

Old Colony Elder Services Nutrition Program - Menu

February - 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				Milk and margarine are served at every meal.
3 Cheese Lasagna w/ Meat Sauce Cauliflower Green Beans Whole Wheat Bread Pears Calories: 610 Fat: 25% Sodium: 715mg Fiber: 11g	4 Balsamic Glazed Chicken Herb Roasted Potato Broccoli Rye Bread Butterscotch Pudding MOD: SF Pudding Calories: 580 Fat: 18% Sodium: 590mg Fiber: 4g	5 Krunch Lite Fish Parmesan Mashed Potato Peas & Carrots Pumpnickel Bread Raisins Tartar Sauce Calories: 760 Fat: 30% Sodium: 1050mg Fiber: 7g	6 Spaghetti & Meatballs w/ Sauce Tuscany Blend Veg Multigrain Bread Hot Cinnamon Apples Calories: 745 Fat: 39% Sodium: 825mg Fiber: 12g	7 Sweet & Sour Pork Herbed Brown Rice Oriental Vegetables Oatmeal Bread Fortune Cookies Calories: 655 Fat: 31% Sodium: 470mg Fiber: 5g
10 Chicken Cacciatore Buttered Penne Country Vegetables Garlic Dinner Roll Fruit Cocktail Calories: 640 Fat: 22% Sodium: 470mg Fiber: 7g	11 Shepard's Pie Herbed Carrot Coins Whole Wheat Bread Pears Calories: 665 Fat: 33% Sodium: 565mg Fiber: 9g	12 Potato Crunch Fish Mashed Sweet Potato Green Beans Pumpnickel Bread Applesauce Calories: 680 Fat: 28% Sodium: 670mg Fiber: 6g	13 Roast Turkey Gravy Herbed Brown Rice Spinach Oatmeal Bread Vanilla Pudding MOD: SF Pudding Calories: 625 Fat: 28% Sodium: 1400mg Fiber: 5g	14 Valentine's Day Baked Ham Honey Mustard Sauce Peas & Carrots Scalloped Potato Dinner Roll Chocolate Cupcake MOD: SF Cake Calories: 620 Fat: 28% Sodium: 1950mg Fiber: 6g
17 Presidents' Day No Meals Served 	18 Eggplant Parm Penne Pasta Carrots Multigrain Bread Tapioca Pudding MOD: SF Pudding Calories: 780 Fat: 30% Sodium: 1095mg Fiber: 12g	19 Chicken Salsa Corn Green Beans Corn Muffin Fruit Cocktail Calories: 560 Fat: 20% Sodium: 680mg Fiber: 7g	20 Beef Burgundy Au gratin Potatoes Broccoli Rye Bread Fresh Apple Calories: 560 Fat: 20% Sodium: 1065mg Fiber: 8g	21 Salmon w/ Dill Sauce Herbed Rice Blend Beets Whole Wheat Roll Mandarin Oranges Calories: 710 Fat: 33% Sodium: 735mg Fiber: 4g
24 American Chop Suey Zucchini Pumpnickel Bread Fruit Cocktail Calories: 625 Fat: 26% Sodium: 460mg Fiber: 6g	25 Teriyaki Chicken Brown Rice Peas & Carrots Oatmeal Bread Strawberry Cup MOD: Peaches Calories: 600 Fat: 16% Sodium: 880mg Fiber: 7g	26 Fish Sticks Potato Wedges Broccoli Multigrain Bread Tartar Sauce Apple Sauce Calories: 820 Fat: 24% Sodium: 1120mg Fiber: 13g	27 Roast Pork w/ gravy Roast Sweet Potato Green Beans Whole Wheat Roll Fresh Orange Calories: 700 Fat: 32% Sodium: 550mg Fiber: 9g	28 Fiesta Fish Herbed Bow Tie Pasta Spinach Rye Bread Chocolate Chip Cookie MOD: Lemon Graham Calories: 680 Fat: 24% Sodium: 1060mg Fiber: 8g

Menu is subject to change without notice

Suggested Donation - \$2.50 per Meal



PEOPLE PROFILE . . . FEATURING Maria McGaffigan

Maria has been working at the COA as our Nutritionist and Meal Site Manager for Meals on Wheels since 2002 and lives in Raynham. Her hobby is cooking (of course!), and she loves to watch the non-competitive Food network shows (especially Paula Deen and Pioneer Woman). She loves her job at the COA, especially interacting with the wonderful people and volunteers. Her least favorite time of the year is when an elder no longer needs her help. Her favorite food is mac & cheese, cheeseburgers or roast beef/turkey sandwiches that are delivered to our kitchen!

Maria had a very interesting cross country trip this past summer. A six-hour trip became 18 hours from Massachusetts to Colorado, and she enjoyed a drive to the top of Pike's Peak as well as the long journey returning to the east coast.

PLEASE know that you can have your lunch Monday-Friday @ noon when we're open, by simply **reserving your place at the table three (3) days in advance**. You'll enjoy some **delicious food and conversation** around the table! Please join us in the near future! Curious about what's to be served on any given day? Check the menu on the reverse side of this, or the one posted in kitchen.



APPOINTMENTS need to be set with our Receptionist, Judy, for the following:

Dr. Cormier (podiatrist), fuel assistance counseling, chair massage, manicures by Julie, tax help, Attorney Rawlins, lunch, special lunches, doctor's appointments or shopping trips.

ARE YOU OKAY? This **FREE** program promotes your wellness, safety, security, and independence with just ONE phone call. It is a reassurance service that checks between the hours of 6am and noon to see if you are alright! By simply saying "yes" to this automated service will help others know that all is well. You can enlist in this **FREE** program by calling Officer Roy at the Plymouth County Sheriff's Department, 508-830-6256 or 1-800-622-4300, or call the COA.

SPECIAL THANKS to the Halifax Mobile Home Park for their donation to the COA for \$200.00 and to the Halifax Beach Association for \$50.00. This money will benefit the special programs that we offer at the COA.



A woman was taking a nap on Valentine's Day afternoon. After she awoke, she told her husband, "I just dreamed that you gave me a gorgeous and expensive diamond necklace for Valentine's Day! What do you think it means?"



"You'll know tonight," he said.

That evening, her husband came home with a small package for her. Thrilled, she opened it and found a book titled "The Meaning of Dreams."



More interesting facts...



Ducks do **NOT** feel the cold when they are swimming on a frozen lake or pond! **Why?**

The feathers of a duck are waterproof and provide incredible insulation from the cold. The waterproofing on the feathers is more concentrated on the outer feathers that are in the water. The cold water never really makes contact with the skin where heat loss would be great.

However, a duck's feet do make contact with the cold water. Then why don't their feet freeze? To prevent that from being a problem, the duck's feet have capillaries with a lace-like structure that weave among one another. This creates a counter current heat exchange mechanism. Warm blood flows down the legs from the body and meets the colder blood coming back up and heat is exchanged in the close capillaries. The warm arterial blood exchanges heat with the cooled blood, preserving the core temperature of the foot so that the duck can still function in a normal way even in icy water.

The devices built into ducks to allow them to survive in all kinds of conditions show great wisdom in design.

Source: <http://www.dandydesigns.org/id33.html>

"GENERATIONS" MEMBERSHIP & SUPPORT 2014

Name: _____

Address: _____

Phone: _____

_____ Here are my membership dues for the new year. (\$5.00)

_____ Additionally, I am enclosing an additional contribution of _____ in memory of _____

Please make checks payable to "Generations"

Send to: Dottie Martel, 4 Forestdale Dr., Halifax, MA 02338

THANKS FOR JOINING!

