

ELDER SERVICES OF WORCESTER AREA NUTRITION PROGRAM

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Picatta Lentil Rice Pilaf Roasted California Blend Yogurt Pumpnickel Bread	4 Meatballs w/ Onion Gravy Gemelli Pasta Scandinavian Vegetables Pineapple French Bread	5 Marinated Pork Loin Herbed Potatoes Peas & Pearl Onions Gingerbread Diet = Small Piece Whole Wheat Bread	6 Sliced Turkey Sandwich Soup Fresh Fruit	7 Macaroni & Cheese Stewed Tomatoes Green Beans Fruited Ambrosia Italian Bread
10 Lasagna & Meatballs Green Beans Lorna Doone Cookies Peasant White Bread	11 Chicken Fajitas Spanish Rice Black Beans & Corn Sour Cream Pita Bread Pineapple	12 Salmon Boat w/ Dill Sauce Mashed Potatoes Carrots Strawberry Cups Pumpnickel Bread	13 BBQ Chicken Cornbread Stuffing Roasted Broccoli Cream Puffs Italian Bread	14 Roast Pork w/ Gravy Mashed Potatoes Roasted California Blend Apple Crisp Diet = Applesauce Marble Rye Bread
17 Beef Stew Rice Corn Niblets Mandarin Oranges French Bread	18 Shepherd's Pie Carrots Peas Peaches Italian Bread	19 Buttermilk Chicken Red Bliss Potatoes Mixed Vegetables Cinnamon Streusel Cake Diet = Small Piece Whole Wheat Bread	20 Baked Potato w/ Chili & Cheese Broccoli Sour Cream Chocolate Mousse Pumpnickel Bread	21 Hot Dog on Bun Baked Beans Coleslaw Strawberry Cup Mustard
24 Chicken Mornay Vegetable Couscous Roman Blend Vegetables Tapioca Pudding Diet = Dt. Vanilla Pudding Marble Rye Bread	25 Meatloaf with Gravy Mashed Potatoes Country Blend Vegetables Mixed Fruit Whole Wheat Bread	26 Roast Turkey with Gravy Mashed Sweet Potatoes Roasted Brussels Sprouts Cinnamon Pears French Bread	27 Ham Salad Sandwich Soup Birthday Cake Diet = Small Piece Italian Bread	28 Haddock w/ Parmesan Cream Sauce Wild Rice Broccoli w/ Red Peppers Fresh Fruit Pumpnickel Bread

The Nutrition Project is administered by Elder Services of Worcester Area, Inc. and receives Federal financial support under the Older Americans Act provided by the Central Massachusetts Agency on Aging and the Massachusetts Executive Office of Elder Affairs. Funders also include United Way of Central Massachusetts, Greater Worcester Community Foundation, City of Worcester's Department of Health and Human Services, Elder Affairs Commission Division, participant donations, grants, individual support and the Councils on Aging in Auburn, Barre, Boylston, Grafton, Hardwick/Gilbertville, Holden, Leicester, Millbury, Oakham, Paxton, Rutland, Shrewsbury and West Boylston.



MENU SUBJECT TO CHANGE