



APRIL 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Reminder! ALL EVENTS MARKED WITH A * REQUIRE RSVP !! 293-7313	LINE DANCING EVERY TUESDAY: 3:00pm & WEDNESDAY:6:30pm <i>@ All Season's Restaurant</i>	 Find us on: facebook	LOCAL FOOD PANTRIES: •Congregational Church (503 Plymouth St./Rt.106) Tuesdays @ 2:30-4pm 781-293-6393 •Our Lady of the Lake Church, 2nd and last Saturday of every month 9:00-10:30am. 781- 293-7971	
3 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	4 9-11 Men's Coffee Time & SHINE* 10:00 TRIAD 12:00 Lunch* 12:30 Nails By Julie* 1:30-3:30 TAX HELP*	5 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch*	6 8:30 Wellness Check 9-11 Networking Group in Halifax 9:00 Men's Coffee 10:00 Oil Painting 12:00 SPECIAL Lunch* 12:30 Grocery Shopping 1-3 Adult Coloring	7 9:00 Errands & Love to Walk group* 10:00 Exercise 12:00 Lunch* 1:00 Office closes 9 Sunday, PALM SUNDAY
10 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	11 9-10am BEST BREAKFAST 12:00 Lunch* 1:30-3:30 TAX HELP*	12 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga, Veterans Chat 12:00 Lunch* 12:30 My Life, My Health	13 9-11 Men's Coffee Time 8:30 Wellness Check 10:00 Oil Painting 12:00 Easter Lunch* 12:30 Grocery Shopping 1-3 Adult coloring 1:30 Generation Connection	14 "GOOD" FRIDAY 9:00 Errands * 10:00 Exercise 12:00 Lunch* 1:00 Office closes _____ 16 Sunday, EASTER
17 PATRIOTS DAY OFFICE CLOSED 	18 9-11 Men's Coffee Time & SHINE* 12:00 Lunch*	19 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch*	20 8:30 Wellness Check 9:00 Men's Coffee Networking Group/ Marshfield 10:00 Oil Painting 12:00 Lunch* 12:30 Grocery Shopping 1-3 Adult Coloring	21 9:00 Errands* & Love to Walk Group* 10:00 Exercise 12:00 Lunch* 1:00 Office closes
24 9:00 Church 10:00 Computer Class & Cards 11-12 Tai Chi/Town Hall 12:00 Pizza Lunch* 1-3pm Crochet/ Knitting 2:00 Joy of Writing	25 9-11am Men's Coffee Time & SHINE* 10:00 Board Mtg. 12:00 Lunch*	26 10am-noon Quilting 10a=1p Brown Bag 10:30 Wii games 11:00 Senior Law Project* 11:00 Chair Yoga 12:00 Lunch* 2-4pm Earring Creations*	27 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch* 12:30 Grocery Shopping 1-3 Adult Coloring	28 9:00 Errands * 11:00 Attorney Rawlins* 12:00 Lunch* 1:00 Office closes

