

OCES NUTRITION PROGRAM

June 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. SF=Sugar Free WG=Whole Grain

 JUNE		WEDNESDAY	THURSDAY	FRIDAY
		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	1 Roast Pork (56) Apple Cabbage Slaw (23) Whipped Sweet Potatoes (31) Broccoli (12) Multigrain Bread (150) Honey Dew Melon (15) Calories: 699 Sodium: 442 Carb: 86g	2 Catch of the Day w/Florentine Sauce (164) Brown Rice w/Orzo and Peas (97) Scandinavian Vegetable Blend (41) WW Dinner Roll (180) Fresh Orange (0) Calories: 723 Sodium: 637 Carb: 101g
5 WG Ravioli w/Butternut Squash Pesto* (547) Fiesta Veg.Blend (15) Oatmeal Bread (150) Raspberry Filled Cookie (195) MOD:SFLemonCookie (60) Calories: 766 Sodium: 1061mg Carb: 121g	6 California Chicken Salad (63) German Potato Salad (73) Carrot & Pineapple Salad (99) Mini Kaiser Roll (200) Tropical Fruit Cup (8) Calories: 701 Sodium: 598mg Carb: 82g	7 Salmon with Dill Sauce (79) Parslied Bowtie Pasta (4) Jardiniere Veg.Blend (32) Wheat Bread (115) DoubleChocChipCook (164) MOD:SFChocChipCk (65) Calories: 820 Sodium: 548 Carb: 95g	8 Turkey Chili* (696) Herbed Brown Rice (40) Green Beans (3) Corn Bread (211) Mandarin Oranges (7) Calories: 787 Sodium: 1112mg Carb: 106g	9 Hawaiian Chicken (451) Fresh Roasted Sweet Potatoes (41) Spinach (110) Garlic Roll (131) Fresh Apple (2) Calories: 776 Sodium: 939mg Carb: 100g
12 Sloppy Joe (281) Vegetarian Baked Beans (140) California Vegetable Blend (30) WW Hamburger Roll (230) Cantaloupe (14) Calories: 697 Sodium: 851mg Carb: 86g	13 Chicken Scallopini (351) Brown Wild Rice Blend (32) Brussel Sprouts (17) WW Dinner Roll (180) Chocolate Pudding (200) MOD:Cinnamon Waffle (80) Snaps (80) Calories: 706 Sodium: 935mg Carb: 100g	14 Penne Pasta w/ Meatballs & Marinara Sauce (281) Italian Vegetable Blend (19) Parmesan Cheese (35) Garlic Roll (181) Fresh Orange (0) Calories: 724 Sodium: 675mg Carb: 92g	15 Tuna Fish w/Lettuce (120) Sweet Potato & Mango Salad (137) Tomato & Red Pepper Salad (105) Mini Kaiser Roll (200) Brownie (100) MOD: Lemon Grhm (95) Calories: 712 Sodium: 816mg Carb: 75g	16 Roasted Turkey* w/ Gravy (674) Stuffing Garnish (66) Mashed Potatoes (135) Roman Veg. Blend (12) Cranberry Sauce (4) Wheat Bread (115) Banana (1) Calories: 681 Sodium: 1162mg Carb: 86g
19 Chicken, Broccoli, Penne Alfredo* (675) Spring Summer Vegetable Blend (65) Wheat Bread (115) Hot Cinnamon Peaches (64) Calories: 682 Sodium: 1074 Carb: 87g	20 WG Stuffed Shells w/Meat Sauce (492) Jardiniere Vegetable Blend (32) Parmesan Cheese (35) Multigrain Bread (150) Chocolate Pudding (200) MOD:SFChocChipCk (65) Calories: 793 Sodium: 1106mg Carb: 97g	21 WG Fish Sticks (320) Herbed Brown Rice (40) Fiesta Vegetable Blend (15) Tartar Sauce (130) Oatmeal Bread (150) Apricots (10) Calories: 770 Sodium: 819mg Carb: 108g	22 Corned Beef *❖ (810) Cabbage (20) Carrots (67) Parslied Boiled Potatoes (8) WW Dinner Roll (180) Lemon Square (105) MOD:BlueberryGrhm (87) Calories: 674 Sodium: 1345mg Carb: 96g	23 Homemade Meatloaf w/Gravy (133) Mashed Potatoes (135) Beets (173) Garlic Roll (181) Banana (1) Calories: 733 Sodium: 760mg Carb: 83g
26 Swiss Cheese Omelette (296) Home Fries (62) Peppers&Onions (2) Fruit Loaf (170) Honey Dew Melon (15) Calories: 758 Sodium: 600mg Carb: 94g	27 Unstuffed Pepper Casserole (229) Green Beans (3) Multigrain Bread (150) Lemon Pudding (200) MOD: Lemon Graham (95) Calories: 698 Sodium: 737mg Carb: 82g	28 Chicken Parmesan* (722) Rotini Pasta (4) Roman Vegetable Blend (12) Oatmeal Bread (150) Mandarin Oranges (7) Calories: 729 Sodium: 1140mg Carb: 93g	29 Turkey Salad on Lettuce Bed (490) Tricolor Pasta Salad (52) Tomato Cucumber Salad (3) Mini Kaiser Roll (200) Fruited Oatmeal Bar (65) MOD:Waffle Snaps (65) Calories: 796 Sodium: 980mg Carb: 90g	30 Pot Roast w/Gravy (68) Baked Potato (4) Country Style Vegetables (40) Sour Cream (12) Italian Bread (380) Fresh Orange (0) Calories: 797 Sodium: 659mg Carb: 91g

