



SEPTEMBER 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LOCAL FOOD PANTRIES: •Congregational Church (503 Plymouth St./Rt.106) Tuesdays @ 2:30-4pm 781-293-6393 •Our Lady of the Lake Church, 2nd and last Saturday 9:00-10:30am 781-293-7971		LINE DANCING EVERY TUESDAY: 3:00pm WEDNESDAY: 6:30pm @ All Season's 	 ALL EVENTS MARKED WITH • REQUIRE A RESERVATION! 293-7313	1 9:00 Errands* 10:00 Exercise 12:00 Lunch* 1:00 Office closes
 OFFICE CLOSED	5 9-11 Men's Coffee & SHINE* 12:00 Lunch* 12:30 Nails by Julie* SCHOOL'S REOPENED! 	6 7a-7p Generations Trip to NH* 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch*	7 9:00 Men's Coffee 9-11 Networking Mtg. 10:00 ART class 12:00 Special Lunch* 12:30 Grocery Shopping* 1-3 Adult Coloring	8 9:00 PediRN*, & Errands* 10:00 Exercise 12:00 Lunch* 1:00 Office closes 10—SUNDAY Grandparent's Day
11 9-2 Shopping & Lunch Van Trip* 9:00 Church 10:00 Cards/Cribbage 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing "Memorial Day" for 9/11/2001	12 9-10 Best Breakfast! 9-11 SHINE* 10:00 TRIAD 12:00 Lunch*  Chocolate Milk Shake Day	13 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga, Veteran's Agent 12:00 VERY SPECIAL Lunch* (see menu) 12:30 My Life, My Health 12-2 FLU SHOTS*	14 8:30 Wellness Check 9-11 Men's Coffee 10:00 ART class 12:00 Lunch* 12:30 Grocery Shopping* 1-3 Adult coloring	15 9:00 Love To Walk* 9:00 Errands* 10:00 Exercise 11:00 Generations Mtg* 12:00 Lunch* 1:00 Office closes
18 19 9:00 Church 10:00 Cards/Cribbage 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	19 9-11 Men's Coffee & SHINE* 12:00 Lunch* BOARD MEETING	20 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch* 1:30-3:30 Matter of Balance* begins	21 8:30 Wellness Check 9:00 Men's Coffee 10:00 ART class 12:00 Grandparent's Lunch* 12:30 Grocery Shopping* 1:00 Veteran's Chat 1-3 Adult Coloring	22 9:00 Errands* 12:00 Lunch* 1:00 Office closes  FALL AUTUMN EQUINOX BEGINS
25 9:00 Church 10:00 Cards/Cribbage 11-12 Tai Chi/Town Hall 12:00 Pizza Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing 4-6 PAINT NIGHT*	26 9-11 Men's Coffee & SHINE* 12:00 Lunch*  Johnny Appleseed Day	27 10am-noon Quilting 10:30 Wii games 10a-1p Brown Bag 11:00 Chair Yoga 12:00 Lunch* 1:30-3:30 MOB* 2:30-4pm Earring Creations*	28 8:30 Wellness Check 9:00 Men's Coffee 10:00 ART class 12:00 Lunch* 12:30 Grocery Shopping* 1-3 Adult Coloring	29 9:00 Errands* 11:00 Legal Help with Atty. Rawlins* 12:00 Lunch* 1:00 Office closes

