

OCES NUTRITION PROGRAM
June 2018



Old Colony Elder Services
Providing services to the community since 1974

**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
			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 Dijon (418) Brown Rice Pilaf (110) Chef's Choice Vegetable Mix (51) Multigrain Bread (150) Cantaloupe Cubes (15) Calories: 697 Sodium:898mg Carb: 94g
4 Cheeseburger (458) Roasted Red Bliss Potatoes (6) Carrots (43) Ketchup (82) WWHamburger Roll (250) Fresh Orange (0) Calories: 709 Sodium: 989mg Carb: 87g	5 Swedish Chicken Meatballs w/Gravy (237) Parslied Egg Noodles (4) Brussel Sprouts (17) Pumpernickel Bread (280) Fresh Pear (2) Calories: 703 Sodium:694 mg Carb: 94g	6 Vegetable Soup** (440) Tuna Salad on Lettuce Bed (120) Pasta Salad Vinaigrette (8) Purple Cabbage Slaw (56) Mini Kaiser Roll (200) Vanilla Bites (50) Calories: 942 Sodium: 1028mg Carb: 120g	7 Chicken Scallopini (351) Brown Rice w/Orzo (56) Tuscany Vegetable Blend (47) WW Dinner Roll (180) Lemon Pudding (200) MOD:SF Lemon Ck (60) Calories: 701 Sodium: 988mg Carb: 92g	8 Pot Roast w/Gravy (52) Roasted Sweet Potatoes (41) Peas (58) Oatmeal Bread (150) Fresh Nectarine (0) Calories: 671 Sodium:455mg Carb: 77g
11 WG Lasagna Rolls w/Meat Sauce (472) Fall Winter Vegetable Blend (14) Parmesan Cheese (35) WW Dinner Roll (180) Hot Caramelized Peaches (75) Calories: 720 Sodium:930mg Carb: 94g	12 Chicken Marsala (459) Parslied Penne Pasta (4) Fiesta Vegetable Blend (15) Garlic Roll (181) Fresh Apple (2) Calories: 702 Sodium:815mg Carb: 100g	13 Potato Crunch Fish (270) Brown Wild Rice Blend (40) Zucchini w/Red Bell Peppers (2) Tartar Sauce (130) Cracked Wheat Bread (150) Butterscotch Pudding (200) MOD:SFOatmealCk (65) Calories:762 Sodium:993g Carb: 93g	14 Sliced Turkey on Lettuce Bed* (560) Red Bliss Potato Salad (57) Summer Corn (3) Salad (200) Mini Kaiser Roll (200) Fresh Pear (2) Calories:718 Sodium:977mg Carb: 100g	15 Hawaiian Pork Roast (477) Whipped Sweet Potatoes (33) Riviera Veg.Blend (5) Wheat Bread (115) Raspberry Filled Ck (195) MOD:Lorna Doones (100) Calories: 881 Sodium:980mg Carb: 113g
18 No Milk Served Swiss Cheese Omelette (296) Home Fries (62) Peppers&Onions (2) Fruit Loaf (170) Orange Juice (0) Fruited Yogurt (75) Calories: 769 Sodium: 653mg Carb: 107g	19 Minestrone Soup** (330) American Chop Suey (275) Green Beans (2) Parmesan Cheese Wheat Bread (115) Hot Cinnamon Pears (64) Calories:879 Sodium:975mg Carb: 99g	20 Macaroni & Cheese (366) Broccoli (12) Rye Bread (150) Hot Caramelized Apples (76) Calories:769 Sodium:759mg Carb: 125g	21 Baked Salmon w/Mango Salsa (80) Sweet Potato Wedges (267) Scandinavian Vegetable Blend (41) Oatmeal Bread (150) Brownie (100) MOD:SFChocChCk (55) Calories: 845 Sodium:792mg Carb: 97g	22 Spanish Chicken (461) Pineapple-Cilantro Brown Rice (6) Crinkle Cut Carrots (43) Multigrain Bread (150) Pumpkin Cookie with Craisins&ChocChips (140) MOD:Lemon Grhms (95) Calories: 778 Sodium:954mg Carb: 110g
25 Shepherd's Pie (112) Brussel Sprouts (17) Oatmeal Bread (150) Chocolate Cupcake (170) MOD: Apple Cinnamon Grahams (85) Calories: 758 Sodium:603mg Carb: 78g	26 Pork Stir Fry (369) Mexicali Brown Rice (48) Spring Summer Vegetable Blend (65) Cracked Wheat Bread (150) Fruited Oatmeal Bar (85) Calories: 822 Sodium: 871mg Carb: 87g	27 Egg Salad on Lettuce Bed (130) Tricolor Pasta Salad (52) Tossed Garden Salad (29) Italian Dressing (170) Mini Kaiser Roll (200) Fresh Peach (0) Calories:736 Sodium:737mg Carb: 81g	28 Chicken Parmesan* (722) Parslied Rotini (4) Pasta (4) Italian Vegetable Blend (19) Wheat Bread (115) Banana (1) Calories:758 Sodium:1016mg Carb: 104g	29 Roast Turkey w/Gravy (469) Stuffing Garnish (66) Baked Potato Half (4) Green Beans (2) Sour Cream (13) Cran. Sauce(4) WW Dinner Roll (180) Fresh Orange (0) Calories:667 Sodium:893mg Carb: 89g

