

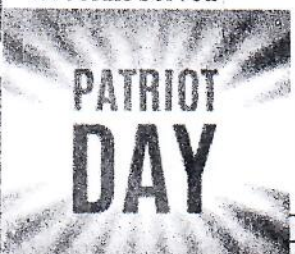
OCES NUTRITION PROGRAM

April 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
2 Chicken Cacciatore (343) Brown Rice with Orzo and Peas (78) Zucchini (2) Garlic Roll (180) Chocolate Pudding (200) MOD:SFChocChipCk (55) Calories: 680 Sodium: 959mg Carb: 84g	3 WG Cheese Lasagna w/Marinara Sauce (191) Riviera Vegetable Blend (5) Parmesan Cheese (35) Multigrain Bread (150) Fresh Pear (2) Calories: 718 Sodium: 867mg Carb: 98g	4 WG Fish Sticks (350) Italian Roasted Potatoes (6) Fiesta Veg.Blend (15) Tartar Sauce (130) Oatmeal Bread (150) Fresh Orange (0) Calories: 761 Sodium: 740mg Carb: 103g	5 Red Sox Opening Day Hot Dog with Beef Chili (42) Macaroni&Cheese (146) Broccoli (12) Ketchup (82) Mustard (55) WW Hot Dog Roll (210) Banana (1) Calories: 721 Sodium: 1069mg Carb: 91g	6 Hawaiian Roast Pork (46) Whipped Sweet Potatoes (33) Brussel Sprouts (17) Multigrain Bread (150) Fig Bar (35) MOD:SFOatmealCk (65) Calories: 905 Sodium: 851mg Carb: 116g
9 Turkey Chili* (658) Served Over Brown Rice (4) Jardiniere Vegetable Blend (32) Garlic Roll (181) Fresh Apple (2) Calories: 682 Sodium: 1042mg Carb: 99g	10 Chicken Broccoli Penne Alfredo* (669) Tuscany Vegetable Blend (47) Oatmeal Bread (150) Hot Caramelized Pears (75) Calories: 701 Sodium: 1097mg Carb: 93g	11 Scrambled Eggs w/Cheese (236) Home Fries (62) Peppers & Onions (2) Fruit Loaf (170) Orange Juice (5) Fruited Yogurt (75) No Milk Served Calories: 726 Sodium: 597mg Carb: 101g	12 Beef Bourguignon (119) Garlic Mashed Potatoes (143) California Vegetable Blend (30) WW Dinner Roll (180) DoubleChcChipCk (164) MOD:SF Lemon Ck (60) Calories: 814 Sodium: 791mg Carb: 100g	13 Tuna Salad on Lettuce Bed (120) Pasta Sld Vinaigrette (8) Spinach Salad with Mandarin Oranges (67) Mini Kaiser Roll (200) Vanilla Cupcake (170) MOD:SFChocChipCk (55) Calories: 846 Sodium: 719mg Carb: 101g
16 Holiday No Meals Served  	17 Chicken Meatballs w/Marinara Sauce (281) Roasted Red Bliss Potatoes (6) Green Beans (2) WW Sub Roll (330) Fresh Pear (2) Calories: 763 Sodium: 774mg Carb: 117g	18 Chicken Marsala (459) Parslied Bowtie Pasta (4) Roman Vegetable Blend (12) Multigrain Bread (150) Pumpkin Cookie (139) MOD:LemonGrhms (95) Calories: 719 Sodium: 919mg Carb: 94g	19 WG Breaded Pollock (190) Brown Rice with Tomato&Basil (5) Peas & Carrots (82) Tartar Sauce (130) WW Dinner Roll (180) Mandarin Oranges (7) Calories: 764 Sodium: 748mg Carb: 108g	20 Italian Pot Roast (191) Roasted Sweet Potatoes (41) Diced Beets (173) Oatmeal Bread (150) Raisins (4) Calories: 701 Sodium: 714mg Carb: 90g
23 Stuffed Shells w/Meat Sauce (492) Scandinavian Vegetable Blend (41) Parmesan Cheese (35) Multigrain Bread (150) Hot Cinnamon Peaches (64) Calories: 691 Sodium: 937mg Carb: 84g	24 Greek Chicken* (616) Brown Rice w/Orzo & Red Pepper (48) Broccoli (12) Oatmeal Bread (150) Banana (1) Calories: 690 Sodium: 1012mg Carb: 95g	25 Egg Salad w/Lettuce (170) Sweet Potato Salad with Mango (137) Tossed Garden Salad (29) Italian Dressing (130) Mini Kaiser Roll (200) Fruited Crunch Bar (80) MOD:SFOatmealCk (65) Calories: 853 Sodium: 901mg Carb: 99g	26 Minestrone Soup ♦ (330) Meatloaf w/Gravy (138) Mashed Potatoes (135) Carrots (43) Wheat Bread (115) Fresh Orange (0) ♦community dining only Calories: 743 Sodium: 916mg Carb: 82g	27 Teriyaki Glazed Salmon (206) Fried Rice w/Peas & Carrots (40) Asian Veg.Blend (25) Multigrain Bread (150) Brownie (100) MOD:SFLemonCk (60) Calories: 724 Sodium: 675mg Carb: 79g
30 Swedish Meatballs w/Gravy Served Over (237) Egg Noodles (4) Fiesta Vegetable Blend (15) Wheat Bread (115) Vanilla Pudding (200) MOD:SFChocChipCk (55) Calories: 711 Sodium: 725mg Carb: 89g	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



