

Old Colony Elder Services Nutrition Program - Menu

March - 2014

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Stuffed Shells w/ Meat Sauce Green Beans Cauliflower Italian Bread Oatmeal Cookie MOD: Strawberry Graham Calories: 610 Fat: 28% Sodium: 810mg Fiber: 9g	4 Chicken w/ Sage Stuffing Mashed Potato Herbed Carrots Coins Whole Wheat Bread Chocolate Pudding MOD: SF Pudding	5 Sweet Potato Fish Tater Tots Mixed Vegetables Ketchup Hamburger Roll Pineapple	6 Spanish Beef Tips Brown Rice & Black Beans Broccoli Oatmeal Bread Peaches	7 Cheese Omelet O'Brien Potatoes Peas Garlic Roll Fresh Apple Vegetable Soup
10 Chicken Penne Primavera Spinach Multigrain Bread Mandarin Oranges Calories: 680 Fat: 21% Sodium: 650mg Fiber: 11g	11 Sloppy Joe w/ Hamburger Bun Potato Wedges Corn Fresh Apples	12 Turkey & Provolone on Whole Wheat Potato Salad Tomato/Cuke Salad Mayonnaise Fruit Cocktail	13 Corned Beef Boiled Potato Cabbage & Carrots Rye Bread Shamrock Cookie Mod: SF Cookie 	14 Potato Crunch Fish Tartar Sauce Brown Rice Blend Green Beans Pumpnickel Bread Apple Cinnamon Muffin MOD: Lemon Grahams
17 Eggplant Parmesan Orzo Rice Pilaf Peas & Onions Garlic Roll Butterscotch Pudding MOD: SF Pudding Calories: 800 Fat: 35 Sodium: 1110mg Fiber: 7g	18 Swedish Meatballs Egg Noodles Broccoli Multigrain Bread Peaches	19 Greek Chicken Oven Brownd Potatoes Carrot Coins Whole Wheat Roll Frosted Lemon Cake MOD: LS Cake	21 Orange Almond Pork Garlic Mashed Potato Scandanavian Blend Veg Pumpnickel Bread Fresh Orange	22 Fish Florentine Roasted Sweet Potato Harvard Beets Rye Bread Fruit Cocktail Cream of Mushroom Soup §
24 Sweet 'n Sour Chicken Lemon Brown Rice Oriental Vegetables Whole Wheat Bread Mandarin Oranges Calories: 580 Fat: 21% Sodium: 600mg Fiber: 8g	25 WG Lasagna w/ Meat Sauce Spinach Cauliflower Italian Bread Brownie MOD: LS Brownie	26 Beef Marsala Mashed Sweet Potato Green Beans Multigrain Bread Fresh Apple	27 Roast Turkey w/ gravy Roasted Potato Carrot Coins Whole Wheat Roll Peaches	28 Egg Salad Sandwich Oatmeal Bread (2sl) Cole Slaw English Pea Salad Rice Pudding MOD: SF Pudding
31 Meatloaf w/ Gravy Mashed Potato Broccoli Multigrain Bread Fruit Cocktail Calories: 730 Fat: 32% Sodium: 680 mg Fiber: 11g	<div>  </div>		* Soup on 3/07 will be served to HDM & Cong § Soup on 3/22 will be served at congregate only.	Milk and margarine are served at every meal. § Soup on 3/22 will be served at congregate only.

