

# OCES NUTRITION PROGRAM

January 2022

REGULAR



## Community Dining Menu

**Please call the nutrition department for meal cancellations by cancellation 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
<b>3</b> Honey Mustard Chicken 507 Brown Rice & Orzo 4 Broccoli 12 Cracked Wheat Bread 115 Pineapple Chunks 1 Cal: 665 Sodium: 777 mg Carb: 121 gm	<b>4</b> Cheddar Cheese Omelet 470 Pancakes (2) 313 Peppers & Onions 54 SF Syrup 30 Yogurt 75 Orange Juice-No Milk 15 Cal: 624 Sodium: 988 mg Carb: 74 gm	<b>5</b> Lemon Pepper Chicken 353 Herbed Brown Rice 4 Scandinavian Veg 41 Scala Bread 310 Oatmeal Raisin Cookie 110 Mod: Blueberry Bites 60 Cal: 724 Sodium: 955 mg Carb: 98 gm	<b>6</b> Beef Shepherd's Pie 276 California Blend Veg 30 Whole Wheat Roll 254 Caramelized Pears 20  Cal: 789 Sodium: 718 mg Carb: 97 gm	<b>7</b> Roast Turkey with Gravy 446 Mashed Potatoes 165 Green Beans 3 Snack Loaf 115 Cranberry Sauce 1 Lorna Doones 100 Cal: 768 Sodium: 967 mg Carb: 97 gm
<b>10</b> Meatloaf w/ Gravy 377 Baked Potato Half 4 Green Peas 82 Sour Cream 9 Cracked Wheat Bread 115 Brownie Cookie 230 MOD: Vanilla Wafers 80 Cal: 1061 Sodium: 954 mg Carb: 126 gm	<b>11</b> Breaded Cod Filet 260 Brown Rice Pilaf 16 Jardiniere Vegetables 31 Pumpernickel Bread 330 Tartar Sauce 85 Diced Pears 6 Cal: 710 Sodium: 816 mg Carb: 104 gm	<b>12</b> Veal Chop with Gravy 377 Roasted Potatoes 6 Carrots 67 Whole Wheat Roll 254 Mandarin Oranges 7  Cal: 750 Sodium: 848 mg Carb: 116 gm	<b>13</b> BBQ Pulled Chicken 113 Roasted Sweet Potatoes 45 Fiesta Vegetables 16 WW Bulkie Roll 246 Chocolate Chip Cookie 105 MOD: SF Chocolate Chip Cookie 55 Cal: 789 Sodium: 664 mg Carb: 106 gm	<b>14</b> Hot Dog * 550 Vegetarian Baked Beans 282 Zucchini Squash 2 WW Hot Dog Bun 85 Mustard PC 55 Fresh Pear  2 Cal: 796 Sodium: 1114 mg Carb: 100 gm
<b>17 ALL SITES CLOSED</b> 	<b>18</b> Beef Stew 127 Green Beans 3 Buttermilk Biscuit 340 Caramelized Peaches 20  Cal: 652 Sodium: 629 mg Carb: 73 gm	<b>19</b> Turkey Chile 104 White Rice 2 Chuckwagon Vegetables 3 Corn Muffin 280 Lemon Square 105 MOD: SF Lemon Cookie 60 Cal: 915 Sodium: 631 mg Carb: 116 gm	<b>20</b> Pollock with Lemon Dill Sauce 235 Parslied Potatoes 6 Zucchini & Tomatoes 40 Cracked Wheat Bread 115 Applesauce 20 Cal: 529 Sodium: 554 mg Carb: 86 gm	<b>21</b> Pot Roast with Apple Cider Gravy 82 Roasted Potatoes 6 Mixed Vegetables 42 Scala Bread 310 Chocolate Pudding 190 MOD: Vanilla Bites 50 Cal: 821 Sodium: 767 mg Carb: 114 gm
<b>24</b> Lasagne Rolls with Italian Sauce 254 Tuscany Vegetables 41 Garlic Roll 240 Parmesan Cheese 55 Strawberry Oatmeal Bar 85 Cal: 703 Sodium: 897 mg Carb: 97 gm	<b>25</b> Chicken Marsala 438 Parslied Rotini 4 Parmesan Spinach 173 Rye Bread 330 Fresh Orange 0  Cal: 669 Sodium: 1082 mg Carb: 94 gm	<b>26</b> BBQ Pork Patty 280 Tater Tots 310 Scandinavian Vegetables 41 WW Hamburger Bun 254 Mixed Fruit Cup 5 Cal: 641 Sodium: 1027 mg Carb: 85 gm	<b>27</b> Chicken Picatta 357 Italian Rst Potatoes 6 Italian Vegetables 19 Dinner Roll 136 Sugar Cookie 160 MOD: Chocolate Oatmeal Bar 75 Cal: 768 Sodium: 930 mg Carb: 105 gm	<b>28</b> Baked Ziti Casserole 458 Broccoli/ Red Peppers 12 Whole Wheat Bread 65 Cinnamon Peaches 6  Cal: 667 Sodium: 678 gm Carb: 92 gm
<b>31</b> Oven Fried Chicken with Gravy 382 Roasted Sweet Potatoes 45 Jardiniere Vegetables 31 Oatmeal Bread 240 Lemon Square 105 SF Lemon Cookie 60 Cal: 793 Sodium: 941 mg Carb: 102 gm	 			

\*Indicates food item w/>500mg sodium v=high sodium meal