

OCES NUTRITION PROGRAM

SEPTEMBER 2023

REGULAR



Please call the nutrition department for meal cancellations by cancellation by 10 am *two days* before delivery-508-584-1561.

Community Dining Menu

Suggested Donation-\$2.50/meal Menu subject to change without notice. SF= Sugar Free WG=Whole Grain

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Nutrition information 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</p>				<p>1 Meatloaf w/Gravy 202 Baked Potato Half 4 Green Peas 82 Whole Wheat Bread 65 Sour Cream 9 Vanilla Wafers 50</p>
				Cal: 884 Sodium: 574 mg Carb: 96 g From Meal: 61 g
<p>4 </p>	<p>5 HIGH SODIUM Meatballs & Pasta with Italian Sauce** 541 Tuscany Vegetables 41 Parmesan Cheese 55 Whole Wheat Roll 240 Hot Cinnamon Peaches 6</p>	<p>6 Breaded Cod 401 Brown Rice Pilaf 16 Brussels Sprouts 17 Rye Bread 330 Tartar Sauce 85 Fresh Pear 2</p>	<p>7 BBQ Chicken 248 Mashed Spiced Yams 66 Fiesta Vegetables 16 Whole Wheat Bread 65 Chocolate Pudding 190 MOD: Chocolate Oatmeal Bar 75</p>	<p>8 COLD MEAL Turkey Chef's Salad 437 Balsamic Pasta Salad 14 Cracked Wheat Bread 115 Dressing 30 Fresh Orange 0</p>
	Cal: 978 Sodium: 1487 mg Carb: 127 g From Meal: 75	Cal: 727 Sodium: 988 mg Carb: 118 g From Meal: 57 g	Cal: 723 Sodium: 748 mg Carb: 117 g From Meal: 62 g	Cal: 723 Sodium: 724 mg Carb: 91 g From Meal: 54 g
ALL SITES CLOSED				
<p>11 American Chop Suey 399 Jardiniere Vegetables 31 Oatmeal Bread 240 Hot Caramelized Pears 20</p>	<p>12 COLD MEAL Mediterranean Tortellini Salad** 556 Cucumber Tomato Salad 3 Whole Wheat Roll 240 Lemon Bar 105 MOD: SF Lemon Cookie 60</p>	<p>13 Chicken Cacciatore 408 Parlsied Rotini 14 Green Beans 3 Dinner Roll 250 Mandarin Oranges 7</p>	<p>14 Pork Choppette** 580 Cheese Mashed Potatoes 248 Sliced Carrots 77 Whole Wheat Bread 65 Fresh Apple 2</p>	<p>15 COLD MEAL Tuna on Lettuce 294 Italian Pasta Salad 198 Three Bean Salad 33 Cracked Wheat Bread 115 Fudge Crème Cookie 80 MOD: Vanilla Wafers 50</p>
Cal: 827 Sodium: 828 mg Carb: 108 g From Meal: 72 g	Cal: 815 Sodium: 1041 mg Carb: 103 g From Meal: 69 g	Cal: 630 Sodium: 820 mg Carb: 87 g From Meal: 56 g	Cal: 787 Sodium: 1127 mg Carb: 90 g From Meal: 54 g	Cal: 790 Sodium: 858 mg Carb: 91 g From Meal: 55 g
<p>18 Oven Fried Chicken with Gravy 262 Roasted Sweet Potatoes 45 Spinach 110 Multigrain Bread 240 Chocolate Chip Cookie 56 MOD: SF CC Cookie 55</p>	<p>19 Potato Crunch Pollock 333 Herbed Brown Rice 4 Broccoli & Carrots 45 Snowflake Roll 250 Tartar Sauce 85 Jello 95</p>	<p>20 Cheeseburger 390 Potato Wedges 260 Jardiniere Vegetables 31 WW Hamburger Bun 180 Ketchup 82 Fresh Banana 1</p>	<p>21 COLD MEAL Turkey & Swiss 70 German Potato Salad 200 Tossed Salad 18 WW Hamburger Bun 180 Mayonnaise 55 Dressing 20 Fresh Pear 2</p>	<p>22 Cheese Lasagne with Bolognese Sauce 344 Tuscany Vegetables 41 Italian Bread 97 Parmesan Cheese 55 Hot Caramelized Apples 23</p>
Cal: 697 Sodium: 850 mg Carb: 108 g From Meal: 63 g	Cal: 668 Sodium: 950 mg Carb: 84 g From Meal: 71 g	Cal: 746 Sodium: 1082 mg Carb: 98 g From Meal: 58 g	Cal: 815 Sodium: 702 mg Carb: 95 g From Meal: 61 g	Cal: 672 Sodium: 698 mg Carb: 76 g From Meal: 49 g
<p>25 RibBque 466 Tater Tots 170 California Vegetables 30 WW Hamburger Bun 180 Mixed Fruit Cup 5</p>	<p>26 Macaroni & Cheese 366 Mixed Vegetables 42 Cracked Wheat Bread 115 Hot Cinnamon Peaches 6</p>	<p>27 Salisbury Steak with Gravy 350 Brown Rice Pilaf 6 California Vegetables 30 Whole Wheat Roll 180 Clementines 1</p>	<p>28 COLD MEAL Chicken Caesar Salad 357 Tomato Broccoli Cucumber Salad 58 Pasta Salad 46 Multigrain Bread 240 Watermelon Chunks 2</p>	<p>29 Pot Roast with Gravy 79 Roasted Potatoes 6 Butternut & Apples 4 Snowflake Roll 250 Lorna Doones 85</p>
Cal: 739 Sodium: 1048 mg Carb: 82 g From Meal: 56 g	Cal: 771 Sodium: 666 mg Carb: 140 g From Meal: 84 g	Cal: 738 Sodium: 745 mg Carb: 96 g From Meal: 65 g	Cal: 761 Sodium: 621 mg Carb: 80 g From Meal: 62 g	Cal: 847 Sodium: 562 mg Carb: 98 g From Meal: 70 g

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