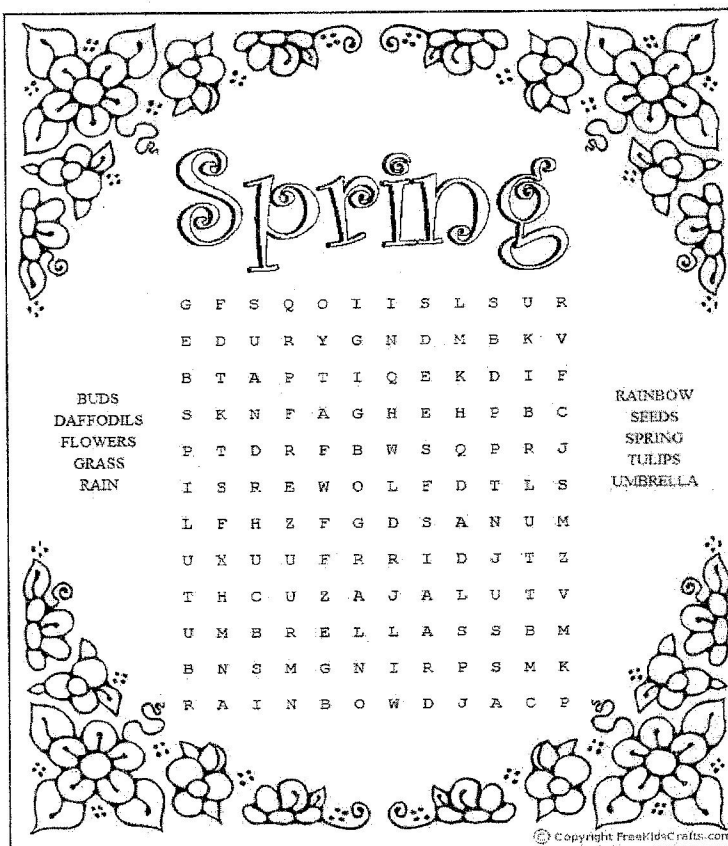
Menu is subject to change without notice

Suggested Donation - \$2.50 per Meal



PEOPLE PROFILE . . . FEATURING *Harry Towne*

Harry (and his lovely wife, Joan) has been volunteering at the COA for over 10 years with Meals on Wheels, TRIAD, Health Fairs, Brown Bag* (see pg. 3) and as special cook for various luncheons. He was born and raised in Hanson, served 4 years in the Navy, worked in many different restaurants as a cook and was a former supervisor in the printing industry. Harry has traveled to England, Alaska and the Caribbean, especially enjoyed his time at Stonehenge (Wiltshire, UK) and seeing the Queen's 100th birthday celebrations in London. He has been married to Joan for 51 years, and they raised 5 children (who live locally) and enjoy 13 grandkids! There are some days that Harry will entertain us with wearing an unusual costumes while he's working @ the COA. He built his own 2,000+ square foot log home in Halifax, enjoys scrap-booking, decorating cakes that Joan has baked, working with wood and helping in our community in various capacities. Keep an eye on this busy man, as he has been known to prepare flaming salads—a sight to see! He also cooks up a 'MEAN' clam chowder which should be on everybody's Most Wanted List!



The NEWSLETTER is put together by the 5th of every new month. Kindly submit any items you'd like added or adapted by the 5th **FOR THE FOLLOWING MONTH** by placing in the Newsletter box of the reception room.

Coffee Hour Talk! Come to the library (470 Plymouth St., just two doors down from the COA) and hear from Roy Rider, docent and historian at Fort Independence on Castle Island in South Boston. He will show a presentation on the forts of Castle Island! March 15, 11am-noon

MARK your calendar for a very special

Mother's Day Luncheon

at NOON, Friday, May 9th...

bring daughters, sisters, grand daughters, friends, loved ones to this celebration at the Great Hall in Town Hall.

Nominal Fee: \$2.50 per person

Includes Singer and Entertainer Tommy Rull



When you're in the midst of selecting of in-home care provider for yourself or a loved one, consider these questions:

- How many years as your agency been in business serving the community?
- Does your agency carry liability coverage?
- Do you conduct national and local criminal background checks and driving records of all employees? Are personal and professional references required?
- Are caregivers employees of your company and protected by Worker's Compensation?
- Are caregivers bonded and insured for theft?
- Do you have a systematic method for tracking caregiver arrival and departure times at my home?
- Do you provide 24/7 telephone service?
- Do you provide backup coverage in the event a caregiver cannot make it to work?
- Does your agency require a minimum numbers of hours per shift? (If so, what is the minimum?)
- Do your services include personal care such as bathing, incontinence care, and mobility assistance?
- Does your agency provide transportation services?
- Does your agency maintain a business office where I can meet you and the office staff?
- Does your agency make periodic supervisory visits to my home?
- Will your agency provide a free in-home assessment prior to starting service?
- How quickly can your agency initiate service?
- Do you provide training to caregivers including orientation and ongoing education?

COMING ON MAY 15TH...The Registry of Motor Vehicles will present a program about Disability Placards & Plates. They'll give us information on how to obtain a placard and the laws governing them. They will begin the presentation @ 12:30, but we'd love for you to stay for lunch on this day. Reserve your place at the table by calling our office.