



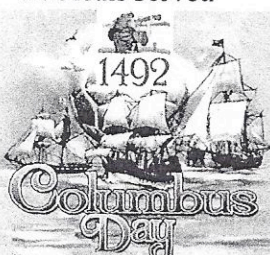
Please call the nutrition department for meal cancellations by  
10 am **two days** before delivery-508-584-1561.

Suggested donation-\$2.50/meal

Menu subject to change without notice.

WW=whole wheat

WG=whole grain

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3</b> Unstuffed Beef & Pepper Casserole (233) Scandinavian (233) Vegetable Blend (41) WW Dinner Roll (180) Hot Cinnamon (64) Peaches Calories: 753 Sodium: 673mg Carb: 81.7g	<b>4</b> Breaded Pork w/* (500) Apple Cabbage Slaw (23) Italian Roasted Potatoes (6) Green Beans (3) Wheat Bread (115) Lemon Pudding (200) MOD: Diet Jello (8) Calories: 856 Sodium: 1001mg Carb: 112g	<b>5</b> Chicken, Broccoli and Pasta Alfredo (419) Asian Vegetable Blend (25) Oatmeal Bread (150) Vanilla Cupcake (170) MOD: Waffle Snaps (65) Calories: 751 Sodium: 918mg Carb: 96.2g	<b>6</b> Chef's Salad w/ Turkey & Egg (468) Sweet Potato & Mango Salad (w/sesame oil & coconut milk) (137) Three Bean Salad (34) Snowflake Roll (180) Applesauce Cup (15) (unsweetened) Calories: 684 Sodium: 987mg Carb: 77.6g	<b>7</b> Creole Fish (204) Brown Rice with Orzo and Peas (96) Honey Glazed Carrots (79) Multigrain Bread (150) Banana (1) Calories: 703 Sodium: 684mg Carb: 105.5g
<b>10 Columbus Day</b> <b>No Meals Served</b> 	<b>11</b> ♦ Stuffed Shells (390) w/Meat Sauce* (102) Tuscany Vegetable Blend (47) Parmesan Cheese (108) Italian Bread (380) Hot Caramelized Apples (76) Calories: 755 Sodium: 1245mg Carb: 95.9g	<b>12</b> Chicken Scallopini (351) Herbed Brown Rice (41) Spinach (110) WW Dinner Roll (180) Fresh Orange (0)  Calories: 645 Sodium: 836mg Carb: 87.8g	<b>13</b> Omelet with (283) Broccoli & Provolone Cheese Sauce (100) Potato Wedges (261) Peppers & Onions (2) Fruit Loaf (170) Banana (1) Calories: 894 Sodium: 972mg Carb: 116.6g	<b>14</b> Beef Burgundy (100) Parslied Egg Noodles (4) Broccoli (12) Wheat Bread (115) Double Chocolate Chip Cookie (164) MOD: Waffle Snaps (65) Calories: 761 Sodium: 550mg Carb: 91.3g
<b>17</b> Sloppy Joe (281) Italian Roasted Potatoes (6) Roman Vegetable Blend (12) WW Hamburger Roll (230) Applesauce Cup (15) (unsweetened) Calories: 730 Sodium: 699mg Carb: 87g	<b>18</b> Chicken Salad (70) Ziti w/Broccoli (48) Salad (48) Spinach Salad w/ Mandarin Oranges (33) Mini Kaiser Roll (200) Brownie (100) MOD: SF Choc. Chip Cookie (55) Calories: 719 Sodium: 606mg Carb: 86.3g	<b>19</b> Potato Crunch Fish (270) Tater Tots (341) Fiesta Vegetable Blend (15) Tartar Sauce (130) Oatmeal Bread (150) Honey Dew Melon (15) Calories: 744 Sodium: 975mg Carb: 84.8g	<b>20</b> Roast Turkey* ♦ (607) w/Gravy (67) Stuffing Garnish (83) Mashed Potatoes (135) Spring/Summer Veg. Blend (65) Cranberry Sauce (4) Multigrain Bread (150) Banana (1) Calories: 730 Sodium: 1266mg Carb: 95g	<b>21</b> Greek Chicken (489) Brown Wild Rice Blend (35) Green Beans (3) WW Dinner Roll (180) Fruited Oatmeal Bar (170) MOD: Lorna Doones (100) Calories: 751 Sodium: 942mg Carb: 99g
<b>24</b> WG Lasagna Rolls (290) w/Meat Sauce (102) California Vegetable Blend (30) Italian Bread (380) Parmesan Cheese (108) Hot Caramelized Peaches (75) Calories: 743 Sodium: 1139mg Carb: 96.7g	<b>25</b> Macaroni & Cheese (616) Hot Chickpea Salad (145) Zucchini & Tomatoes (56) Multigrain Bread (150) Cantaloupe (14)  Calories: 708 Sodium: 1136mg Carb: 98.9g	<b>26</b> Italian Style Pork Meatballs (396) Marinara Sauce (91) Parslied Rigatoni (4) Italian Vegetable Blend (19) Parmesan Cheese (108) Wheat Bread (115) Fresh Orange (0) Calories: 651 Sodium: 888mg Carb: 82.6g	<b>27</b> Spanish Chicken (461) Herbed Brown Rice w/Kidney Beans (35) Broccoli (12) Garlic Roll (181) Pumpkin Cookie (139) MOD: SF Oatmeal Cookie (65) Calories: 736 Sodium: 980mg Carb: 89.8g	<b>28</b> "Catch of the Day" (fish icon) (~100) w/Honey Ginger Sauce (127) Sweet Potatoes (31) Asian Vegetable Blend (25) WW Dinner Roll (180) Apple Cinnamon Waffle Snaps (80) Calories: ~670 Sodium: ~699mg Carb: 98.5g
<b>31</b> Cheeseburger (384) Roasted Red Bliss Potatoes (8) Spring/Summer Vegetable Blend (65) Ketchup (82) WW Hamburger Roll (250) Halloween Cupcake (170) MOD: Lemon Grahams (65) Calories: 937 Sodium: 1113mg Carb: 102.1g	<b>Nutrition Information</b> 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 with >500mg sodium ♦=high sodium meal "Catch of the Day"=fish type will vary each month (nutrition information is approximate)  
If you desire to reduce carbohydrates or sodium in your meal, consider saving items such as bread, milk, or dessert for a snack or have them with another meal.





