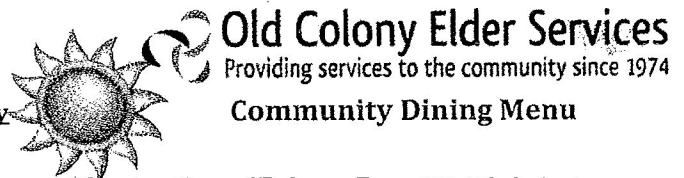


MAY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 9:00 Church 10:00 Computer Class & Cards 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting	2 9-11 Men's Coffee Time & SHINE* 10:00 TRIAD 12:00 Lunch* 12:30 Nails By Julie*	3 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch*	4 9-11 Men's Coffee Time 9-11 Networking Group in Halifax 9:00 Men's Coffee 10:00 Oil Painting 12:00 SPECIAL Lunch* 12:30 Grocery Shopping 1-3 Adult	5 9:00 Errands & 10:00 Exercise 10:00 Exercise 12:00 Lunch* 1:00 Office closes
8 9:00 Church 10:00 Computer Class & Cards 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joy of Writing	9 9-11 Men's Coffee Time & SHINE* 9-11 Men's Coffee Time & SHINE* 12:00 Lunch* Noon-2:30 PediRN*	10 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch* Mother's Day Tea & Lunch 	11 8:30 Wellness Check 9-11 Networking Group in Halifax 9:00 Men's *Coffee 9-12 PediRN 10:00 Oil Painting 12:30 Grocery Shopping 1-3 Adult Coloring	12 9:00 Errands & Love to Walk group* 10:00 Exercise 12:00 Lunch* 1:00 Office closes 14 SUNDAY Mother's Day
15 9:00 Church & Shop/ Lunch Trip* 10:00 Computer Class & Cards 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joy of Writing	16 10 Board Mtg 10:00 Board Mtg 12:00 Lunch*	17 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga, Veterans Chat 12:00 Lunch and Learn* 1-3 Adult Coloring	18 9-11 Men's Coffee Time 8:30 Wellness Check 10:00 Oil Painting 12:30 Grocery Shopping 1-3 Adult coloring 1:30 Generation Connection	19 20 9:00 Errands* 10:00 Exercise 12:00 Lunch* 1:00 Office closes
22 9:00 Church 10:00 Computer Class & Cards 11-12 Tai Chi/Town Hall 12:00 Pizza Lunch* 1-3pm Crochet/ Knitting 2:00 Joy of Writing	23 9:30a-2pm Senior Celebration Van Trip to Brockton 9-11 Men's Coffee Time & SHINE* 12:00 Lunch*	24 10am-noon Quilting 10a-1p Brown Bag 10:30 Wii games 11:00 Stop & Shop Pharmacy Visit* and Chair Yoga 12:00 Lunch*	25 8:30 Wellness Check 9:00 Men's Coffee Networking Group/ Marshfield 10:00 Oil Painting 12:00 Lunch* 12:30 Grocery Shopping 1-3 Adult Coloring	26 9:00 Errands* 10:00 Exercise 10:00 Exercise 11:00 Legal Help with Atty. Rawlins 12:00 Lunch* 1:00 Office closes
29 MEMORIAL DAY OFFICE CLOSED  With Honor & Gratitude We Remember	30 9-11am Men's Coffee Time & SHINE* 10:00 Board Mtg 12:00 Lunch*	31 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch* & Barbeque 2:30-4pm Earring Creations*	LINE DANCING EVERY TUESDAY: 3:00pm & WENESDAY: 6:30pm @ All Season's Resta- rant 	LOCAL FOOD PANTRYS: •Congregational Church (503 Plymouth St./Rt.106) Tuesdays @ 2:30-4pm 781-293-6393 •Our Lady of the Lake Church, 2nd and last Saturday of every month 9:00-10:30am. 781-293-7971

