

OCES NUTRITION PROGRAM

November

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	
1		2		3		4		5	
BBQ Pork Patty	280	Chicken Picatta	357	Baked Ziti Casserole	458	Oven Fried Chicken		Potato Crunch Pollock	337
Tater Tots	310	Italian Rst Potatoes	6	Broccoli/ Red Peppers	12	with Gravy	382	O Brien Potatoes	6
Scandinavian Vegetables	41	Tuscany Vegetables	41	Whole Wheat Bread	65	Whipped Sweet Potatoes	36	Carrot coins	67
WW Hamburger Bun	254	Dinner Roll	136	Cinnamon Peaches	6	Jardiniere Vegetables	31	Tartar sauce	85
Mixed Fruit Cup	5	Sugar Cookie	160			Oatmeal Bread	240	Scala Bread	310
		MOD: Oatmeal				Lemon Square	105	Fresh Banana	1
		Strawberry Bar	85			SF Lemon Cookie	60		
Cal: 641 Sodium: 1027 mg		Cal: 771 Sodium: 838 mg		Cal: 667 Sodium: 678 mg		Cal: 759 Sodium: 931 mg		Cal: 918 Sodium: 943 mg	
Carb: 85 gm		Carb: 106 gm		Carb: 92 gm		Carb: 101 gm		Carb: 125 gm	
8 #		9		10		11		12	
Chicken Parmesan**	638	American Chop Suey	147	Fish Sticks	352			Roast Pork with	
Pasta w/Italian Sauce	66	Chuckwagon Veg	3	Potato Wedges	260			Apple Cider Gravy	100
Italian Vegetables	19	Multigrain Bread	240	Green Beans	3			Cheese Mashed Potatoes	248
Garlic Roll	240	Hot Cinnamon Pears	6	Tartar Sauce	85			Mixed Vegetables	42
Chocolate Chip Cookie	105			Cracked Wheat Bread	115			Whole Wheat Roll	113
MOD: SF Chocolate				Fresh Apple	2			Vanilla Pudding	220
Chip Cookie	55					All Sites Closed		MOD: Strawberry Grahah	95
Cal: 855 Sodium: 1205 mg		Cal: 811 Sodium: 534 mg		Cal: 756 Sodium: 954 mg				Cal: 893 Sodium: 860 mg	
Carb: 106 gm		Carb: 109 gm		Carb: 101 gm				Carb: 107 gm	
15		16		17		18		19##	
Honey Mustard		Cheddar Cheese Omelet	470	Lemon Pepper Chicken	98	Beef Shepherd's Pie	276	Roast Turkey/Gra	446
Chicken*	507	Pancakes (2)	313	Herbed Brown Rice	4	California Blend Veg	30	Mashed Potatoes	165
Brown Rice & Orzo	4	Peppers & Onions	54	Scandinavian Veg	41	Whole Wheat Roll	113	Stuffing Garnish	165
Broccoli	12	SF Syrup	30	Scala Bread	310	Caramelized Apples	23	Green Beans	3
Scala Bread	310	Yogurt	75	<u>Fig Bar</u>	99			Snowflake Roll	136
Pineapple Chunks	1	Orange Juice-No Milk	15					Cranberry Sauce	1
								Apple Pie	380
Cal: 685 Sodium: 972 mg		Cal: 624 Sodium: 988 mg		Cal: 719 Sodium: 690 mg		Cal: 763 Sodium: 594 mg		Cal: 971 Sodium: 1300 mg	
Carb: 125 gm		Carb: 74 gm		Carb: 98 gm		Carb: 86 gm		Carb: 131 gm	
22		23		24		25 ALL SITES CLOSED		26	
Meatloaf w/ Gravy	377	Stuffed Shells with		Pork Lo Mein with				Chicken Cordon Bleu**	679
Baked Potato Half	4	Meat Sauce	491	Vegetables	369			Brown Rice & Orzo	4
Green Peas	82	Italian Vegetables	19	Asian Vegetables	43			Roman Vegetables	16
Sour Cream	9	Scala Bread	310	Multigrain Bread	240			Snowflake Roll	136
Cracked Wheat Bread	115	Parmesan cheese	55	Apple Crisp	131			Oatmeal Raisin Cookie	110
Brownie Cookie	230	Hot Cinnamon Peaches	6					MOD: Chocolate	
MOD: Vanilla Wafers	80							Oatmeal Bar	75
Cal: 1061 Sodium: 954 mg		Cal: 769 Sodium: 1019 mg		Cal: 942 Sodium: 921 mg				Cal: 899 Sodium: 1157 mg	
Carb: 126 gm		Carb: 103 gm		Carb: 100 gm				Carb: 117 gm	
29		30						Nutrition information is for the entire meal including bread, milk & margarine. Nutrition information is approximate. 1% milk = 107 mg sodium. Margarine = 30 mg sodium	
Cheeseburger	440	Baked Pollock with							
O Brien Potatoes	6	Lemon Dill Sauce	235						
Corn w/ Red Peppers	6	Brown Rice Pilaf	16						
WW Hamburger Bun	258	Jardiniere Veg	31						
Ketchup PC	82	Pumpnickel Bread	330						
Fresh Apple	2	Diced Pears	6						
Cal: 881 Sodium: 931 mg		Cal: 572 Sodium: 756 mg							
Carb: 121 gm		Carb: 93 gm							

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