** Community dining only unless available for home delivered *indicates food item with >500mg sodium ♦=high sodium day

JUNE 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
All events marked with an asterisk require a reservation. Call our office! 	FOOD PANTRYS: •Congregational Church -Tues. 2:30-4pm 781-293-6393 •Our Lady of the Lake Church, 1st and 4th Sat. 9-10:30am 781-293-7971	 LINE DANCING EVERY TUESDAY: 2:30-4pm WEDNESDAY: 6:30-8:30pm @ Happy Dragon Restaurant	KEEP AN EYE ON HALIFAX COUNCIL ON AGING FACEBOOK! 	1 9:00 Errands* 9a-1p Pedicare RN* 10:00 Exercise 12:00 Lunch* 1:00 Office closes  National Doughnut Day
4 9:30-2 Love to Walk* to Castle Island 10:00 Cards/Cribbage/Computer 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	5 9-11 FATHER'S DAY BRUNCH* & SHINE* 12:00 Lunch* 10am TRIAD @ Police Station 12-2:30 Pedicare RN* 12:30 Nails by Julie* <i>Give your Summer newsletter info today!</i>	6 10am-noon Quilting 9:30-11a Wii games 11:00 Chair Yoga, 12:00 Volunteer Appreciation Lunch* 	7 9:00 Men's Coffee 9-11 Networking Mtg. 10:00 ART class 12:00 Special Build A Burger Lunch* 12:30 Grocery Shopping* 1-3 Adult Coloring	8 9:00 Errands* 10:00 Exercise 12:00 Lunch* 1:00 Office closes  SATURDAY, 9th Donald Duck's 80th birthday
11 10:00 Cards/Cribbage/Computer 11-12 TaiChi /Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	12 9-11 Men's Coffee & SHINE* 9:30 Board Mtg. 12:00 Lunch* Anne Frank's Birthday, 1929—1945 	13 10am-noon Quilting 9:30-11a Wii games 11:00 Chair Yoga, Vet Agent here 12:00 Lunch* My Life My Health postponed until Sept.	14 FLAG DAY 8:30 Wellness Check 9-11 Men's Coffee 10:00 ART class 11:00 U.S. Flag presentation 12:00 "Lunch + Learn"* 12:30 Grocery Shopping* 1-3 Adult coloring 	15 9:00 Errands* 10:00 Exercise 12:00 Lunch* 1:00 Office closes SUNDAY, 17th 
18 10:00 Cards/Cribbage/Computer 11-12 TaiChi /Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	19 9-11 Men's Coffee & SHINE* 9:30 Board Mtg. @ Water Dept. 12:00 Lunch* 1:00 Mass Bar* presentation	20 10a-noon Quilting 9:30-11a Wii games 11:00 Chair Yoga 12:00 Lunch*  IT'S SUMMER!	21 8:30 Wellness Check 9:00 Men's Coffee 10:00 ART class 12:00 Lunch* 12:30 Grocery Shopping* 1-3 Adult Coloring	22 9:00 Errands* 12:00 Lunch* 1:00 Office closes On this day in 1837, the first doughnut was supposedly created by Hanson Gregory
25 9:30-2 Love To Walk* to Nelson Beach 10:00 Cards/Cribbage/Computer 11-12 TaiChi /Town Hall / BP CLINIC 12:00 Lunch* 1-3pm Crochet/Knitting	26 9-11 Men's Coffee & SHINE* 12:00 Lunch*	27 10a-noon Quilting 9:30-11a Wii games 10a-1p Brown Bag 11:00 Keep Moving* Walk and Lunch 11:00 Chair Yoga 12:00 Lunch*	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* 11a-1p Attorney Rawlins Help* 12:00 Lunch* 1:00 Office closes National Camera Day 