OCES NUTRITION PROGRAM

May 2017



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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Chicken Marsala (459) Penne Pasta (4) Green Beans w/Red Pepper & Onion (4) Italian Bread (380) Apple Cinnamon Waffle Snaps (80) Calories: 729 Sodium: 1081mg Carb: 104g	2 Catch of the Day w/Newburg Sauce ~ (100) Brown Rice Pilaf with Vegetables (94) Asian Veg. Blend (25) WW Dinner Roll (180) Fruited Oatmeal Bar (85) Calories: 743 Sodium: 734mg Carb: 99g	3 WG Lasagna Rolls (290) w/Meat Sauce (102) Broccoli (12) Parmesan Cheese (35) Garlic Roll (181) Hot Caramelized Peaches (75) Calories: 716 Sodium: 850mg Carb: 84g	4 Chef's Salad (468) w/Turkey&Egg (57) Potato Salad (34) Three Bean Salad (156) Italian Dressing (150) Oatmeal Bread (150) Raisins (4) Calories: 794 Sodium: 1024mg Carb: 98g	5 Roast Pork Loin w/ Pineapple Raisin Sce (58) Roasted Sweet Potatoes (41) Fiesta Vegetable Blend (29) Wheat Bread (115) Fresh Orange (0) Calories: 845 Sodium: 398mg Carb: 100g
8 Meatballs (190) w/Marinara Sauce (91) Italian Roasted Potatoes (6) Garden Vegetable Blend (2) Sub Roll (330) Fresh Apple (2) Calories: 852 Sodium: 735mg Carb: 129g	9 Spanish Chicken (461) Brown Wild Rice Blend (31) Jardiniere Vegetable Blend (32) Multigrain Bread (150) DoubleChcChipCk (165) MOD:SFChocChipCk (65) Calories: 760 Sodium: 992mg Carb: 97g	10 California Turkey Salad (485) Pasta Salad Vinaigrette (8) Riviera Salad (81) Snowflake Roll (180) Chocolate Pudding (200) MOD: Lemon Grahams (95) Calories: 712 Sodium: 1109mg Carb: 95g	11 Meatloaf w/Gravy (139) Mashed Potatoes (135) Beets (173) WW Dinner Roll (180) Mandarin Oranges (7) Calories: 712 Sodium: 788mg Carb: 80g	12 Salmon w/ Mango Salsa (93) Sweet Potato Tater Tots (380) Summer Spring Vegetable Blend (67) Wheat Bread (115) Honey Dew Melon (15) Calories: 709 Sodium: 824mg Carb: 96g
15 Shepherd's Pie (112) Broccoli (12) Rye Bread (150) Raspberry Cookie (195) MOD:SF Oatmeal Cookie (65) Calories: 755 Sodium: 624mg Carb: 83g	16 Tuna Salad on Lettuce Bed (120) Tricolor Pasta Salad (52) Purple Cabbage Cole Slaw (56) Mini Kaiser Roll (200) Vanilla Cupcake (215) MOD:SF LemonCk (60) Calories: 925 Sodium: 752 mg Carb: 108g	17 Chicken, Broccoli, & Penne Alfredo (675) Carrots (67) Garlic Roll (181) Fresh Orange (0) Calories: 673 Sodium: 1078mg Carb: 91g	18 Cheese Frittata w/Red Peppers & Mushrooms (210) Seasoned Potato Wedges (261) Peppers & Onions (2) Fruit Loaf (170) Orange Juice (0) Fruited Yogurt (70) Calories: 777 Sodium: 765mg Carb: 106g	19 Beef Lo Mein w/Snap Peas (333) & Carrots Asian Vegetable Blend (25) Wheat Bread (115) Fortune Cookie (5) Pineapple (0) Calories: 804 Sodium: 633mg Carb: 110g
22 Macaroni&Cheese (366) Roman Veg.Blend (12) Multigrain Bread (150) Hot Caramelized Pears (75) Calories: 758 Sodium: 757mg Carb: 124g	23 Potato Crunch Fish (270) Herbed Brown Rice (40) Green Beans (3) Tartar Sauce (130) Corn Bread (211) Lemon Pudding (200) MOD:Waffle Snaps (80) Calories: 920 Sodium: 1009mg Carb: 112g	24 Egg Salad (170) Italian Pasta Salad (89) Spinach Salad w/ Mandarin Oranges (33) Snowflake Roll (200) Fresh Apple (2) Calories: 719 Sodium: 648mg Carb: 96g	25 Italian Pot Roast (191) Roasted Sweet Potatoes (41) Zucchini&Tomatoes (56) Wheat Bread (115) Brownie (100) MOD:Choc.Grahams (87) Calories: 737 Sodium: 688mg Carb: 79g	26 Chicken Parmesan* (722) Rotini Pasta (4) California Vegetable Blend (27) Parmesan Cheese (35) Oatmeal Bread (150) Banana (1) Calories: 779 Sodium: 1098 mg Carb: 105g
29 Memorial Day No Meals Served 	30 Chicken Cacciatore (343) Brown Rice w/ Orzo w/Peas (97) Carrots&Cauliflower (47) Rye Bread (280) Vanilla Pudding (200) MOD:Strawberry Grhm (87) Calories: 717 Sodium: 1121mg Carb: 98g	31 Cheeseburger (338) Tater Tots (341) Brussel Sprouts (17) Ketchup (82) WW Hamburger Roll (230) Cantaloupe Cubes (14) Calories: 736 Sodium: 1177mg Carb: 73g		

*Indicates food item with >500mg sodium ♦=high sodium meal "Catch of the Day"=fish type will vary each month (nutrition information is approximate)