OCES NUTRITION PROGRAM

August 2016

Old Colony Elder Services
Providing services to the community since 1974

Community Dining Menu

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

Suggested donation-$2.50/meal

Menu subject to change without notice.

WW=whole wheat *WG=whole grain*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 ❖ Hot Dog (360) Macaroni & Cheese (410) Broccoli (12) WW Hot Dog Roll (210) Ketchup (82) Watermelon Cubes (2)	**2** Chicken Cacciatore (470) Herbed Brown Rice (41) Tuscany Vegetable Blend (47) WW Dinner Roll (180) Butterscotch Pudding (200) MOD:Diet Pudding (127)	**3** Shepherd's Pie (294) Carrots (43) Multigrain Bread (150) Hot Caramelized Pears (75) 	**4** Roast Turkey w/Gravy* (523) Stuffing Garnish (83) Roasted Sweet Potato (41) Corn (1) Wheat Bread (115) Fresh Orange (0)	**5 Fish Taco** Grilled Tilapia w/ (55) Pineapple Black Bean Salsa (31) Brown Wild Rice Blend (31) Asian Vegetable Blend (25) Tortilla (227) Fruited Oatmeal Bar (75) MOD:SF Lemon Cookie (60)
Calories: 728	Calories: 702	Calories: 716	Calories: 776	Calories:674
Sodium:1231mg Carb: 85.2g	Sodium:1092 Carb:94.6g	Sodium: 717mg Carb: 78.6g	Sodium: 921mg Carb: 102.5g	Sodium:598mg Carb:89.2 g
8 Swiss Cheese (13) Omelette (283) Home Fried Potatoes (62) Peppers & Onions (2) Fruited Snack Loaf (115) Watermelon Cubes (2) 	**9** Unstuffed Peppers (with Beef & Rice) (172) Spinach (110) Hot Chickpea Salad (145) Oatmeal Bread (150) Double Chocolate Chip Cookie (91) MOD:SF Choc.Chip Cookie (55)	**10** Greek Chicken (489) Served Over Parslied Bowtie Pasta (4) Broccoli with Red Peppers (12) Rye Bread (150) Pumpkin Cookie (139) MOD:SF Oatmeal Cookie	**11** Italian Pot Roast (193) Baked Potato (4) Peas & Mushrooms (133) Sour Cream (13) WW Dinner Roll (180) Nectarine (0) 	**12** WG Cheese Lasagna w/Meat Sauce (399) Jardinere Vegetable Blend (32) Wheat Bread (115) Parmesan Cheese (108) Banana (1)
Calories: 696	Calories: 789	Calories:741	Calories:716	Calories:657
Sodium: 632mg Carb: 84.6g	Sodium: 822mg Carb: 93.3g	Sodium: 949mg Carb:89.9 g	Sodium:679mg Carb: 87g	Sodium: 809mg Carb: 88.4g
15 Chicken,Broccoli and Pasta Alfredo (419) Tuscany Vegetable Blend (47) Garlic Roll (181) Hot Caramelized Peaches (75)	**16** Rotini Pasta (4) with Meatballs (261) Roman Vegetable Blend (12) Parmesan Cheese (108) Italian Bread (380) Mandarin Oranges (7)	**17** Corned Beef*❖ (972) Steamed Buttered Potatoes (32) Cabbage (20) Carrots (43) WW Dinner Roll (180) Apple Oatmeal Bar (85) MOD:SF Oatmeal Cookie (65) 	**18** Chef's Salad w/ Turkey&Egg (458) Pasta Salad Vinaigrette (8) Summer Squash Salad (42) Multigrain Bread (150) Vanilla Cupcake 170 MOD:Waffle Snaps (65)	**19** Roast Pork w/Pineapple Raisin Sauce (61) Herbed Brown Rice (41) Diced Beets (173) Corn Bread (291) Fresh Orange (0)
Calories: 733	Calories: 725	Calories: 686	Calories: 924	Calories: 824
Sodium: 877mg Carb: 91.3g	Sodium: 926 mg Carb:102.5g	Sodium:1487 Carb:94.7 g	Sodium: 982mg Carb:98.9 g	Sodium:718mg Carb:101.2 g
22 Minestrone Soup (330) Ravioli w/Butternut Squash Pesto (200) Broccoli (12) Wheat Bread (115) Hot Caramelized Pears (75)	**23** Egg Salad w/Lettuce (170) Sweet Potato Salad w/ Swt Potato&Mango Salad (83) (w/sesame oil&coconut milk) Riviera Salad (81) Mini Kaiser Roll (200) Lemon Pudding (200) MOD:Diet Pudding (127)	**24** Chicken Parmesan* (722) Served Over Parslied Penne Pasta (4) Spring Summer Vegetable Blend (65) Oatmeal Bread (150) Cantaloupe Cubes (14)	**25** Homestyle Meatloaf w/Gravy (137) Mashed Potatoes (135) Green Beans (3) Rye Bread (150) Pineapple (1) 	**26** Salmon w/Newburg Sauce (153) Served Over BrownWild Rice Blend (31) Fiesta Veg.Blend (15) Multigrain Bread (150) Lemon Square (105) MOD:SF Lemon Cookie (60)
Calories: 756	Calories: 685	Calories: 713	Calories: 684	Calories:733
Sodium:887mg Carb:117.5g	Sodium:946mg Carb: 82.9g	Sodium:1109mg Carb:90 g	Sodium:581mg Carb: 73.2g	Sodium:608 mg Carb: g 86.5g
29 Hamburger (200) w/Cheese (184) Roasted Potatoes (4) Carrots (43) WW Hamburger Roll (230) Ketchup (82) Honey Dew Melon (15)	**30** Stuffed Shells w/Meat Sauce* (539) Green Beans (3) Parmesan Cheese (108) Oatmeal Bread (150) Hot Cinnamon Apples (64)	**31** Turkey Salad w/Lettuce&Tomato (490) German Potato Salad (73) Spinach Salad w/ Mandarin Oranges (67) Pita Half Vanilla Pudding (200) MOD: Diet Pudding (127)	**Nutrition Information** is for the entire meal including bread, milk, & margarine. Each item is followed by the milli-grams of sodium in parentheses. Nutrition information is approximate 1% Milk=107 mg sodium Margarine=47 mg sodium	August
Calories: 727	Calories:696	Calories:696		
Sodium:913mg Carb:67.7g	Sodium:1019mg Carb:77.1g	Sodium: 811mg Carb: 84.5g		

