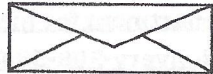
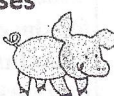




MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>All events marked with an asterisk requires a reservation.</i>  Call our office! 781-293-7313	FOOD PANTRIES: First Congregational Church on Tues. 2:30-4pm 781-293-6393 Our Lady of the Lake Church, 2nd and 4th Sat. 9-10:30am 781-293-7971		 Come in this month for a great Greeting Card selection. (12 for \$1) Generations appreciates your support!	1 9:30 Errands* 10:00 Exercise 12:00 Lunch served* 1:00 Office Closes National Pig Day 
4 9a-2p SHOP & LUNCH TRIP* 10:00 Cards/Cribbage & COMPUTER 11-12 TaiChi @ Town Hall 12:00 Lunch served* 1-3 Crochet/Knitting 2:00 Joys of Writing	5 9:00 Men's Coffee 10 TRIAD @ Police Dept. 9-11 SHINE* 12:30 Nails By Julie* 1:30-3:30 TAX HELP*	6 9:30-11 Wii games 10-noon Quilting 11:00 Chair Yoga 12:00 Potluck Lunch*  Lou Costello's Birthday 1906-1959	7 9:00 Men's Coffee, Networking@ Town Hall 10:00 Art Class 12:00 Special Lunch served* 12:30 Shopping* 1-3 Adult Coloring	8 9:30 Errands* 10:00 Exercise 12:00 Lunch served* 1:00 Office Closes <u>SATURDAY, 3/9</u> CHANGE YOUR CLOCKS BEFORE YOU PUT YOUR HEAD ON THE PILLOW!  "Spring Forward"
11 10:00 Cards/Cribbage & COMPUTER 11-12 TaiChi @ Town Hall 12:00 Lunch served* 1-3 Crochet/Knitting 2:00 Joys of Writing	12 9-10 BEST BREAKFAST 9-11 SHINE* 1:30-3:30 TAX HELP*  GIRL SCOUTS founded, 1912	13 9:30-11a Wii games 10-noon Quilting 11:00 Chair Yoga, Veteran Agent Chat 12:00 Special St. Patrick's Lunch* 12:30 MLMH meets Ear Muff Day  (wear one!)	14 8:30-11:30a WELLNESS check 9:00 Men's Coffee 10:00 ART class 12:00 Lunch served* 12:30 Shopping* 1-3 Adult Coloring, Kathleen's Craft*	15 830-2:30 Podiatry* here 9:30 Errands* 10:00 Exercise 12:00 Lunch served* 1:00 Office closes Sunday, 17th:  St. Patrick's Day
18 9a-2p SHOP & LUNCH TRIP* 10:00 Cards/Cribbage & COMPUTER 11-12 TaiChi @ Town Hall 12:00 Lunch served* 1-3 Crochet/Knitting 2:00 Joys of Writing	19 9-11 Men's Coffee & SHINE* 9:30 Board Mtg. @ Water Dept. 1:30-3:30 TAX HELP*	20 9:30-11a Wii games 10-noon Quilting 11:00 Chair Yoga 12:00 Potluck Lunch* 12:15 "Lunch & Learn" with Wil Corey* Fred Rogers' Birthday 1928-2003	21 8:30-11:30a WELLNESS check 9:00 Men's Coffee, Networking/Marshfield 10:00 ART class 12:00 "Lunch & Learn" served* 12:30 Shopping* 1-3 Adult Coloring 1:50 Intergenerational Group here*	22 9:30 Errands* 12:00 Lunch served* 1:00 Office closes  National Goof Off Day
25 10:00 Cards/Cribbage & COMPUTER 11-12 TaiChi @ Town Hall 12:00 Pizza & Salad Lunch served* 1-3 Crochet/Knitting 2:00 Joys of Writing	26 9-11 Men's Coffee & SHINE* 1:30-3:30 TAX HELP* National Spinach Day 	27 9-11 Brown Bag 9:30-11a Wii games 10-noon Quilting 11:00 Chair Yoga 12:00 Potluck Lunch* 1:30 AA Informational Workshop* with Lynda	28 8:30-11:30a WELLNESS check 9:00 Men's Coffee 10:00 ART class 12:00 Lunch served* 12:30 Shopping* 1-3 Adult Coloring	29 9:30 Errands* 11:00 Attorney Rawlins* 12:00 Special Birthday Lunch served* 1:00 Office closes