*Indicates food item with >500mg sodium ❖=high sodium meal "Catch of the Day"=fish type will vary each month



JUNE 2017



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
LOCAL FOOD PANTRYS: 1.) Congregational Church (503 Plymouth St./Rt.106) Tuesdays @ 2:30-4pm 781-293-6393 2.) Our Lady of the Lake Church, 2nd and last Saturday of every month 9:00-10:30am. 781-293-7971		LINE DANCING EVERY TUESDAY: 3:00pm & WEDNESDAY: 6:30pm @ All Season's Restaurant 	1 9-11 Networking Group (Halifax) 9:00 Men's Coffee 10:00 Oil Painting 12:00 SPECIAL Lunch* 12:30 Grocery Shopping 1-3 Adult Coloring	2 9:00 Errands Love To Walk Group* (Castle Island) 10:00 Exercise 12:00 Lunch* 1:00 Office closes
5 9:00 Church 10:00 Cribbage 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joy of Writing	6 9-11 Men's Coffee Time & SHINE* 10:00 TRIAD 12:00 Lunch* 12:30 Nails by Julie*	7 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch & VOLUNTEER CELEBRATION*	8 8:30 Wellness Check 9:00 Men's Coffee 10:00 Oil Painting 12:30 Grocery Shopping 1-3 Adult Coloring 1:30 Kid's Concert @ Elementary School	9 9-12 PediRN appts* 9:00 Errands 10:00 Exercise 12:00 Lunch* 1:00 Office closes 10- SATURDAY 12-3pm Generation Pot Luck Lunch
12 9:00 Church & Shop/ Lunch Trip* 10:00 Cribbage 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joy of Writing	13 12:00 Lunch* & SHINE* 2:45-4:00 pm Girl Scouts Technology Program*	14 STAFFORD HILL trip* 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga, Veterans Agent Chat 12:00 Lunch 12:30-1:30 ML, MH Flag Day	15 GENERATION TRIP* 8:30 Wellness Check 9-11 Men's Coffee Time & Last Network Group (Marshfield) 10:00 Oil Painting 12:30 Grocery Shopping 1-3 Adult coloring 1:00 MassBar Legal Check Up*	16 9:00 Errands* 10:00 Exercise 12:00 Lunch* 1:00 Office closes 17- SATURDAY "SHOW OFF YOUR DOG DAY" (12-3) 18-SUNDAY Father's Day
19 9:00 Church 10:00 Cribbage 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joy of Writing	20 9-11 BEST BREAKFAST FOR FATHER'S DAY 12:00 Lunch*	21 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch* 2:00 color program* First Day of Summer	22 8:30 Wellness Check 9:00 Men's Coffee 10:00 Oil Painting 12:00 Lunch* 12:30 Grocery Shopping 1-3 Adult Coloring	23 9:00 Errands* & Love To Walk Group* (Scituate Harbor) 12:00 Lunch* 1:00 Office closes
26 9:00 Church 10:00 Cribbage 11-12 Tai Chi/Town Hall 12:00 Pizza Lunch* 1-3pm Crochet/Knitting 2:00 Joy of Writing 2:00 Prescription Advantage*(see newsletter)	27 9-11am Men's Coffee Time 12:00 Lunch* & SHINE*	28 10am-noon Quilting 10a-1p Brown Bag 10:30 Wii games 11:00 Chair Yoga 11:30 KEEP MOVING GET TOGETHER* 12:00 Lunch* 2:30-4pm Earring Creations*	29 9-11 Men's Coffee Time 8:30 Wellness Check 10:00 Oil Painting 12:30 Grocery Shopping 1-3 Adult coloring	30 9:00 Errands* 11:00 Legal Help with Atty. Rawlins 12:00 Lunch* 1:00 Office closes