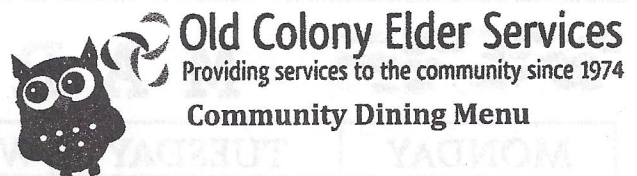


OCES NUTRITION PROGRAM

March 2018



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

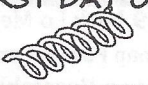
MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		Nutrition Information is for the entire meal including bread, milk, & margarine. Each item is followed by the milligrams of sodium in parentheses. Nutrition information is approximate 1% Milk=107 mg sodium Margarine=47 mg sodium	1 Pot Roast (32) Baked Potato (4) Diced Beets (173) Sour Cream (3) Multigrain Bread (150) Fig Bar (35) MOD:SFOatmeal Ck (65) Calories: 764 Sodium: 563mg Carb: 88g	2WG Vegetable Lasagna Roll-Up Topped with Cheese (557) Riviera Vegetable Blend (5) Parmesan Cheese (35) Multigrain Bread (150) Banana (1) Calories: 662 Sodium: 868mg Carb: 90g
5 Spanish Chicken (461) Herbed Brown Rice (14) Jardiniere Vegetable Blend (32) Oatmeal Bread (150) Lemon Square (105) MOD:Lemon Grahams (95) Calories: 672 Sodium: 916mg Carb: 87g	6 ♦ Vegetable Soup (14) Sloppy Joe (333) Italian Roasted Potatoes (6) Fall Winter Vegetable Blend (14) WWHamburger Roll (240) Fresh Pear (2) ♦ Congregate Only Calories: 807 Sodium: 739mg Carb: 102g	7 Swedish Chicken Meatballs w/Gravy (237) Parslied Egg Noodles (4) Spring Summer Vegetable Blend (65) Fruit Loaf (170) Hot Cinnamon Peaches (64) Calories: 902 Sodium: 695mg Carb: 111g	8 Baked Salmon w/Mango Salsa Mashed Sweet Potatoes (41) Zucchini (2) Multigrain Bread (150) Raspberry Filled Cookie (227) MOD:SFChocChipCk (55) Calories: 812 Sodium: 712mg Carb: 95g	 9 Macaroni & Cheese 369 Peppers&Onions (32) Wheat Bread (115) Hot Caramelized Apples (76) Calories: 754 Sodium: 714mg Carb: 124g
12 American Chop Suey (275) Green Beans (3) Parmesan Cheese (35) Rye Bread (150) Fresh Apple (2) Calories: 763 Sodium: 619mg Carb: 94g	13 Chicken Scallopini (351) Herbed Brown Rice (14) Brussel Sprouts (17) Garlic Roll (181) Vanilla Pudding (200) MOD:SFOatmealCk (65) Calories: 683 Sodium: 918mg Carb: 89g	14 WG Breaded Pollock (190) Whipped Sweet Potatoes (33) Garden Veg. Blend (2) Tartar Sauce (130) Corn Bread Loaf (211) Banana (1) Calories: 853 Sodium: 722mg Carb: 113g	15 Corned Beef* ♦ (911) Boiled Red Bliss Potatoes (6) Cabbage (20) Carrots (43) WW Dinner Roll (180) Shamrock Cupcake (170) MOD:Lorna Doones (100) Calories: 742 Sodium: 1485 Carb: 100g	16 Egg Frittata (236) Pancakes (313) Spinach with Red Peppers (106) SF Syrup (50) Wheat Bread (115) Fresh Orange (0) Calories: 686 Sodium: 975mg Carb: 89g
19 Minestrone Soup* (231) Shepherd's Pie (175) Tuscany Vegetable Blend (47) Multigrain Bread (150) Hot Caramelized Pears (75) *Congregate Only Calories: 801 Sodium: 832mg Carb: 90g	 20 Chicken Parmesan* Served Over Rotini Pasta (726) Spring Summer Vegetable Blend (65) Wheat Bread (115) Fresh Orange (0) Calories: 743 Sodium: 1060mg Carb: 97g	21 Roast Turkey with Gravy (503) Stuffing Garnish (66) Butternut Squash (2) Peas w/Pearl Onions (68) Cranberry Sauce (4) WW Dinner Roll (180) Raisins (4) Calories: 713 Sodium: 997mg Carb: 109g	22 Homestyle Beef Stew (143) Roasted Red Bliss Potatoes (6) Broccoli (12) Garlic Roll (181) Lemon Pudding (200) MOD:SF Lemon Ck (60) Calories: 792 Sodium: 697mg Carb: 99g	23 Potato Crunch Fish (270) Vegetable Brown Rice Pilaf (95) Green Beans (3) Tartar Sauce (130) Oatmeal Bread (150) Fruit Crunch Bar (80) MOD:SFOatmealCk (65) Calories: 993 Sodium: 883mg Carb: 120g
26 Southwestern Omelette (377) Herbed Brown Rice (40) Peppers&Onions (2) Tortilla (227) Brownie (100) MOD:Lorna Doones (100) Calories: 700 Sodium: 900mg Carb: 87g	27 Cheeseburger (454) O'Brien Potatoes (31) Jardiniere Vegetable Blend (32) Ketchup (82) WW Hamburger Roll (230) Fruit Mix (10) Calories: 728 Sodium: 993mg Carb: 83g	 28 Chicken Broccoli (669) Penne Alfredo* Tuscany Vegetable Blend (47) Oatmeal Bread (180) Hot Caramelized Peaches (75) Calories: 688 Sodium: 1096mg Carb: 90g	29 Pork Lo Mein with Snap Peas & Carrots* (592) Asian Vegetable Blend (25) Fortune Cookie (5) Wheat Bread (115) Fruited Oatmeal Bar (85) MOD:SFChoc Chip Ck (55) Calories: 857 Sodium: 976mg Carb: 92g	30 Salmon with Creamy Lemon Dill Sauce (73) Roasted Sweet Potatoes (41) California Vegetable Blend (30) WW Hamburger Roll (230) Fresh Apple (2) Calories: 759 Sodium: 529mg Carb: 91g

