Old Colony Elder Services Nutrition Program

July 2015 Menu*

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
❖Indicates a high sodium entrée. ♦=Congregate Only *Please read backside for nutrition information **Note:** On sandwich, hot dog, or hamburger meals, margarine will not be served.		**1** ♦Italian Garden Soup Tuna Salad on Lettuce Bed w/Pita Half Kidney Bean Salad Tossed Garden Salad Light Italian Dressing Fresh Orange Calories: 672 Fat:30.6 % Sodium: 1037mg Carb:86.7 g	**2** Beef Burgundy Roasted Sweet Potatoes Beets Whole Wheat Dinner Roll Vanilla Cupcake MOD: Strawberry Graham Calories: 736 Fat: 24% Sodium: 734mg Carb: 100.3g	**3** Greek Chicken Potato Wedges Spinach Parmesan Multigrain Bread Banana Calories: 700 Fat: 25.7 % Sodium: 806 mg Carb: 89.4g
6 WG Stuffed Shells with Meat Sauce Tuscany Blend Vegetables Parmesan Cheese Italian Bread Oatmeal Raisin Cookie MOD: Lorna Doones Calories:655 Fat: 30.7% Sodium:1059mg Carb:72.6g	**7** ❖Hot Dog w/Bun Baked Beans Tossed Garden Salad Light Italian Dressing Ketchup/Mustard Fresh Peach Calories:761 Fat: 36.1% Sodium:1620 mg Carb: 90.2 g	**8** Hawaiian Chicken Brown Wild Rice Blend Brussel Sprouts Multigrain Bread Rice Pudding MOD: diet Pudding Calories: 758 Fat: 20.4% Sodium: 962mg Carb:111.1g	**9** Roast Pork w/Fruit Salsa Baked Sweet Potato Jardiniere Vegetables Marble Rye Bread Fresh Fruit in Season Calories:715 Fat: 27.6% Sodium: 431 mg Carb: 89.4 g	**10** Chicken Pot Pie Broccoli Biscuit Hot Cinnamon Pears Calories: 653 Fat: 22.3 % Sodium: 705 mg Carb:83.3g
13 Penne Pasta **w/** Meatballs Tomato Sauce Italian Vegetable Blend Whole Wheat Roll Parmesan Cheese Honey Dew Melon Calories:690 Fat: 26.7 % Sodium: 709 mg Carb: 92.5g	**14** Potato Crunch Fish w/Lemon Wedge, Tartar Sce Herbed Brown Rice Spinach Oatmeal Bread Fruited Jello MOD: Diet Fruited Jello Calories: 695 Fat: 34% Sodium:816mg Carb:78.1g	**15** Swiss Cheese Omelet O'Brien Potatoes Peppers & Onions French Toast Sticks Fruited Scone Syrup/Diet Syrup Pear Slices Calories: 918 Fat: 33.7 % Sodium: 962mg Carb: 120 g	**16** Italian Pot Roast Roasted Sweet Potatoes Zucchini Squash Medley Whole Wheat Bread Raspberry Filled Cookie MOD: Lemon Graham Calories:686 Fat:25.7 % Sodium:561mg Carb:87.7 g	**17**Chicken Parmesan w/Tomato Sauce Penne Pasta French Cut Green Beans Whole Wheat Roll Parmesan Cheese Banana Calories: 778 Fat: 23.9% Sodium:773mg Carb:97.2g
20 Ravioli with Meat Sauce Broccoli Italian Bread Parmesan Cheese Tapioca Pudding MOD: Diet Pudding Calories: 757 Fat: 23.6 % Sodium:1132mg Carb:103.4 g	**21** Salmon Boat with Dill Sauce Vegetable Brown Rice Pilaf Vegetable Blend Mix Whole Wheat Bread Hermit Cookie MOD: Lorna Doones Calories: 745 Fat: 26.2% Sodium: 782mg Carb:103.1g	**22**♦Minestrone Soup Chicken Salad on Lettuce Bed w/Pita Half Spinach Salad w/Mandarin Oranges Italian Pasta Salad Cubed Cantaloupe Calories: 715 Fat: 21.7% Sodium:901 mg Carb:95.6 g	**23** Shepard's Pie with Gravy Carrot Coins Oatmeal Bread Hot Peach Crisp Calories: 694 Fat: 33.5% Sodium: 715mg Carb: 79g	**24** Mediterranean Chicken Orzo w/Brown Rice & Red Peppers Honey Glazed Baby Carrots Pumpernickel Bread Fresh Plum Calories:655 Fat: 21.8% Sodium:881mg Carb:87.7g
27 Fish Florentine Herbed Brown Rice Brussel Sprouts Multigrain Bread Chocolate Pudding MOD: Diet Pudding Calories: 812 Fat: 35.7% Sodium: 948mg Carb: 97.9g	**28** Chicken Marsala Fusilli Pasta Tossed Salad w/Light Italian Dressing Oatmeal Bread Chocolate Cupcake MOD: Strawberry Graham Calories: 744 Fat: 24.4% Sodium:1122 mg Carb:94.4g	**29** WG Lasagna Rolls with Meat Sauce Zucchini Squash Medley Whole Wheat Roll Parmesan Cheese Banana Calories:657 Fat: 26.9% Sodium: 775 mg Carb:85.7g	**30** Meatloaf w/Gravy Roasted Sweet Potatoes Roman Vegetable Blend Whole Wheat Bread Fresh Nectarine Calories:779 Fat: 27.3% Sodium:733mg Carb:104.3%	**31** ❖Roast Turkey with Gravy Mashed Potatoes Stuffing/Cranberry Sce Vegetable Blend Mix Multigrain Bread Mandarin Oranges Calories: 686 Fat: 24.9% Sodium: 1052mg Carb:94.5g

