

Old Colony Elder Services Nutrition Program

March 2015 Menu

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|--|---|---|
| 2 Greek Chicken Italian Vegetable Blend Orzo Blend w/peppers &Garlic Lemon Sce Pumpnickel Bread Tapioca Pudding MOD: Lemon Grhm Calories: 717 Fat:22.4 % Sodium: 772 mg Carb:92.6 g | 3 Hamburger w/Ketchup Corn Seasoned Potato Wedges Hamburger Bun Fresh Orange Calories: 760 Fat: 31.2% Sodium: 1037mg Carb:93.4 g | 4 Stuffed Shells with Meat Sauce Herbed Vegetable Blend Parmesan Cheese Italian Bread Blueberry Parfait MOD: Blueberry Graham Calories: 668 Fat: 33.5% Sodium: 964mg Carb:69 g | 5 Meatloaf w/Gravy Roasted Sweet Potato Wedges Brussel Sprouts Multigrain Bread Apricots Calories: 797 Fat: 26.3% Sodium: 727mg Carb: 110.2g | 6 Salmon Boat w/Dill Sauce Wild Brown Rice Spinach Parmesan Whole Wheat Roll Banana Calories: 667 Fat: 31% Sodium: 674mg Carb:76.9 g |
| 9 Orange Almond Chicken w/Orange Sce Parslied Linguine Seasoned Jardiniere Vegetables Oatmeal Bread Sliced Pears Calories: 736 Fat: 16.2% Sodium: 366mg Carb: 107.5g | 10 Sloppy Joe Seasoned Oven Roast Potatoes Broccoli Hamburger Bun White Chocolate Mousse* Calories: 665 Fat: 34.5% Sodium: 479mg Carb:74.2g | 11 Baked Rigatoni with Meat Sauce Parmesan Cheese California Vegetable Blend Garlic Roll Fresh Orange Calories: 830 Fat: 26.9% Sodium: 696mg Carb: 96.1g | 12 Spanish Beef Tips Baked Pot.w/Sour Cream Honey Glazed Carrots Whole Wheat Bread Vanilla Pudding MOD:Diet Van.Pudding Calories: 775 Fat: 37.5% Sodium: 664mg Carb:82.5 g | 13 Potato Crunch Fish Herbed Brown Rice Roman Vegetable Blend Pumpnickel Bread Banana Calories: 767 Fat:30.2 % Sodium: 783mg Carb:102.1g |
| 16 Swiss Cheese Omelette Peppers & Onions Seasoned Oven Roasted Potato Wedges Multigrain Bread Sliced Peaches Calories: 665 Fat: 35.5% Sodium: 689mg Carb:80.7 g | 17 Happy St. Patrick's Day ♦Corned Beef Cabbage&Carrots Boiled Potatoes Marble Rye Bread St.Patrick's Day Cookie  Calories: 817 Fat: 45.2% Sodium: 1610mg Carb:83.3 g | 18 Sweet n'Sour Chicken Lo Mein Noodles Vegetable Blend Whole Wheat Roll Lorna Doones Calories: 702 Fat: 29.1% Sodium: 695mg Carb: 79.9g | 19 Whole Grain Lasagna Rolls /Meat Sce Parmesan Cheese Spinach Parmesan Italian Bread Flavored Yogurt w/Granola Apple Juice Calories: 678 Fat: 24.9% Sodium: 854mg Carb: 95.7g | 20 Tuna Noodle Casserole w/Bread Crumb Topping Herbed Vegetable Blend Rye Bread Hot Apple Crisp Calories: 708 Fat: 31.3% Sodium: 535mg Carb:78.3g |
| 23 Chicken Picatta w/Picatta Sauce Seasoned Roasted Root Vegetables Chuckwagon Vegetable Blend Pumpnickel Bread Strawberry Parfait MOD: Strawberry Graham Calories: 739 Fat: 18.8% Sodium: 732mg Carb:108.8g | 24 Linguine w/Meatballs & Tomato Sauce Broccoli Parmesan Cheese Italian Bread Hot Cinnamon Pears Calories: 752 Fat: 35.3% Sodium: 828mg Carb:88.7 g | 25 ♦Broccoli-Cheese Soup Chicken Salad on Lettuce Spinach Salad w/ Mandarin Oranges Tricolor Pasta Salad Sandwich Roll Chocolate Mousse* Calories: 869 Fat: 34.4% Sodium: 958mg Carb:92 g | 26 Roast Turkey w/Gravy Mashed Potatoes Cranberry Sauce/Stuffing Brussel Sprouts Whole Wheat Roll Mandarin Oranges Calories: 655 Fat: 26.5% Sodium: 1017mg Carb: 87.9g | 27 ♦Macaroni and Cheese w/Bread Crumb Topping Stewed Tomatoes Multigrain Bread Hot Cinnamon Apples Calories: 702 Fat: 32.4% Sodium: 1275mg Carb:96.1g |
| 30 Apricot Glazed Chicken Country Style Vegetables Roasted Sweet Potatoes Multigrain Bread Chocolate Cupcake MOD: Vanilla Mousse* Calories: 779 Fat: 19.0% Sodium: 739 mg Carb: 118.7g | 31 Apple Cider Beef Stew Parslied Potatoes Jardiniere Vegetable Blend Whole Wheat Roll Fresh Orange Calories: 711 Fat:27% Sodium: 511mg Carb:93.8g |  | | |
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Suggest Donation-\$2.50 per meal

Menu is subject to change without notice

For cancellations of home delivered meals, call the Nutrition Department Office @ 508-584-1561. Cancellations should be made no later than 10:30 am on the day before delivery.

