❖=high sodium meal "Catch of the Day"=fish type will vary each month (nutrition information is approximate)
If you desire to reduce carbohydrates or sodium in your meal, consider saving items such as bread, milk, or dessert for a snack or have them with another meal.



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

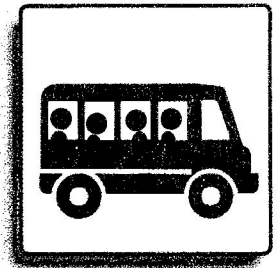
Van rates, round-trip

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)



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! (*)