A P R I L 2018



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 9:00 Church 9:30 Shop Lunch Trip 10:00 Cards/Cribbage/Computer 11-12 Tai Chi/Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	3 9-11 Men's Coffee & SHINE* 12:00 Lunch* 12:30 Nails by Julie* 1:30-3:30 Tax Help*	4 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch* Arthur Murray's Birthday, 1895 	5 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	6 9:00 Errands* 9a-12:30 PediNurse* 10:00 Exercise 12:00 Lunch* 1:00 Office closes <i>May newsletter info due on this day!</i>
9 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	10 9-10 Best Breakfast 9-11 SHINE* 10:00 TRIAD @Police Station 12:00 Lunch* 12:30-3pm PediNurse* 1:30-3:30 Tax Help*	11 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga, Veteran's Agent here 12:00 Lunch* 12:30 My Life, My Health <i>Reserve your Spring Fling spot today!</i>	12 8:30-11:30 Wellness Check 9:00 Men's Coffee 10:00 ART class 12:00 Lunch* 12:30 Grocery Shopping* 1-3 Adult Coloring 1:30 Intergenerational Egg Hunt	13 9:00 Errands* 10:00 Exercise 12:00 Lunch* 1:00 Office closes National Peach Cobbler Day 
16  P D A A T Y R I O T S <i>Office Closed</i>	17 9-11 Men's Coffee & SHINE* 9:30 Board Mtg. 12:00 Lunch* 1:00 Reverse Mortgage presentation*	18 10am-noon Quilting 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch*	19 8:30-11:30 Wellness Check 9-11 Men's Coffee 10:00 ART class 12:00 Special Lunch* SPRING FLING! 12:30 Grocery Shopping* 1-3 Adult coloring	20 9:00 Errands* 10:00 Exercise 12:00 Lunch* 1:00 Office closes On this day in 1906...San Francisco Earthquake & Fires occurred
23 9:00 Church 10:00 Cards/Cribbage/Computer 11-12 TaiChi & BP Clinic/Town Hall 12:00 Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	24 9-11 Men's Coffee & SHINE* 12:00 Lunch* Pig In A Blanket Day 	25 10a-noon Quilting 10a-1p Brown Bag 10:30 Wii games 11:00 Chair Yoga 12:00 Lunch* Ella Fitzgerald's Birthday, 1917	26 8:30-11:30 Wellness Check 9:00 Men's Coffee 10:00 ART class 12:00 Lunch* 12:30 Grocery Shopping* 1-3 Adult Coloring	27 9:00 Errands* 11a-1p Attorney Rawlins Help* 12:00 Lunch* 1:00 Office closes SUNDAY, 29th @9AM "Moving Heels for Meals on Wheels" 5K walk at Kingston Middle School
30 9:00 Church 10:00 Cards/Cribbage/computer 11-12 Tai Chi /Town Hall 12:00 Pizza Lunch* 1-3pm Crochet/Knitting 2:00 Joys of Writing	LINE DANCING EVERY TUESDAY: 2:30-4pm WEDNESDAY: 6:30-8:30pm @ Happy Dragon Restaurant 	 All events marked with an asterisk require a reservation. Call our office! 781-293-7313	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	