"Catch of the Day"=fish type will vary each month

*Indicates food item w/>500mg sodium

♦=high sodium meal

M A R C H 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All events marked with an asterisk require a reservation. Call our office! 781-293-7313 		 LINE DANCING EVERY TUESDAY: 2:30-4pm WEDNESDAY: 6:30-8:30pm @ Happy Dragon Restaurant	1 9:00 Men's Coffee 9-11 Networking Mtg. 10:00 ART class 12:00 Special Lunch* & H2O presentation* 12:30 Grocery Shopping* 1-3 Adult Coloring	2 9:00 Errands* 10:00 Exercise 12:00 Lunch* 1:00 Office closes  Theodor Geisel's Birthday (Dr. Seuss)
5 9:00 Church 10:00 Cards/Cribbage/Computer 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	6 9-11 Men's Coffee & SHINE* 10:00 TRIAD @Police Station 12:00 Lunch* 1:30-3:30 Tax Help* April newsletter info due!	7 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch*  1876, Alexander Graham Bell patents the telephone LAST DAY TO GET TICKETS FOR 3/15!	8 8:30 Wellness Check 9:00 Men's Coffee 10:00 ART class 12:00 Lunch* 12:30 Grocery Shopping* 1-3 Adult Coloring 1:30 Intergenerational	9 9:00 Errands* 9:00-noon Pedicare* 10:00 Exercise 12:00 Lunch* 1:00 Office closes SATURDAY, 11th 
12 9:30 Shop/Lunch Trip 9:00 Church 10:00 Cards/Cribbage/Computer 11-12 TaiChi /Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	13 9-10 Best Breakfast 9-11 SHINE* 12:00 Lunch* 12-2:30 Nails by Julie* 12:30 Pedicare* 1:30-3:30 Tax Help*	14 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga, Veteran Agent 12:00 Lunch* 12:30 My Life, My Health	15 8:30 Wellness Check 9-11 Men's Coffee 10:00 ART class 12:00 Special Lunch* & Celtic Celebration* 12:30 Grocery Shopping* 1-3 Adult coloring	16 9:00 Errands* 10:00 Exercise 12:00 Lunch* 1:00 Office closes SATURDAY, 17th 
19 9:00 Church 10:00 Cards/Cribbage/Computer 11-12 TaiChi /Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	20 9-11 Men's Coffee & SHINE* 9:30 Board Mtg. 12:00 Lunch* 1:30-3:30 Tax Help* FIRST DAY OF 	21 10a-noon Quilting 10a-1p Brown Bag 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch* & PACE presentation JEOPARDY! Debuted this month in 1964	22 8:30 Wellness Check 9:00 Men's Coffee 10:00 ART class 12:00 Lunch* 12:30 Grocery Shopping* 1-3 Adult Coloring	23 9:00 Errands* 11a-1p Legal help with Atty. Rawlins* 12:00 Lunch* 1:00 Office closes SATURDAY, 24th Super Meat Raffle by Generations to support the COA 1-3pm, Town Hall
26 9:00 Church 10:00 Cards/Cribbage/computer 11-12 Tai Chi & BP clinic/Town Hall 12:00 Pizza Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	27 9-11 Men's Coffee & SHINE* 12:00 Lunch* 1:30-3:30 Tax Help*	28 10a-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Easter Lunch*  1963, Alcatraz Prison closes	29 8:30 Wellness Check 9:00 Men's Coffee 10:00 ART class 12:00 Lunch* 12:30 Grocery Shopping* 1-3 Adult Coloring BASEBALL BEGINS! 	30 GOOD FRIDAY 9:00 Errands* 10:00 Exercise 11a-1p Legal help with Atty. Rawlins 12:00 Lunch* 1:00 Office closes