

**OCES NUTRITION PROGRAM**

**MARCH 2023**

**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>Nutrition information</b> is for the entire meal including bread, milk & margarine. Nutrition information is approximate. 1% milk = 107 mg sodium. Margarine = 30 mg sodium. From meal carb total includes meat, starch, vegetable, and bread.	<b>1</b> Swedish Meatballs* 260 Buttered Noodles 38 Mixed Vegetables 42 WW Bread 65 Caramelized Peaches 20 	<b>2</b> Roast Pork with Apple Cider Gravy 100 Roasted Sweet Potatoes 45 Green Peas 82 WW Roll 240 Applesauce 13	<b>3</b> Cheese Lasagne with Marinara Sauce 285 Italian Vegetables 19 Scala Bread 310 Brownie Cookie 230 MOD: Blueberry Bites 60
		Cal: 818 Sodium: 563 mg Carb: 100 g From Meal: 66 g	Cal: 819 Sodium: 618 mg Carb: 91 g From meal: 67 g	Cal: 833 Sodium: 982 mg Carb: 124 g From Meal: 65 g
<b>6</b> Veal Choppette with Gravy* 377 Cheese Mashed Potatoes 248 Carrot Coins 67 WW Bread 65 Fresh Apple 2	<b>7</b> Beef Shepherd's Pie 276 California Vegetables 30 WW Breadstick 65 Hot Cinnamon 6 Peaches	<b>8 NO MILK</b> Omelet with 3 cheese blend 338 Home Fries 6 Peppers and Onions 54 Blueberry Snack Loaf 160 Strawberry Yogurt 75 Orange Juice 15	<b>9</b> Pot Roast with Gravy 79 Buttered Noodles 38 Mixed Vegetables 56 Oatmeal Bread 240 Vanilla Wafers 117	<b>10</b> Lemon Dill Pollock 235 Brown Rice with Orzo 4 Jardiniere Vegetables 31 WW Bread 65 Diced Pineapples 1
Cal: 752 Sodium: 895 mg Carb: 96 g From Meal: 61 g	Cal: 696 Sodium: 514 mg Carb: 79 g From meal: 48 g	Cal: 790 Sodium: 679 mg Carb: 98 g From Meal: 66 g	Cal: 841 Sodium: 668 mg Carb: 104 g From Meal: 66 g	Cal: 618 Sodium: 707 mg Carb: 101 g From meal: 69 g
<b>13</b> BBQ Pulled Pork 385 O'Brien Potatoes 6 Winter Vegetables 43 WW Hamburger Bun 80 Mixed Fruit Cup 5	<b>14</b> Chicken Pot Pie 490 Green Beans 3 Corn Muffin 80 Fresh Apple 2	<b>15 COLD MEAL</b> Chicken Salad 75 Pasta Vegetable Salad 142 Tomato Cucumber Salad 3 WW Hamburger Roll 80 Fig Bar 99 MOD: Vanilla Wafers 117	<b>16 HIGH SODIUM MEAL</b> Corned Beef* 911 Parsley Potatoes 8 Cabbage and Carrots 49 WW Breadstick 65 Apple Crisp 131	<b>17 HAPPY ST. PATTY'S DAY!</b> Baked Ziti Casserole 323 Italian Vegetables 19 WW Bread 65 Hot Caramelized Pears 20 
Cal: 654 Sodium: 656 mg Carb: 94 g From Meal: 68 g	Cal: 675 Sodium: 713 mg Carb: 93 g From Meal: 58 g	Cal: 921 Sodium: 537 mg Carb: 93 g From Meal: 60 g	Cal: 699 Sodium: 1301 mg Carb: 89 g From meal: 44 g	Cal: 698 Sodium: 565 g Carb: 98 g From meal: 63 g
<b>20</b> Chicken Picatta 248 Parslied Rotini 4 Tuscany Vegetables 41 Cracked Wheat Bread 115 Raisins 4	<b>21</b> Beef Chili 260 White Rice 5 Green Beans 3 Cornbread Muffin 80 Lemon Square 105 MOD: SF Lemon Cookie 60	<b>22</b> Hot Dog* 610 Home Fried Potatoes 6 Broccoli 12 WW Hot dog roll 85 Mustard 55 Lorna Doones 100	<b>23</b> Salisbury Steak with Gravy 417 Buttered Noodles 38 Spinach 110 WW Dinner Roll 240 Fresh Banana 1	<b>24</b> Potato Crunch Fish 330 Potato Wedges 260 California Vegetables 30 Whole Wheat Bread 65 Tartar Sauce 85 Diced Peaches 6
Cal: 702 Sodium: 549 mg Carb: 112 g From Meal: 70 g	Cal: 888 Sodium: 591 mg Carb: 103 g From meal: 69	Cal: 791 Sodium: 1006 mg Carb: 96 g From Meal: 66 g	Cal: 695 Sodium: 943 mg Carb: 87 g From Meal: 61 g	Cal: 728 Sodium: 913 mg Carb: 94 g From meal: 63 g
<b>27</b> American Chop Suey 399 Brussels Sprouts 17 Corn Muffin 80 Caramelized Pears 20	<b>28</b> BBQ Chicken 248 Roasted Sweet Potatoes 45 Collard Greens 57 WW Bread 65 Fresh Orange 0	<b>29</b> Breaded Whitefish 401 Potato Wedges 260 California Blend Vegetables 30 WW Breadstick 65 Tartar Sauce 85 Mixed Fruit 5	<b>30</b> Meatloaf with Gravy 377 Baked Potato 4 Scandinavian Vegetables 41 WW Dinner Roll 240 Sour Cream 9 Chocolate Chip Cookie 56 Mod: SF Choc. Chip Cookie 55	<b>31</b> Stuffed Pasta with Marinara Sauce* 581 Italian Vegetables 19 Scala Bread 310 Parmesan Cheese 55 Raisins 30 
Cal: 851 Sodium: 654 mg Carb: 108 g From meal: 72 g	Cal: 646 Sodium: 553 mg Carb: 101 g From meal: 71	Cal: 645 Sodium: 983 mg Carb: 89 g From Meal: 66 g	Cal: 800 Sodium: 864 mg Carb: 86 g From Meal: 57 g	Cal: 631 Sodium: 1088 mg Carb: 107 g From Meal: 65 g

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