

OCES NUTRITION PROGRAM

May 2018



Old Colony Elder Services

Providing services to the community since 1974

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
	1 Beef, Rice, & Pepper Casserole (229) Green Beans (2) Italian Bread (380) Hot Caramelized Apples (76) Calories: 787 Sodium: 841mg Carb: 93g	2 Chicken Scallopini (351) Parslied Bowtie Pasta (4) Broccoli (12) WW Dinner Roll (180) Lemon Square (105) MOD: Lemon Grahams (95) Calories: 728 Sodium: 807mg Carb: 95g	3 Chef's Salad w/Turkey, Egg, & Cheese (415) Potato Salad (57) Carrot Raisin Salad (140) Italian Dressing (130) Cracked Wheat Bread (150) Mixed Fruit (10) Calories: 866 Sodium: 1057mg Carb: 88g	4 Vegetable Soup (293) Beef Burgundy (100) Whipped Sweet Potatoes (62) Peas & Mushrooms (133) Wheat Bread (115) Banana (1) Calories: 824 Sodium: 859mg Carb: 130g
	7 Chicken Bruschetta (325) Served Over Parslied Rotini Pasta (4) Italian Vegetable Blend (19) Garlic Roll (181) Fresh Apple (2) Calories: 686 Sodium: 687mg Carb: 95g	8 Potato Crunch Fish (270) Brown Wild Rice Blend (40) Zucchini&Tomatoes (56) Tartar Sauce (130) Wheat Bread (115) Chocolate Pudding (200) MOD:SFChocChCk (55) Calories: 750 Sodium: 965mg Carb: 94g	9 WG Lasagna Rolls w/Meat Sauce (392) Tuscany Vegetable Blend (47) Parmesan Cheese (35) WW Dinner Roll (180) Hot Cinnamon Pears (64) Calories: 709 Sodium: 872mg Carb: 87g	10 Roast Pork with Apple Glaze (60) Garlic Mashed Potatoes (143) Brussel Sprouts (17) Cracked Wheat Bread (150) Raspberry Filled Ck (195) MOD:SFOatmealCk (65) Calories: 866 Sodium: 721mg Carb: 104g
	14 Macaroni & Cheese (366) Fiesta Vegetable Blend (15) Rye Bread (150) Hot Caramelized Peaches (75) Calories: 789 Sodium: 760mg Carb: 130g	15 Spanish Chicken (461) Brown Rice with Orzo & Peas (78) Green Beans (2) Multigrain Bread (150) Double Chocolate Chip Cookie (164) MOD:SF Lemon Ck (60) Calories: 774 Sodium: 976mg Carb: 92g	16 Minestrone Soup (330) Baked Salmon with Honey Ginger Sce (185) Fresh Roasted Sweet Potatoes (41) Broccoli (12) Oatmeal Bread (150) Fresh Pear (2) Calories: 841 Sodium: 874mg Carb: 106g	17 Chicken Meatballs w/Marinara Sauce (301) Parslied Penne Pasta (4) Jardiniere Veg.Blend (32) Parmesan Cheese (35) Multigrain Bread (150) Butterscotch Pudding (200) MOD:LemonGrhms (95) Calories: 743 Sodium: 876mg Carb: 98g
21 Chicken Parmesan* (722) Parslied Bowtie Pasta (4) Italian Vegetable Blend (19) Parmesan Cheese (35) Wheat Bread (115) Raisins (4) Calories: 781 Sodium: 1054mg Carb: 107g	22 Sloppy Joe (333) Italian Roasted Potatoes (6) Roman Vegetable Blend (12) WW Hamburger Roll (230) Fresh Apple (2) Calories: 795 Sodium: 738mg Carb: 100g	23 Pork Lo Mein with Snap Peas and Carrots* (592) Asian Vegetable Blend (25) Wheat Bread (115) Fortune Cookie (5) Fruited Oatmeal Bar (80) MOD:SF Oatmeal Ck (65) Calories: 857 Sodium: 971mg Carb: 92g	24 Egg Salad on Lettuce Bed (170) German Potato Salad (11) Summer Squash Salad (42) Pita Half (139) Pumpkin Cookie (100) MOD: Lorna Doones (100) Calories: 786 Sodium: 663mg Carb: 88g	25 Hot Dog w/Beef Chili (360) Macaroni & Cheese (60) Green Beans (146) Ketchup (2) Mustard (82) WW Hot Dog Roll (55) Fresh Pear (210) Calories: 745 Sodium: 1071mg Carb: 98g
28 Sites Closed No Meals Served MEMORIAL DAY	29 Stuffed Shells with Ratatouille* (506) California Vegetable Blend (30) Garlic Roll (181) Brownie (100) MOD:Cinnamon Bites (71) Calories: 628 Sodium: 971mg Carb: 88g	31 Meatloaf w/Gravy (350) Baked Potato (4) Broccoli with Red Peppers (12) Sour Cream (13) Cracked Wheat Bread (150) Lemon Blueberry Bites (60) Calories: 708 Sodium: 744mg Carb: 74g	30 Roast Turkey with Gravy* (503) Stuffing Garnish (66) Mashed Potatoes (135) Peas & Pearl Onions (68) Cranberry Sauce (4) WW Dinner Roll (180) Banana (1) Calories: 737 Sodium: 1112mg Carb: 110g	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