Suggested Donation-$2.50/meal Menu is subject to change without notice WG=Whole Grain

For cancellations of home delivered meals, call the Nutrition Department Office @ 508-584-1561Cancellations should be made no later than 10:30 am on the day before delivery

Power-Up on Antioxidants!

Summer is finally here! Summer is a great time to take advantage of in-season pricing of fruits and vegetables. Eating a variety of fruits and vegetables will help ensure you are receiving the potential benefits of consuming a diet rich in antioxidants. Antioxidants are substances that can be found in colorful fruits and vegetables, as well as other foods, which may contribute positively to our bodies' health in many important ways.

Ways to increase antioxidants in your diet…

Add a handful of berries to your morning cereal or yogurt, toss shredded carrots with dried cranberries and baby spinach and kale to make a nutrient-dense side dish, grab a juicy orange on your way out the door for a delicious snack later, add ¼ cup nuts or seeds to your cereal, yogurt, or salad-or enjoy them as is.☺

Try this quick smoothie:

½ banana
1 cup frozen berries
½ cup plain non-fat Greek yogurt
½ cup orange juice
In blender, add above ingredients and blend until smooth. Add additional orange juice if needed or ice as desired.

Important Nutrition Information About Your Meal……..

Did You Know?

- Meals provided by Old Colony Elder Services (OCES) must provide 1/3 of the Recommended Dietary Allowances.
- The menu is developed by a Registered Dietitian Nutritionist.
- Nutrition information on the menu includes the entrée (protein, starch, and vegetable), dessert, milk, bread and margarine (unless otherwise noted).
- Meals must serve good sources of vitamin C daily and Vitamin A three days a week.
- Meals do not have any added salt. Some meals may be higher in sodium when the meal contains ingredients that are naturally high in salt such as cheese. High sodium entrees are noted on the menu with a ❖.

If you are unable to prepare a nutritious meal at home, consider signing up for home delivered meals. Special meals are available for those requiring a cardiac, renal, pureed, ground, lactose free or soft diet.

Questions? Call Barbara Nalen-Cardosa, Registered Dietitian Nutritionist at:
(508) 584-1561 ext. 393 Visit our website: ocesma.org