



NUTRITION PROGRAM FOR THE ELDERLY
Telephone: (508) 593-4393 **Dukes County**
June 2010

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Reservations are required for Senior Dining Cancellations must be made at least 24 hours in advance.	1 Sweet & Sour Chicken w/ Asian Vegetables Brown Rice Multi-grain Roll Mandarin Oranges	2 Swedish Meatballs Mashed Potatoes Green Beans Dinner Roll Tapioca Pudding	3 Boneless Herbed Roast Chicken Confetti Rice California Veggies Whole Wheat Bread Cookie	4 BBQ Beef Rib O'Brien Potatoes Mixed Vegetables Whole Grain Bread Fresh Fruit
	Calories: 505 Fat: 19% Sodium: 715mg	Calories: 666 Fat: 33% Sodium: 927 mg	Calories: 860 Fat: 32% Sodium: 826 mg	Calories: 706 Fat: 34% Sodium: 527 mg
7 Stuffed Shells w/ Marinara Sauce Tuscany Blend Veg Honey Wheat Roll Chocolate Brownie	8 Open Face Tuna Melt w/ Tomato on English French Fries Peas Mandarin Oranges	9 Savory Baked Chicken Parsley Mashed Broccoli Multi-grain Roll Fresh Fruit	10 Beef Rigatoni Italian Blend Veg Parisienne Bread Pears	11 Roast Turkey w/ Gravy Mashed Potatoes Winter Squash Whole Wheat Bread Rice Pudding
Calories: 725 Fat: 33% Sodium: 609 mg	Calories: 615 Fat: 23% Sodium: 622 mg	Calories: 842 Fat: 43% Sodium: 903 mg	Calories: 650 Fat: 22% Sodium: 897 mg	Calories: 892 Fat: 28% Sodium: 1059mg
14 Salisbury Steak Noodles Spinach Fruit Muffin Applesauce	15 Chicken Tetrazzini Country Style Veg Dinner Roll Chilled Pineapple	16 Roast Beef Mushroom Gravy Garlic Mashed Potato Green and Wax Beans Whole Wheat Bread Fruit Cocktail	17 Falthers' Day Meal Pineapple Ginger Chicken Brown Rice Oriental Veggies White Bread Bread Pudding	18 Cold Meal Seafood Salad Roll Red Bliss Potato Salad 3 Bean Salad Hot Dog Roll Fresh Fruit Cup
Calories: 802 Fat: 31% Sodium: 625 mg	Caloreis: 607 Fat: 29% Sdoium: 503 mg	Calories: 693 Fat: 28% Sodium: 526 mg	Calories: 636 Fat: 22% Sodium: 472 mg	Calories: 578 Fat: 22% Sodium: 489 mg
21 Sloppy Joes Delmonico Potatoes Chopped Broccoli Hamburger Roll Butterscotch Pudding	22 Veggie & Cheese Quiche Hash Brown Potatoes Fruit Muffin Chilled Peaches	23 Honey Stung Chicken Rice Mixed Veggies Dinner Roll Apple Turnover	24 Crunchy Fish Tartar Sauce Criss-Cut Potatoes Stewed Tomato Whole Wheat Bread Pears	25 Braised Turkey Tips Mashed Potatoes Broccoli Honey Wheat Roll Fresh Orange
Calories: 712 Fat: 35% Sodium: 868 mg	Calories: 629 Fat: 36% Sodium: 667 mg	Calories: 689 Fat: 38% Sodium: 728 mg	Calories: 666 Fat: 25% Sodium: 881 mg	Calories: 665 Fat: 25% Sodium: 706 mg
28 Sausage, Peppers, Squash & Zucchini w/ Cheese Tortellini in Pesto Sauce Whole Wheat Bread Mixed Fruit	29 Pork Chops w/ Apple Raisin Chutney California Veggies White Rice Cloverleaf Roll Banana	30 Meatloaf w/ Demi-Glace Garlic Mashed Potato Green and Wax Beans Whole Wheat Bread Birthday Cake	<i>Thank you for your voluntary \$2.00 donation per meal!</i> <i>1% milk and margarine served with meals.</i>	<i>Menu subject to change without notice.</i>
Calories: 819 Fat: 41% Sodium: 906 mg	Calories: 632 Fat: 23% Sodium: 710 mg	Calories: 726 Fat: 33% Sodium: 598 mg		

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