*Indicates food item with >500mg sodium ❖=high sodium meal ♦=appropriate for modified dessert

If you desire to reduce carbohydrates or sodium in your meal, consider saving items such as bread, milk, or dessert for a snack or have them with another meal.

Kale About your Heart

Why is Kale considered a super food??

Well...it's packed to the MAX with nutrients:

- Low calorie– 1 cup of kale is only 33 calories
- Full of antioxidants!
- Packed with nutrients that may protect our bodies from cancer
- Rich source of Vitamin A important for eye and skin health
- Rich source of Vitamin C to help boost our immune system
- 1 cup contains 680% of our daily needs of vitamin K

How can kale help our hearts?

- Rich source of potassium which can help lower blood pressure.
- Contains omega-3 fatty acids which have anti-inflammatory benefits.
- High in fiber-studies show foods high in fiber may help lower cholesterol levels (not to mention keeping our digestive system working smoothly).

Kale of all kinds!

There are many types of kale, lets take a look at some of the most popular types!

Curly and Red Kale:

-Bright green, red or purple in color and can be used interchangeably
-Peppery flavor great for soups and cooked dishes
-Can be bitter tasting so pick younger looking leaves for less bitterness

Lacianto Kale:

-Commonly called "Dino kale"
-Dark green/blue in color with slightly wrinkled leaves
-Good for raw or slightly cooked dishes
-Slightly sweeter with an earthy, nutty flavor

Red Russian Kale:

-Flat, large leaves with a red stem
-One of the sweetest kales, with a mild pepper flavor
-Has a tough and woody stem, so be sure to remove as much as possible

How to Prep and Clean Fresh Kale

- Large leaves-cut away the center stalk/stem.
- Smaller leaves-cut just the base and trim any bruised leaves.
- Wash thoroughly in cold water, drain well on paper towels or in a salad spinner.
- Make sure to wash thoroughly!
- Once clean, tear or cut into pieces
- 12 ounces kale equals about 12 cups torn or chopped, or four servings.