

MOC Elder Nutrition




August Home Delivered Meals

For Cancellations please call: (978) 345-8501 Ext:2

Menu Subject to Change

Suggested voluntary donation: \$3.00

*Indicates item is > 500 mg Sodium

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3	Na+	4	Na+	5	Na+	6	Na+	7	Na+
		De'd Chicken Teriyaki	242	Beef & Cabbage		Grilled Chicken in	320	Broccoli Bake	482
Macaroni & Cheese	488	(Brown) Fried Rice	98	Casserole	576	Honey Mustard Sc	88	Home Fries	5
Stewed Tomatoes	251	Asian Blend Veg	21	Carrots	64	Whipped Potato	66	Stewed Tomatoes	251
Multigrain Bread	164	Wheat Bread	170	Pumpnickel Brd	155	Green Beans	3	Wheat Bread	170
Cookie	105	Fortune Cookie	6	Applesauce		Wheat Bread	170	Assorted Fruit Cup	5
Waffle Graham (straw if avail)		Fruit Cup	5			Fruit Yogurt	75		
Sodium (mg):	1133	Sodium (mg):	667	Sodium (mg):	920	Sodium (mg):	847	Sodium(mg):	1038
Calories:	835	Calories:	656	Calories:	685	Calories:	656	Calories:	698
10	Na+	11	Na+	12 Special	Na+	13	Na+	14	Na+
Pollock (loin)	94	Sloppy Joe	148	Broccoli Stuffed		Meatballs in Tom Basil	268	Roast Pork	73
in Dill Sauce	63	on a Bun	230	Chicken Breast v.c-20	410	Cavitappi Pasta	1	in Herb Gravy	83
Rst Red Bliss Potatoes	5	Potato Wedges	273	Wild Rice Pilaf	140	California Blend Veg	22	Stuffing	316
Spinach	65	Brussel's Sprouts	12	Zucch & Sum Squash	11	Multigrain Bread	164	Carrots	64
WW Dinner Roll	105	Fruit Cup	5	WW Dinner Roll	105	Cran Snack N Loaf	115	WW Dinner Roll	105
(Flavored) Applesc	10			Lorna Doones	100	Diet: Choc Grahams		Applesauce	
Sodium (mg):	467	Sodium(mg):	793	Sodium(mg):	891	Sodium(mg):	695	Sodium (mg):	766
Calories:	492	Calories:	674	Calories: Chix Brst 230	662	Calories:	696	Calories:	595
17	Na+	18	Na+	19	Na+	20	Na+	21	Na+
Lasagne Rollup	370	Balsamic Glazed	86	Turkey Corn Stew	464	Meatloaf	216	Sw & Sr Diced Chicken	297
in Meat Sauce	203	Grilled Chicken Brst	320	Brussel's Sprouts	12	in Onion Gravy	34	White Rice	4
Peas	66	Whipped Sweet Potato	190	Wheat Bread	170	Whipped Potato	66	Asian Veg Blend	21
Wheat Bread	170	California BI Vegetable	22	Muffin	95	Green Beans	3	Fortune Cookie	6
Fruit Cup	5	Multigrain Bread	164	Diet:MpIWaffleGraham		Wheat Bread	170	Multigrain Bread	164
		Vanilla Yogurt	75			Applesauce	5	Fruit Cup	5
Sodium (mg):	939	Sodium (mg):	982	Sodium:	866	Sodium (mg):	619	Sodium(mg):	622
Calories:	576	Calories:	635	Calories:	594	Calories:	595	Calories:	568
24	Na+	25	Na+	26	Na+	27	Na+	28	Na+
Grilled Chicken Brst	320	Potato Pollock	273	Swedish		Roast Pork	73	Beef Stew	200
Lemon Picatta Sc	4	Tartar Sauce	100	Meatballs	249	In Cran Orange Sc	20	Green Beans	3
Butternut Squash	48	Whipped Potato	66	Egg Noodles	4	Sw Potato Coins	190	WW Dinner Roll	105
Broccoli	10	Mixed Veggies	88	Spinach	65	Cauliflower	14	Applesauce	5
Rye Bread	150	Wheat Bread	170	Multigrain Bread	163	Multigrain Bread	164		
Cookie, D: Grahams	105	Fruit Cup	5	Strawberry Yogurt	75	Fruit Cup	5		
Sodium (mg):	762	Sodium(mg):	827	Sodium	681	Sodium(mg):	591	Sodium(mg):	433
Calories:	589	Calories:	778	Calories:	642	Calories:	629	Calories:	624
31	Na+			1% MILK: 110 calories 125mg sodium (included in totals)					
Beef & Lentil Chili	262								
Corn	1								
Carrots	64								
Multigrain Bread	163								
Fruit Cup	5								
Sodium (mg):	620								
Calories:	577								

Menu Specifications: Sodium contents are listed individually beside each item and totaled below each meal.

Nutrition Questions? Contact Alex Welch, RD at (978) 785-5340 or awelch@mocinc.org To Cancel a meal or Resume meals call (978) 345-8501 EXT 2