




# February 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 <b>Reminder!</b> ALL EVENTS MARKED WITH A * REQUIRE YOUR RSVP !! 293-7313		<b>1</b> 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch* 1:30 Earring Creations*	<b>2</b> 9-11 Networking Group 9:00 Men's Coffee 10:00 Oil Painting 12:00 <b>SPECIAL LUNCH*</b> 12:30 Grocery Shopping 1-3 Adult Coloring	<b>3</b> 9:00 Errands / Wal-Mart 10:00 Exercise 12:00 Lunch* 1:00 Office closes
<b>6</b> 9:00 Church 10:00 Computer Class & Cards 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joy of Writing	<b>7</b> 9-11 Men's Coffee Time & SHINE* 10:00 TRIAD 12:00 Lunch* 12:30 Nails By Julie* 1:30-3:30 TAX HELP*	<b>8</b> 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga, Vet's Chat 12:00 Lunch* 12:30 My Life, My Health 1:30 Earring Creations*	8:30 Wellness Check 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch* 12:30 Grocery Shopping 1-3 Adult Coloring	<b>10</b> 9:00 Errands / Wal-Mart 10:00 Exercise 12:00 Lunch* 1:00 Office closes
<b>13</b> 9:00 Church 10:00 Computer Class & Cards 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joy of Writing	<b>14</b>  9-10am <b>VALENTINE BRUNCH &amp; SHINE*</b> 12:00 Lunch* 1:30-3:30 TAX HELP*	<b>15</b> 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 <b>VALENTINE PARTY LUNCH* @ Town Hall</b> 1:30 Earring Creations*	<b>16</b> 9-11 Networking Grp, Men's Coffee Time 8:30 Wellness Check 10:00 Oil Painting 12:00 Lunch* 12:30 Grocery Shopping 1-3 Adult coloring 1:30 Generation Connection	<b>17</b> 9:00 Errands / Wal-Mart 10:00 Exercise 12:00 Lunch* 1:00 Office closes
<b>20</b> <b>OFFICE CLOSED</b> 	<b>21</b> 9-11 Men's Coffee Time & SHINE* 10:00 Board Mtg. 12:00 Lunch* 1:30-3:30 TAX HELP*	<b>22</b> 10am-noon Quilting 10a-1p Brown Bag 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch* 1:30 Earring Creations*	<b>23</b> 8:30 Wellness Check 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch* 12:30 Grocery Shopping 1-3 Adult Coloring	<b>24</b> 9:00 Errands / Wal-Mart 11:00 Attorney Rawlins* 12:00 Lunch* 1:00 Office closes
<b>27</b> 9:00 Church 10:00 Computer Class & Cards 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/ Knitting 2:00 Joy of Writing	<b>28</b> 9-11am Men's Coffee Time 12:00 <b>Pizza Lunch*</b> 1:30-3:30 TAX HELP*	<b>FAMOUS BIRTHDAYS</b> <b>THIS MONTH:</b> 6-Babe Ruth 7-Charles Dickens 12- Abraham Lincoln 14-Anna Shaw 20-Ansel Adams 22-George Washington WHO were they & WHAT did they do?	<b>LINE DANCING</b> <b>TUESDAY: 3:00p</b> <b>WEDNESDAY:6:30pm</b> @ All Season's Restaurant <b>COMING IN MARCH....</b> <b>Pain Self- Management on Wednesdays 1- 3:30pm at Town Hall</b> <b>LAUGHTER WORKSHOP 3/28</b>	<b>LOCAL FOOD PANTRIES:</b> ♦ Congregational Church (503 Plymouth St./Rt.106) Tuesdays @ 2:30-4pm <b>781-293-6393</b> ♦Our Lady of the Lake Church, 2nd and last Saturday of every month 9:00-10:30am. <b>781-293-7971</b>