Come to a special Halloween lunch and party on **Monday, October 31st** at the **Town Hall (2nd floor)**, served by staff from our Police & Fire Departments. Lunch will be prepared by **Traveling Chef**, preparing chicken and vegetable panini's, apple crisp for dessert. (Suggested donation, \$2.50 pp, reserve space and prepay by calling our office!) Dress in your Halloween costumes if you'd like! (Prizes for ugly, creative or unique ones!) We'll have music entertainment with **ROGER TINCKNELL** who performs on guitar, banjo, mandolin and harmonica!

"LOVE TO WALK" group will have their last event of the year on Friday, October 14th! Join them on a trip to Sandwich on the Cape and the Sand Catcher Recreation Area with lunch at a nearby restaurant. **RESERVE YOUR SPACE** by calling our office this week!



**Every day, we have a community lunch program at noon. There is a \$2.50pp donation request.** On the **FIRST Thursday** of the month (Oct.6th) we will offer a Taste of Italy **special** lunch, which will include Cannelloni cheese Pasta with white sauce, cauliflower & zucchini, baked tomato half, scali bread, Amaretto Mousse (Yum!) **Please reserve your space by Monday of that week.**

### KEEP MOVING!

Join us on this simple walk program....at your convenience, wherever you are, any time throughout the year! Record your miles in a log book (free at our office) and simply keep track of your time spent walking. (walk/step; 1 hour = 1 mile; walk/step 1/2 hour = 1/2 mile; 1/4 hour = 1/4 mile; 1/8 hour = 1/8 mile)

Members on the move to Colorado (check our map track in the office) are: Harold Davis, Sandra Rigo, Carol Keegan, Hank Finn, Helene Ferrara & Jo Schofield. The benefits of participating are too numerous to mention here, but it **WILL** bring you closer to even better health.



**VOLUNTEERS NEEDED!** Are you interested in finding a way to give back to your community?

Become a certified Long-term Care Ombudsman! An Ombudsman helps to ensure that the rights of nursing and rest home residents are maintained, honored and respected. It is an enriching and rewarding experience to assist the residents in a local nursing home, and know that you are helping their voices to be heard. You get to work in your own community, have a flexible schedule and work with a fantastic team of committed volunteers. For more info, please contact Lila Burgess at 508-583-1833 X205 or email her at [lburgess@ocpcrpa.org](mailto:lburgess@ocpcrpa.org)

**A HUGE THANK YOU** to the following businesses that donated door prize gifts to those who attended the **COOKOUT AUGUST 24TH~**

Lyonville Tavern & Restaurant—Ken Vinton

Teeka Lynne's Salon & Day Spa—Pauline Hughes

Mo's Place—Bob Bousquet

Dave's Auto (2) - Karen Trudeau & Dorothy Grindstaff

Mea's Dairy Bar (4) - Joseph Dux, Roger Pelletier, Frank Dutton and Marge Smith

Perry's Auto—Ellen Scopa

Anonymous Walmart gift cards—Marge Silva, Debbie Duke, Alyce Dutton

Dick Wright—Marshfield Fair—Dyanne Smith, Sandy Conway

Tedeschi's ~ 7/11 - Evelyn Holt



**DECORATE A PUMPKIN HERE—Thursday, October 13th from 1-3pm—all supplies provided!**



It's that time of year again! If you have a Medicare Prescription Drug Plan or a Medicare Advantage Plan (HMO, PPO), you should expect information from your plan by the end of September. *This information is important because it explains changes in your plan for 2017.* During Medicare Open Enrollment (**October 15 - December 7**), you will have a chance to **CHANGE** your plan for next year. SHINE Counselors can help you understand your plan changes, as well as other options you may have. Call early to get a SHINE appointment during Open Enrollment! **Do Not Wait Until It's Too Late!** Our trained SHINE volunteer, Maria Burke, offers free, confidential counseling on all aspects of Medicare and Medicare-related health insurance programs. Appointments **MUST** be made to meet with her.

We help collect **BOX TOPS FOR EDUCATION** at the COA! Save and bring to the COA. We give them to our local schools, which earn **10 cents** per coupon!