*Mousse is appropriate for regular, modified, and cardiac diets



PEOPLE PROFILE . . . FEATURING KEN VINTON

Ken is one of our frequent Coffee Hour members during the week, and if you haven't met him yet, here's a good opportunity to do so! Ken is a long-time resident of southeastern Massachusetts, having been raised in Brockton. His dad worked in a factory and he can vividly remember being assigned to shoveling the driveway with a coal shovel at 7 years of age. He worked hard to purchase a bike, and was remunerated for 3 hours of work in a nearby strawberry farm for a mere \$1.00! Directly out of high school, Ken joined the U.S. Navy and served as a 2nd and 3rd class Yeoman for the Administrative Division, and went to Military School of Naval Justice serving as yeoman on court martials. After his stint in the military, Ken worked in the mortgage lending business for 39 years and retired in 1999. He and wife have been married for 42 years and raised two children. Ken is particularly thrilled to have opportunity to spend time with his oldest grandson, teaching about nature, geography and creating scrapbooks about important facts. He also has helped his grandson design and set up a vegetable garden with good results! Ken and his wife, Carolyn, enjoy 3 different time share vacation spots and going to a cottage on Pocasset beach as often as possible. Their travels have included going to Hawaii and Alaska, but the most significant was his tour of the USS Missouri in the Pearl Harbor Visitor Center. When Ken isn't making repairs and maintenance at his home or cottage, he loves reading books about Native Americans, our National Parks and World War II. However, Ken's "free" time has been donated to planning of TRIAD events and serving on a variety of community committees.



WE WELCOME OUR NEW **BLOOD PRESSURE AND GLUCOSE NURSE**, Patricia Ross, who lives in Kingston. She is a registered nurse with fifteen years of experience with two prominent teaching hospitals in Boston. She has comprehensive knowledge with pre and post surgical nursing care, acute patient care, staff development and family advocacy. She loves working with seniors and has volunteered with Senior Olympics and Meals on Wheels programs. Her hours with us will continue at the same time (2nd, 3rd, 4th and 5th Thursdays from 8:30-11:30a.m.)



Old Colony Elder Services
Providing services to the community since 1974

- * Meals provided by Old Colony Elder Services must provide 1/3 of the Recommended Dietary Allowances
 - * The menu is developed by a Registered Dietitian Nutritionist.
 - * Nutrition information on the menu includes the entrée (protein, starch, and vegetable), dessert, milk, bread and margarine
 - * Meals must provide 1/3 of the Recommended Dietary Allowances
 - * Meals must serve good sources of vitamin C daily and Vitamin A three days a week
- Please come and enjoy a nutritious meal with friends at your local Council on Aging or congregate meal site (**Halifax**)! If you are unable to prepare a nutritious meal at home, consider signing up for home delivered meals.

Special meals are available for those requiring a cardiac, renal, pureed, ground, lactose free or soft diet. Questions? Call Barbara Nalen-Cardosa, Registered Dietitian Nutritionist (508) 584-1561 ext 393

We'd like to start a **NEW GROUP** on Thursdays at 1pm to watch a movie, play Scrabble, or discuss a book or current event. Please let us know your passion so we can get started!



Please be careful with recent SCAMS that may be coming to you by phone or regular mail! Recently, there are reports that a "Homeserve" company appearing as a representative for "Halifax Water Service Line Coverage" and is attempting to give a customer 'peace of mind' for only \$5.49 a month. This is **BOGUS** and we urge seniors to be watchful for this and others which would love to gain access to your line of credit via debit or charge card/banking information. **Call us if you have any questions!**

Joan Towne shares a delicious recipe with us that she got from a cookie tour at Glen Oaks Inn, located in NH:

CRANBERRY-OATMEAL COOKIES

1 cp. Butter, room temp

1 cup light brown sugar, firmly packed

1 large egg

1 TBP. Vanilla extract

2 cps. all-purpose flour

1 tsp. baking soda

1/2 tsp. baking powder

2 cps. Sweetened, dried cranberries

1+1/2 cps. Pecan pieces, toasted

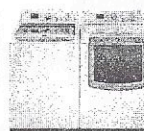
1+1/4 cps. uncooked quick-cook oats

*12 oz. white chocolate + 3 TBP. Shortening

1. Preheat oven to 350degrees, line 2 cookie sheets with parchment paper.
2. In a small bowl, combine flour, baking soda, baking powder. Gradually add to butter mixture, beat until well blended. Fold in cranberries, oats and pecans.
3. Use a spoon or 1 1/2" ice cream scoop, drop dough on prepared cookie sheet. Bake for 9-11 minutes or until lightly browned. Cool on sheet for 2 minutes; transfer to wire rack to cool.
4. *Microwave the white chocolate and shortening for one minute; stir every 15 sec. till melted. Dip [half the cookie in the chocolate and allow excess to drip into a bowl]. Place on parchment paper to firm. Makes 48 cookies, but watch out...they won't be around for long!

THERE ARE 2 LOCATIONS FOR RECEIVING ASSISTANCE FROM A FOOD PANTRY...

1. Congregational Church, 503 Plymouth St., OPEN on TUESDAYS from 2:30-4:00p-m
2. Our Lady of the Lake Church, 580 Monponsett St., open the 2nd and last Saturdays of the month, from 9am-noon



Wouldn't it be great if we could put ourselves in the dryer for ten minutes; come out wrinkle-free and three sizes smaller!