*Indicates food item w/>500mg sodium

◆=high sodium meal



MAY 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 All events marked with an asterisk require a reservation. Call our office! 781-293-7313	1 9-11 Men's Coffee & SHINE* 10am TRIAD @ police Station 12:00 Lunch* 12:30 Nails by Julie*	2 10am-noon Quilting 9:30-11a Wii games 11:00 Chair Yoga 12:00 Lunch* Reservations for 5/9 Art & Crafts required today!	3 9:00 Men's Coffee 9-11 Networking Mtg. 10:00 ART class 12:00 Special Lunch* 12:30 Grocery Shopping* 1-3 Adult Coloring	4 9:00 Errands* 9-noon Pedit RN* 10:00 Exercise 12:00 Lunch* 1:00 Office closes SUNDAY, 6TH 6-8pm Cribbage
SENIOR ART SHOW AT HOLMES LIBRARY ALL MONTH!				
7 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	8 9-10 Best Breakfast 9-11 SHINE* 12:00 Lunch* 12-2:30 Pedit RN* <i>June newsletter info due in office yesterday</i>	9 10am-noon Quilting 9:30-11a Wii games 11:00 Chair Yoga Veteran's Agent here 12:00 Lunch* & GENERATIONS MTG. 1:30 Arts & Crafts* With Kathleen 	10 8:30 Wellness Check 9:00 Men's Coffee 10:00 ART class 12:00 <i>Mother's Day Tea/ Lunch*</i> 12:30 Grocery Shopping* 1-3 Adult Coloring	11 9:00 Errands* 10:00 Exercise 12:00 Lunch* 1:00 Office closes SUNDAY, 13th <i>Mother's Day</i> 6-8pm Cribbage
14 9:00 Church 9:30-2 Love to Walk* 10:00 Cards/Cribbage/Computer 11-12 TaiChi /Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	15 9-11 Men's Coffee & SHINE* 9:30 Board Mtg. 12:00 Lunch*  National Chocolate Chip Day	16 10am-noon Quilting 9:30-11a Wii games 11:00 Chair Yoga 12:00 Lunch* 12:15 Harbor Health presentation* 12:30 My Life, My Health Reserve for 5/22 today!	17 8:30 Wellness Check 9-11 Men's Coffee 10:00 ART class 12:00 Lunch* 12:30 Grocery Shopping* 1-3 Adult coloring	18 9:00 Errands* 10:00 Exercise 12:00 Lunch* 1:00 Office closes SATURDAY, 19th Armed Forces Day SUNDAY, 20th 6-8pm Cribbage
21 9:00 Church 9-3 CASINO TRIP* 10:00 Cards/Cribbage/Computer 11-12 TaiChi /Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	22 9-11 Men's Coffee & SHINE* 12:00 Lunch* 12:30 Senior Fraud Prevention Workshop*	23 10a-noon Quilting 10a-1p Brown Bag 9:30-11a Wii games 11:00 Chair Yoga 12:00 Lunch*	24 8:30 Wellness Check 9:00 Men's Coffee 10:00 ART class 12:00 Lunch* 12:30 Grocery Shopping* 1-3 Adult Coloring	25 9:00 Errands* 11a-1p Attorney Rawlins Help* 12:00 Lunch* 1:00 Office closes SUNDAY, 27TH: On this day in 1955, the first edition of Guinness Records was printed 6-8pm Cribbage
28 memorial DAY  OFFICE CLOSED	29 9-11 Men's Coffee & SHINE* 11a-12p BP Clinic @ Town Hall 12:00 Lunch*	30 10a-noon Quilting 9:30-11a Wii games 11:00 Chair Yoga 12:00 Lunch*	31 8:30 Wellness Check 9:00 Men's Coffee 10:00 ART class 12:00 Lunch* 12:30 Grocery Shopping* 1:00 Art Closing/ Library 1-3 Adult Coloring	LOCAL FOOD PANTRYS: •Congregational Church (503 Plymouth St./Rt.106) Tuesdays 2:30-4pm 781-293-6393 & Our Lady of the Lake Church, 1st and 4th Saturdays 9-10:30am 781-293-7971