

OCES NUTRITION PROGRAM

August 2017



Old Colony Elder Services

Providing services to the community since 1974

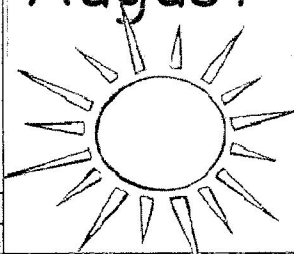
Community Dining Menu

Please call the nutrition department for meal cancellations by

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

Suggested Donation-\$2.50/meal

Menu subject to change without notice. SF=Sugar Free WG=Whole Grain Lt=Light

MONDAY	TUESDAY	WEDNESDAY	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 7 NO MILK SERVED Frittata w/Cheddar Cheese Red Peppers&Mushrooms (210) Baked Tomato Half (258) Home Fries (62) Croissant (230) Apple Juice (5) Fruited Yogurt (75) Calories: 841 Sodium: 887mg Carb: 93g	1 Chicken w/Mushroom & Red Pepper Sauce (401) Brown Rice w/Orzo and Peas (78) Brussel Sprouts (17) Multigrain Bread (150) Chocolate Pudding (200) MOD:SFChocChCk (55) Calories:659 Sodium:1000mg Carb: 87g	2 Roast Beef on Lettuce Bed (54) Pasta Salad Vinaigrette (8) Cucumber, Feta, & Onion Salad (80) Lt.Mayonnaise(4)Mustard(55) Mini Kaiser Roll (200) Raisins (4) Calories:924 Sodium:559mg Carb: 99g	3 Roast Turkey w/Gravy* (563) Mashed Potatoes (135) Butternut Squash w/Apples (4) Cranberry Sauce (4) WW Dinner Roll (180) Mandarin Oranges (7) Calories: 712 Sodium: 1047mg Carb: 94g	4 Macaroni & Cheese (366) Broccoli Florets (12) Garlic Roll (181) Fresh Nectarine (0)  Calories: 723 Sodium: 714mg Carb: 120g
14 Meatballs w/Marinara Sauce (281) Rotini Pasta (4) Italian Vegetable Blend (19) Parmesan Cheese (35) Garlic Roll (181) Fresh Apple (2) Calories:704 Sodium: 676mg Carb: 97g	15 BBQ Pork Rib (410) Mashed Potatoes (135) Green Beans (3) WW Sub Roll (230) Raspberry Filled Cookie (60) MOD:SF ChocChipCk (55) Calories: 755 Sodium: 1128mg Carb: 95g	16 Chicken Cacciatore (343) Rice Pilaf (94) Broccoli (12) Multigrain Bread (150) Hot Caramelized Peaches (75) Calories: 693 Sodium: 828mg Carb: 86g	17 Egg Salad (170) Sweet Potato Mango Salad (137) Cucumber Salad (219) Mini Kaiser Roll (200) Brownie (132) MOD: Waffle Snaps (65) Calories: 787 Sodium: 1100mg Carb: 94g	18 Beef Burgundy (100) Parslied Buttered Egg Noodles (38) Summer Spring Vegetable Blend (65) WW Dinner Roll (180) Fresh Pear (2) Calories: 720 Sodium: 540mg Carb: 97g
21 Potato Crunch Fish (270) Sweet Potato Tots (230) Scandinavian Vegetable Blend (41) Rye Bread (150) Tartar Sauce (130) Fresh Orange (0)  Calories: 747 Sodium: 975mg Carb: 92g	22 WG Lasagna Rolls w/Meat Sauce (392) Jardiniere Vegetable Blend (32) Parmesan Cheese (35) Garlic Roll (181) Butterscotch Pudding (200) MOD: SF Oatmeal Ck (65) Calories: 720 Sodium: 1040gm Carb: 92g	23 Corned Beef❖* (810) Baked Potato (4) Cabbage (20) Carrots (67) Sour Cream (13) WW Dinner Roll (180) Fruited Oatmeal Bar (85) MOD:SF Lemon Ck (60) Calories: 694 Sodium: 1334mg Carb: 93g	24 Meatloaf w/Gravy (133) Brown Rice w/Orzo and Peas (78) Diced Beets (185) WW Snowflake Roll (180) Cantaloupe Cubes (12) Calories: 710 Sodium: 742mg Carb: 73g	25 Chicken Scallopini (351) Parslied Buttered Bowtie Pasta (38) Tuscany Vegetable Blend (47) Italian Bread (380) Fresh Apple (2) Calories: 678 Sodium: 972mg Carb: 96g
28 Teriyaki Chicken (436) Fried Rice w/Peas & Carrots (45) Broccoli (12) WW Dinner Roll (180) Fortune Cookie (5) Fresh Nectarine (0) Calories: 715 Sodium: 833mg Carb: 113g	29 Catch of the Day w/Florentine Sce* (681) Brown Wild Rice Blend (40) Fiesta Vegetable Blend (15) Multigrain Bread (150) DoubleChocChip Ck (91) MOD:Waffle Snaps (65) Calories: 688 Sodium: 547mg Carb: 92g	30 Shepherd's Pie (175) Green Beans (3) Oatmeal Bread (150) Hot Caramelized Pears (75)  Calories: 732 Sodium: 558mg Carb: 78g	31 Roasted Pork Loin with Apple Glaze (59) Roasted Sweet Potatoes (41) Brussel Sprouts (17) Corn Muffin (210) Fresh Plum (0) Calories: 879 Sodium: 492mg Carb: 92g	August 