# OCES NUTRITION PROGRAM

February 2017

**Old Colony Elder Services**  
Providing services to the community since 1974


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

## Community Dining Menu

**Suggested Donation-\$2.50/meal**

**Menu subject to change without notice.**

WG=Whole Grain

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<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		<b>1</b> Spanish Chicken (461) Tomato Braised Potatoes (38) Broccoli (12) WW Dinner Roll (180) Lemon Pudding (200) MOD:SF Lemon Cookie (60) Calories: 727 Sodium: 1046mg Carb: 91.7g	 <b>2</b> Salmon w/Dill Sauce (79) Brown Wild Rice Blend (35) Tuscany Veg.Blend (47) Multigrain Bread (150) Brownie (100) MOD:SF Oatmeal Cookie (65) Calories: 722 Sodium: 566mg Carb: 82.4g	<b>3</b> Roasted Pork w/Apple Glaze (59) Roasted Sweet Potatoes (41) Brussel Sprouts (17) Marble Rye Bread (280) Banana (1) Calories: 704 Sodium: 398mg Carb: 90.3g
<b>6</b> Pancakes ♦ (313) w/Sausage Patty* (540) Peppers & Onions (2) Fruit Loaf (179) Maple Syrup (50) Apple Juice (5) Fruited Yogurt (75) Calories: 804 Sodium: 1203mg Carb: 122.7g	<b>7</b> Macaroni&Cheese* (616) Roman Vegetable Blend (12) Wheat Bread (115) Double Chocolate Chip Cookie (91) MOD:SFChocChCk (51) Calories: 757 Sodium: 988mg Carb: 98.3g	<b>8</b> WG Stuffed Shells w/Meat Sauce (492) Italian Veg.Blend (91) Parmesan Cheese (108) Rye Bread (150) Hot Caramelized Apples (76) Calories: 724 Sodium: 1000mg Carb: 89.5g	<b>9</b> Spanish Pot Roast (97) Baked Potato (4) Green Beans w/Red Peppers (3) Sour Cream (13) WW Dinner Roll (180) Lemon Square (105) MOD:Vanilla Wafers (65) Calories: 748 Sodium: 558mg Carb: 87.6g	<b>10</b> Chicken Teriyaki* (574) Herbed Brown Rice (41) Asian Vegetables (25) Multigrain Bread (150) Banana (1) Calories: 631 Sodium: 935mg Carb: 93.2g
<b>13</b> Potato Crunch Fish (270) Brown Rice with Tomatoes & Basil (8) Apple Butternut Squash (4) Tartar Sauce (130) Oatmeal Bread (150) Mandarin Oranges (7) Calories: 886 Sodium: 723mg Carb: 117.7g	<b>14</b> Chicken, Broccoli, & Penne Alfredo (419) Carrots (43) Garlic Roll (181) Valentine's Day Cookie (200) MOD:Lorna Doones (100) Calories: 832 Sodium: 1031mg Carb: 111.4g	<b>15</b> Omelette (283) with Swiss Cheese (13) Potato Wedges (261) Peppers and Onions (2) Rye Bread (150) Apricots (10) Calories: 676 Sodium: 874mg Carb: 74g	<b>16</b> Unstuffed Pepper Casserole (229) Spinach (110) Multigrain Bread (150) Waffle Snaps (65) Calories: 704 Sodium: 708mg Carb: 72.4g	<b>17</b> Beef Stew (143) Baked Sweet Potato (20) Green Beans (3) Corn Bread (211) Hot Cinnamon Peaches (64) Calories: 864 Sodium: 597mg Carb: 94.3g
<b>20 No Meals Served</b>  <b>PRESIDENTS DAY</b>	<b>21</b> Turkey Chili*♦ (696) Hot Mexicali Brown Rice Salad (89) Country-Style Vegetables (40) Multigrain Bread (150) Vanilla Pudding (200) MOD: SF Lemon Cookie (60) Calories: 901 Sodium: 1330mg Carb: 120.7g	<b>22</b> Chicken Parmesan* (722) Rotini Pasta (4) Winter Fall Vegetable Blend (14) Parmesan Cheese (108) Wheat Bread (115) Hot Caramelized Pears (75) Calories: 761 Sodium: 1077mg Carb: 87.2g	<b>23</b> Meatloaf w/Gravy (133) Mashed Potato (135) Carrots (64) WW Dinner Roll (180) Banana (1)  Calories: 752 Sodium: 667mg Carb: 90.5g	<b>24</b> Catch of the Day w/Newburg Sauce~ (196) Sweet Potato, Tater Tots (380) Collard Greens with Onions (50) Oatmeal Bread (150) Applesauce (15) Calories: 694 Sodium: 945mg Carb: 95.5g
<b>27</b> WG Lasagna Rolls with Meat Sauce (392) Roman Veg.Blend (12) Italian Bread (380) Parmesan Cheese (108) Fruited Oatmeal Bar (85) MOD: Apple Cinnamon Waffle Snaps (65) Calories: 730 Sodium: 1132mg Carb: 97.8g	<b>28</b> Chicken Scallopini (351) Roasted Sweet Potatoes (41) Tuscany Vegetable Blend (47) WW Dinner Roll (180) Fresh Orange (0) Calories: 693 Sodium: 773mg Carb: 87.9g			

\*Indicates food item with >500mg sodium ♦=high sodium meal "Catch of the Day"=fish type will vary each month (nutrition information is approximate)