OCES NUTRITION PROGRAM
September 2017



Old Colony Elder Services
 Providing services to the community since 1974

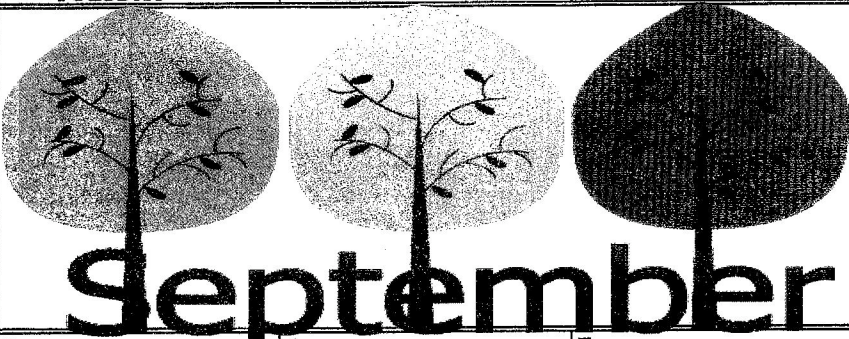
Community Dining Menu

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 milli- grams of sodium in parentheses. Nutrition information is approximate 1% Milk=107 mg sodium Margarine=47 mg sodium				1 Cheeserburger*❖ (424) Tater Tots (341) California Veg.Blend (30) Ketchup (82) WW Hamburger Roll (230) Lemon Square (105) MOD:SF Lemon Ck (60) Calories: 917 Sodium: 1366mg Carb: 85g
4 No Meals Served 	5 Omelette w/Cheese (424) Home Fries (62) Broccoli (12) Fruit Loaf (170) Cantaloupe (14)  Calories: 772 Sodium: 837mg Carb: 92g	6 Chicken Salad (453) Pasta Salad (8) Vinaigrette (56) Purple Cabbage Slaw (200) Mini Kaiser Roll (170) Chocolate Cupcake (55) MOD:SFChocChipCk Calories: 841 Sodium: 1041mg Carb: 108g	7 Italian Pot Roast (191) Baked Potato (4) Peas&Mushrooms (133) Sour Cream (13) WW Dinner Roll (180) Watermelon (2) Calories: 699 Sodium: 679mg Carb: 85g	8 Mediterranean Chicken* (726) Vegetable Rice Pilaf (94) Spring Summer Vegetable Blend (65) Oatmeal Bread (150) Fresh Apple (2)  Calories: 729 Sodium: 1191mg Carb: 100g
11 Meatballs w/Marinara Sauce (281) Peppers & Onions (2) Potato Wedges (261) WW Sub Roll (250) Sliced Peaches (6) Calories: 729 Sodium: 1021mg Carb: 98g	12 Cajun Chicken (436) Herbed Brown Rice (40) Riviera Vegetable Blend (5) Garlic Roll (181) Vanilla Pudding (200) MOD:SFOatmealCk (65) Calories: 704 Sodium: 1016mg Carb: 100g	13 Macaroni&Cheese (336) Stewed Tomatoes (261) Multigrain Bread (150) Hot Caramelized Apples (76)  Calories: 766 Sodium: 997mg Carb: 127g	14 Roast Turkey w/Gravy (563) Whipped Sweet Potatoes (33) Corn (1) Cranberry Sauce (4) WW Dinner Roll (180) Fresh Nectarine (0) Calories: 683 Sodium: 949mg Carb: 100g	15 Pork Lo Mein with Sugar Snap Peas & Carrots* (592) Green Beans (3) Wheat Bread (115) Fruited Oatmeal Bar (85) MOD: Vanilla Wafers (65) Calories: 805 Sodium: 949mg Carb: 80g
18 Spanish Chicken (461) Rotini Pasta (4) Jardiniere Vegetable Blend (32) Oatmeal Bread (150) DbleChocChipCk (91) MOD:SFChocChipCk (65) Calories: 740 Sodium: 891mg Carb: 97g	19 Egg Salad on Lettuce Bed (170) German Potato Salad (73) Spinach Salad with Mandarin Oranges (67) WW Tortilla (227) Brownie (100) MOD:SFOatmeal Ck (65) Calories: 759 Sodium: 791mg Carb: 80g	20 WG Lasagna Rolls with Meat Sauce (392) Italian Vegetable Blend (19) Parmesan Cheese (35) Italian Bread (380) Hot Cinnamon Peaches (64) Calories: 725 Sodium: 1045mg Carb: 94g	21 Potato Crunch Fish (270) Brown Wild Rice Blend (32) Fiesta Vegetable Blend (15) Tartar Sauce (130) Multigrain Bread (150) Raisins (4) Calories: 805 Sodium: 756mg Carb: 112g	22 Beef Bourguignon (119) Roasted Sweet Potatoes (41) Diced Beets (173) WW Dinner Roll (180) Apple (2)  Calories: 722 Sodium: 670mg Carb: 93g
25 Meatloaf (254) w/Gravy (135) Mashed Potatoes (30) California Veg.Blend (181) Garlic Roll (139) Pumpkin Cookie (60) MOD:SF Lemon Ck  Calories: 704 Sodium: 893mg Carb: 85g	26 Tuna Salad on Lettuce Bed (120) Italian Pasta Salad (89) Tossed Salad (29) Italian Dressing (130) Croissant (199) Watermelon (2) Calories: 786 Sodium: 721mg Carb: 90g	27 Chicken Parmesan* (722) Rotini Pasta (4) Broccoli (12) with Red Peppers (35) Parmesan Cheese (280) Rye Bread (15) Honey Dew Melon Calories: 708 Sodium: 1188mg Carb: 90g	28 Unstuffed, Beef, Rice, and Pepper Casserole (229) Carrots (43) Multigrain Bread (150) Hot Caramelized Pears (75)  Calories: 714 Sodium: 651mg Carb: 78g	29 Catch of the Day w/Newburg Sauce (196) Sweet Potato Tater Tots (230) Garden Veg.Blend (2) Wheat Bread (115) Raspberry Cookie (195) MOD: Lorna Doones Calories: 753 Sodium: 893mg Carb: 107g

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