


ELDER SERVICES OF WORCESTER AREA NUTRITION PROGRAM

Monday	Tuesday	Wednesday	Thursday	Friday
1 No Meals Served Closed for Elections	2 Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple	3 Pork Rib-i-que Mac 'n Cheese Mixed Vegetables Strawberries Sandwich Roll	4 Beef with Onions & Peppers Potato Wedges Herbed Carrots Baked Apples Sandwich Roll	5 Salmon Boat w/ Dill Sauce Mashed Potatoes Peas & Pearl Onions Gingerbread Diet = Half Piece Pumpnickel Bread
8 Buttermilk Chicken Wild Rice California Blend Vegetables Lemon Pudding Diet = SF Pudding Pumpnickel Bread	9 Hot Dog BAR Baked Beans Coleslaw Fresh Fruit Hot Dog Bun Mustard	10 Roast Turkey with Gravy Seasoned Stuffing Herbed Brussels Sprouts Apple Crisp Diet = Applesauce Peasant White Bread	11 Baked Potato Chili & Cheese Broccoli Sour Cream Strawberry Cup Pumpnickel Bread <i>Corn Chowder</i>	12 Macaroni & Cheese Stewed Tomatoes Green Beans Brownie Diet = Half Piece Italian Bread
15 Patriot's Day No Meals Served	16 Meatloaf with Gravy Garlic Mashed Potatoes Chuckwagon Corn Fresh Fruit Whole Wheat Bread	17 Shepherd's Pie Carrots Peas Cookies Italian Bread	18 Baked Ham Sr Crm/Chive Mashed Potato Carrots Cream Puff Marble Rye Bread	19 Haddock with Parmesan Cream Sauce Vegetable Rice Pilaf Broccoli & Red Peppers Fruited Ambrosia Pumpnickel Bread
22 Roast Pork with Gravy Cranberry Stuffing Roasted Brussels Sprouts Applesauce Marble Rye Bread	23 Swedish Meatballs Mashed Potatoes Scandinavian Vegetables Chocolate Mousse Italian Bread	24 Garlic Herbed Chicken Herbed Stuffing Spinach Pear Crisp Diet = Pears Whole Wheat Bread	25 Salad BAR Different Salads Will be served Sign-up at the desk	26 No Meals Served Health, Wellness, & Safety Fair
29 Chicken Pot Pie Mashed Potatoes Corn Niblets Peaches Biscuit	30 Sloppy Joe O'Brien Potatoes Green Beans Strawberry Cup Sandwich Roll	 <p><u>MENU SUBJECT TO CHANGE</u></p> <p>Your \$2.50 Donation is Appreciated!</p>		