OCES NUTRITION PROGRAM

March 2019



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
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 Minestrone Soup** (330) Italian Pot Roast (191) Roasted Sweet Potatoes (41) Peas&Pearl Onions (72) Multigrain Bread (150) Fruit Mix (10)
				Calories: 802 Sodium: 532mg Carb: 100g
4 Sloppy Joe (333) Roasted Red Bliss Potatoes (6) Green Beans (3) WW Hamburger Roll (230) Chocolate Pudding (170) MOD:LemonGrhms (95) Calories: 805 Sodium: 900mg Carb: 105g	5 Swedish Meatballs (245) Parslied Egg Noodles (4) California Vegetable Blend (30) Cracked Wheat Bread (150) Hot Cinnamon Peaches (64) Calories: 695 Sodium: 630mg Carb: 78g	6 Baked Pollock with Spinach Alfredo Sauce (417) Butternut Squash with Apples (4) Broccoli (12) WW Dinner Roll (180) Raspberry Filled Ck (195) MOD: Vanilla Bites (50) Calories: 732 Sodium: 946mg Carb: 99g	7 Chicken Marsala (459) Parslied Spiral Pasta (4) Spring Summer Vegetable Blend (65) Cranberry-Orange Snack Loaf (120) Fresh Pear (2) Calories: 718 Sodium: 784mg Carb: 106g	8 Omelette with Provolone Cheese (399) O'Brien Potatoes (31) Peppers&Onions (2) Pancakes No Milk (313) SF Syrup Served (30) Orange Juice (0) Fruited Yogurt (75) Calories: 683 Sodium: 852mg Carb: 93g
11 WG Breaded Alaskan Pollock (190) Brown Fried Rice (4) Chef's Choice Veg.Blend (51) Tartar Sauce (130) Oatmeal Bread (150) Strawberry Fruit Cup (0) MOD: StrwGrahams (95) Calories: 733 Sodium: 662mg Carb: 105g	12 Beef Tips in a Valdostano Sauce (85) Whipped Sweet Potatoes (33) Zucchini (2) WW Dinner Roll (180) Fresh Apple (2) Calories: 722 Sodium: 440mg Carb: 88g	13 Chicken Parmesan* (831) Parslied Penne Pasta (4) Italian Vegetable Blend (19) Wheat Bread (115) Fresh Orange (0) Calories: 748 Sodium: 1104mg Carb: 97g	14 Corned Beef* (911) Boiled Red Bliss Potatoes (6) Cabbage (20) Carrots (67) Oatmeal Bread (150) St.Patrick's Day Cupcake (170) MOD:Lorna Doones (100) Calories: 690 Sodium: 1461mg Carb: 93g	15 Macaroni&Cheese (366) Broccoli (12) Rye Bread (150) Hot Caramelized Apples (76) Calories: 763 Sodium: 742mg Carb: 125g
18 Barbeque Pulled Pork * (859) Baked Potato Half (4) Scandinavian Vegetable Blend (41) Sour Cream (13) Mini Kaiser Roll (200) Fresh Apple (2) Calories: 736 Sodium: 1257mg Carb: 99g	19 Spanish Chicken (399) Herbed Brown Rice (14) Fiesta Vegetable Blend (15) Cracked Wheat Bread (150) Fruit Crunch Bar (80) MOD:Lemon Blueberry Bites (60) Calories: 806 Sodium: 795mg Carb: 111g	20 Salmon Strips with Honey-Garlic Sauce (402) Served Over Lo Mein Noodles (50) Spring Summer Veg. Blend (65) Multigrain Bread (150) Pumpkin Cookie (139) MOD:Lorna Doones (100) Calories: 843 Sodium: 944mg Carb: 105g	21 Homemade Meatloaf w/Gravy (133) Cheese-Filled Gnocchi* (678) Butternut Squash (2) Wheat Bread (115) Fresh Pear (1) Calories: 831 Sodium: 1084mg Carb: 99g	22 WG Vegetable Lasagna Rolls Topped w/Mozarella Cheese & Tomato Sauce* (628) Green Beans (3) WW Dinner Roll (180) Banana (1) Calories: 706 Sodium: 950mg Carb: 107g
25 Chicken Teriyaki Strips (436) Served Over Brown Rice with Orzo (56) Asian Vegetable Blend (25) Fortune Cookie (5) Wheat Bread (115) Hot Caramelized Pears (75) Calories: 731 Sodium: 849mg Carb: 103g	26 Vegetable Soup** (293) Shepherd's Pie (175) California Vegetable Blend (30) Oatmeal Bread (150) Brownie (100) MOD:Lorna Doones (100) Calories: 804 Sodium: 884mg Carb: 86g	27 Chicken Cacciatore (480) Served Over Rotini Pasta (4) Roman Vegetable Blend (16) Multigrain Bread (150) Fig Bar (35) MOD:Vanilla Bites (50) Calories: 762 Sodium: 819mg Carb: 99g	28 Roast Turkey with Gravy* (764) Stuffing Garnish (66) Roasted Sweet Potatoes (41) Cranberry Sauce (4) Jardiniere Veg.Blend (32) Wheat Bread (115) Fresh Orange (0) Calories: 705 Sodium: 1158mg Carb: 92g	29 Potato Crunch Fish (270) Butternut Squash Ravioli w/Brown Sugar & Sage Sauce (295) Zucchini (2) Tartar Sauce (130) Cracked Wheat Bread (150) Fresh Apple (2) Calories: 909 Sodium: 986mg Carb: 107g

**community dining only unless available for home delivered meals *high sodium meal day *food item with >500mg/sodium