OCES NUTRITION PROGRAM

April 2017



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
3 Opening Day Fenway Park Hot Dog * ♦ (720) Roasted Red Bliss Potatoes (6) Collard Greens w/Onions (50) Mustard (55) Ketchup (82) WW Hot Dog Roll (250) Fresh Apple (2) Calories: 816 Sodium: 1319mg Carb: 97g	4 Orange Dijon Chicken (480) Orzo & Carrots (22) Spinach (110) WW Dinner Roll (180) Fresh Orange (0) Calories: 670 Sodium: 885mg Carb: 94g	5 Baked Salmon w/Dill Sauce (79) Brown Wild Rice Blend (31) Spring Summer Vegetable Blend (65) Marble Rye Bread (150) Brownie (100) MOD:Waffle Snaps (65) Calories: 728 Sodium: 580mg Carb: 82g	6 Chicken Salad on Lettuce Bed (70) Potato Salad (57) Spinach Salad w/ Mandarin Oranges (33) Mini Kaiser Roll (200) Chocolate Cupcake (170) MOD:SF Oatmeal Ck (65) Calories: 755 Sodium: 685mg Carb: 86g	7 *No Milk Served* Omelette w/Broccoli & Provolone Cheese Sce (383) French Toast Sticks (190) Peppers & Onions (2) SF Syrup (50) Rye Bread (150) Apple Juice (5) Fruited Yogurt (75) Calories: 715 Sodium: 903mg Carb: 95g
10 Swedish Meatballs (237) Served Over Parslied Egg Noodles (4) Fiesta Vegetable Blend (15) Garlic Roll (181) Hot Cinnamon Apples (64) Calories: 789 Sodium: 656mg Carb: 88g	11 Chicken Parmesan* (722) w/Penne Pasta (4) Broccoli (12) Wheat Bread (115) Parmesan Cheese (35) Lemon Square (105) MOD:SF Lemon Ck (60) Calories: 808 Sodium: 1148mg Carb: 97g	12 Minestrone Soup (330) Tuna Salad (120) Tricolor Pasta Salad (52) Three Bean Salad (34) Pita Half (75) Fresh Apple (2) Calories: 843 Sodium: 767mg Carb: 112g	13 Pot Roast w/Gravy (78) Baked Sweet Potato (41) Diced Beets (73) Multigrain Bread (150) Lemon Pudding (200) MOD:Vanilla Wafers (65) Calories: 694 Sodium: 797mg Carb: 82g	14 WG Fish Sticks (320) Tater Tots (341) Jardiniere Vegetable Blend (32) Tartar Sauce (130) Wheat Bread (115) Banana (1) Calories: 814 Sodium: 1093mg Carb: 105g
17 Patriot Day No Meals Served 	18 Cheeseburger (338) Macaroni and Cheese (246) Roman Vegetable Blend (12) WW Hamburger Roll (230) Ketchup (82) Apricots (10) Calories: 781 Sodium: 1073mg Carb: 78g	19 Lemon Pepper Chicken (334) Brown Rice w/Tomato & Basil (5) California Veg. Blend (30) WW Dinner Roll (180) Raspberry Cookie (195) MOD:SFChocChipCk (55) Calories: 783 Sodium: 898mg Carb: 110g	20 Catch of the Day* w/Florentine Sauce (150) Sweet Potato Tater Tots (380) Scandinavian Vegetable Blend (41) Italian Bread (380) Fresh Orange (0) Calories: 785 Sodium: 1105mg Carb: 115g	21 WG Stuffed Shells w/Meat Sauce (492) Green Beans w/ Red Bell Pepper (3) Parmesan Cheese (35) Garlic Roll (181) Hot Cinnamon Pears (64) Calories: 744 Sodium: 930mg Carb: 87g
24 Sausage Patty* ♦ (540) Pancakes (313) Peppers&Onions (2) SF Maple Syrup (50) Blueberry Muffin (200) Fresh Pear (2) Calories: 789 Sodium: 1262mg Carb: 110g	25 Chicken Scallopini (351) Roasted Sweet Potatoes (41) Italian Vegetable Blend (19) Rye Bread (150) Chocolate Pudding (200) MOD:Lorna Doones (100) Calories: 752 Sodium: 946mg Carb: 96g	26 Egg Salad on Lettuce Bed (170) Pasta Salad Vinaigrette (8) Riviera Salad (81) Mini Kaiser Roll (200) Banana (1) Calories: 713 Sodium: 568mg Carb: 98g	27 Unstuffed Pepper Casserole (229) Spinach (110) Multigrain Bread (150) Double Chocolate Chip Cookie (164) MOD:Waffle Snaps (65) Calories: 807 Sodium: 807mg Carb: 85g	28 Roast Turkey* w/Gravy (674) Stuffing Garnish (66) Mashed Potatoes (135) Roman Veg. Blend (12) Cranberry Sauce (4) Wheat Bread (115) Fresh Orange (0) Calories: 647 Sodium: 1160mg Carb: 77g

Nutrition Information is for the entire meal including bread, milk, & margarine. Each item is followed by the milli-grams of sodium in parentheses. Nutrition information is approximate 1% Milk=107 mg sodium Margarine=47 mg sodium

April

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