

OCES NUTRITION PROGRAM

MAY

REGULAR










Old Colony Elder Services
Providing services to the community since 1974

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
2 BBQ Pulled Pork 312 Tater Tots 310 Scandinavian Vegetabl 41 WW Hamburger Bun 127 Mixed Fruit Cup 5 Cal: 590 Sodium: 933 mg Carb: 67 gm	3 Chicken Caesar Salad 519 Pasta Vegetable Salad 46 Three Bean Salad 33 Scala Bread 310 Oatmeal Raisin Cookie 110 MOD: Chocolate Oatmeal Bar 75 Cal: 1005 Sodium: 1156 mg Carb: 109 gm	4 Macaroni & Cheese 366 Roman Vegetables 16 Cracked Wheat Bread 115 Hot Cinnamon Peaches 6  Cal: 726 Sodium: 640 mg Carb: 129 gm	5 Beef Fajita 276 Brown Rice & Beans 75 Fiesta Vegetables 16 Flour Tortilla 170 Pineapple Chunks 1 Cal: 794 Sodium: 714 mg Carb: 102 gm	6 Chicken Cordon Bleu 679 Garlic Mashed Potatoes 165 Broccoli & Carrots 45 Dinner Roll 136 Special Dessert  Cal: 549 Sodium: 1162 Carb: 59.5
9## Chicken Parmesan** 632 Pasta with Italian Sce 66 Italian Vegetables 19 Whole Wheat Roll 254 Chocolate Chip Cookie 105 MOD: SF Chocolate Chip Cookie 55 Cal: 839 Sodium: 1214 mg Carb: 102 gm	10 Egg Salad 224 Potato Salad 50 Tomato Broccoli 15 Cucumber Salad 15 WW Hamburger Bun 127 Fresh Banana 1 Cal: 756 Sodium: 598 mg Carb: 81 gm	11 Fish Sticks 352 Potato Wedges 260 Green Beans 3 Tartar Sauce 85 Cracked Wheat Bread 115 Applesauce 20 Cal: 719 Sodium: 973 mg Carb: 91 gm	12 Honey Mustard Chicken** 617 Brown Rice & Orzo 4 Broccoli Flowerets 12 Scala Bread 310 Fresh Nectarine 0  Cal: 700 Sodium: 1080 mg Carb: 122 Gm	13 Pot Roast with Gravy 79 Oven Roasted Potatoes 6 Butternut & Apples 4 Whole Wheat Roll 254 Lorna Doones 100 Cal: 875 Sodium: 581 mg Carb: 104 gm
16 California Chicken Salad 121 Pasta Salad 47 Spinach Salad w/Mandarin 47 Oranges 240 Oatmeal Bread 2 Fresh Apple 2 Cal: 821 Sodium: 592 mg Carb: 98 gm	17 Swiss Cheese Omelet 318 Home Fries 6 Peppers & Onions 54 Snack Loaf 160 Mixed Fruit Cup 5 Cal: 765 Sodium: 682 mg Carb: 91 gm	18 Chicken Scallopini 351 Parslied Rotini 4 Roman Vegetables 16 Scala Bread 310 Brownie Cookie 230 MOD: Blueberry Bites 60 Cal: 906 Sodium: 1048 mg Carb: 123 gm	19 Turkey Chile 260 White Rice 4 Chuckwagon Vegetabl 3 Corn Muffin 280 Fresh Peach  0 Cal: 803 Sodium: 682 mg Carb: 103 gm	20 Meatloaf w/Gravy 202 Baked Potato Half 4 Green Peas 82 Sour Cream 9 Whole Wheat Bread 65 Sugar Cookie 160 MOD: Vanilla Wafers 98 Cal: 964 Sodium: 659 mg Carb: 98 gm
23 Hot Dog ** 550 Vegetarian Baked Beans 282 Zucchini Squash 2 Mustard 55 WW Hot Dog Bun 85 Chocolate Oatmeal Bar 75 Cal: 832 Sodium: 1187 mg Carb: 98 gm	24 American Chop Suey 147 Jardiniere Vegetables 31 Oatmeal Bread 240 Hot Cinnamon Peaches 6 Cal: 785 Sodium: 562 mg Carb: 102 gm	25 Turkey Chef's Salad 387 Pasta Vegetable Salad 46 Cracked Wheat Bread 115 Dressing 20 Fresh Orange  0 Cal: 732 Sodium: 706 mg Carb: 87 gm	26 Breaded Cod Filet 260 Brown Rice Pilaf 16 Carrots 67 Tartar Sauce 85 Rye Bread 330 Diced Pears 6 Cal: 727 Sodium: 901 mg Carb: 106 gm	27 BBQ Chicken 478 Whipped Sweet Potatoes 36 Spinach 110 Whole Wheat Bread 65 Chocolate Pudding 190 MOD: SF Chocolate Pudding 170 Cal: 719 Sodium: 1016 mg Carb: 106 gm
30 ALL SITES CLOSED  Memorial Day	31 Chicken Meatballs w/ Pasta & Italian Sauce 281 Tuscany Vegetables 41 Whole Wheat Roll 254 Parmesan Cheese 55 Hot Caramelized Apples 23 Cal: 787 Sodium: 793 mg Carb: 104 gm			Nutrition information is for the entire meal including bread, milk & margarine. Nutrition information is approximate. 1% milk = 107 mg sodium. Margarine = 30 mg sodium

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