*Indicates food item with >500mg sodium ❖=high sodium meal "Catch of the Day"=fish type will vary each month



AUGUST

2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Reminder! ALL EVENTS MARKED WITH * REQUIRE RSVP !! 293-7313	1 9-11 Men's Coffee & SHINE* 12:00 Lunch* 12:30 Nails by Julie*	2 10am-noon Quilting 10:30 Wii games 11:00 Chair 12:00 Lunch*  National Coloring Book Day	3 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch* 12:30 Grocery Shopping* 1-3 Adult Coloring	4 9:00 Errands* & Love To Walk Group* (Webb Park) 10:00 Exercise 12:00 Lunch* 1:00 Office closes
7 9:00 Church 10:00 Cribbage 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	8 9-11 Men's Coffee & SHINE* 12:00 Lunch* 11:30-2:30 PediRN 	9 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch*	10 8:30 Wellness Check 9:00 Men's Coffee 12:00 Lunch* 10:00 Oil Painting 12:30 Grocery Shopping* 1-3 Adult Coloring	11 9:00 Errands* 10:00 Exercise 12:00 Lunch* 1:00 Office closes
14 9:00 Church & Shop/ Lunch Trip* (Hull) 10:00 Cribbage 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	15 9-11 Men's Coffee & SHINE* 12:00 Lunch* 1969—Woodstock's iconic music festival began	16 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga, Veterans Agent 12:00 SUMMER COOK OUT* Town Hall  Lawn	17 GENERATIONS TRIP* TO Pickity Place (8:15a-5:30p) 8:30 Wellness Check 9-11 Men's Coffee Time 10:00 Oil Painting 12:00 Lunch* 12:30 Grocery Shopping* 1-3 Adult coloring 1:00 Veteran's Chat	18 9:00 Errands* 10:00 Exercise 12:00 Lunch* 1:00 Office closes  National ICE CREAM PIE DAY
21 22 9:00 Church 10:00 Cribbage 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/ Knitting 2:00 Joys of Writing National Senior Citizens Day	22 9-11 Men's Coffee & SHINE* 12:00 Lunch* 1:00 Unique Lighthouses around the world with Ed Beaulieu*	23 10am-noon Quilting 10a-1p Brown Bag 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch* 12:30 Ice Cream Social*with Linda Felix (North River Homecare)	24 8:30 Wellness Check 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch* 12:30 Grocery Shopping* 1-3 Adult Coloring	25 9:00 Errands* & Love To Walk Group* (Nantasket) 11a-1p Legal Help with Atty. Rawlins* 12:00 Lunch* 1:00 Office closes
28 9:00 Church 10:00 Cribbage 11-12 Tai Chi/Town Hall 12:00 Pizza Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	29 9-11 Men's Coffee & SHINE* 12:00 Lunch*  Nationally Observed More Herbs, Less Salt Day	30 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch*	31 8:30 Wellness Check 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch* 12:30 Grocery Shopping* 1-3 Adult Coloring	LINE DANCING EVERY TUESDAY: 3:00pm WEDNESDAY: 6:30pm @ All Season's Restaurant 