MOC Elder Services
For cancellations please call
978- 345-8501

# August 2012

Menu is subject to change without notice

**Suggested voluntary donation: $2.25**

All meals include 1% milk
** **denotes high sodium meals**

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|---|---|---|---|
| | | 1<br>Roast Pork w/ Herb Rub<br>Brown Rice and Peas<br>Peach Chutney<br>Multigrain Bread<br>Applesauce with c | 2<br>Vegetable Gumbo Soup<br>Chicken Salad w/cranberries<br>Pasta Salad (Vinaigrette)<br>½ Pita Pocket<br>Pineapple<br>HDM: 3 Bean Salad | 3<br>American Chop Suey<br>California Blend Veggie<br>Whole Wheat Bread<br>Rice Pudding<br>Diet: Chocolate Mint Pudding |
| | | **Calories:713 % Fat: 25**<br>**Sodium:305mg** | **Calories:693 % Fat: 19**<br>**Sodium:775mg** | **Calories: 658 % Fat: 34**<br>**Sodium:504mg** |
| Teriyaki Chicken 6<br>Stir Fry Vegetables<br>Brown Rice<br>Whole Wheat Pita Pocket<br>Pears | Meatballs 7<br>w/ Tomato Sauce<br>Winter Blend<br>Herbed Rotini<br>Whole Wheat Bread<br>Chocolate Pudding<br>Diet: Vanilla Pudding | Minestrone Soup** 8<br>BLT<br>Pasta Salad<br>Cheese Stick<br>2 Slices White Bread<br>Muffin<br>Diet: Animal Crackers<br>HDM: Minestrone Soup | Boneless Chicken 9<br>w/ Coq A Vin Sauce<br>Mashed Potatoes<br>Mixed Veggies (Vit A)<br>Rye Bread<br>Fresh Fruit | 10<br>Hamburger w/ Mushrooms<br>Tater Tots<br>Carrots<br>Hamburger Bun<br>Tropical Fruit |
| **Calories: 580 % Fat: 14**<br>**Sodium:871mg** | **Calories: 699 % Fat: 24**<br>**Sodium:1116mg** | **Calories: 793 % Fat: 18**<br>**Sodium:1598mg** | **Calories: 599 % Fat: 15**<br>**Sodium:830mg** | **Calories: 723 % Fat: 29**<br>**Sodium:906mg** |
| Potato Fish Wedge 13<br>Spanish Rice<br>Corn<br>Rye Bread<br>Applesauce w/ C | Roast Chicken 14<br>w/ Supreme Sauce<br>Sweet Potatoes<br>Green Beans<br>Whole Wheat Bread<br>Tropical Fruit | **SPECIAL ** 15**<br>Kielbasa w/ Sauerkraut (2 oz)<br>Hot German Potato Salad w/ Bacon Bits<br>Carrots<br>Hot Dog Bun<br>Strawberry Rhubarb Crisp<br>Diet: Strawberry Rhubarb (no crisp) | Split Pea Soup 16<br>Chicken Caesar Salad w/ Grated Parmesan Cheese<br>Dinner Roll<br>Tapioca pudding<br>Diet: Strawberry Banana<br>HDM: Cinnamon Applesauce<br>HDM: Pasta and Pea Salad | Roast Turkey 17<br>w/ Gravy<br>Stuffing<br>Mixed Vegetables<br>Whole Wheat Bread<br>Pineapple |
| **Calories:599 % Fat: 15**<br>**Sodium:684mg** | **Calories: 617 % Fat: 11**<br>**Sodium:686mg** | **Calories:687 % Fat:28**<br>**Sodium:1595mg** | **Calories:867 % Fat: 38**<br>**Sodium:1207mg** | **Calories:532 % Fat: 11**<br>**Sodium:867mg** |
| Swedish Meatballs 20<br>w/ Swedish Sauce<br>Mashed Potatoes<br>Peas<br>Whole Wheat Bread<br>Chocolate Chip Cookie<br>Diet: Graham Cookie | Portuguese soup 21<br>Seasoned Chicken Breast<br>w/ Red Bell Pepper Pesto<br>Three Bean Salad<br>Hamburger Bun<br>Orange<br>HDM: Orzo and Spinach salad | Broccoli and Cheese 22<br>Bake<br>Warm Peach Compote<br>Home Fries<br>White Bread<br>Dried Fruit | Whole Wheat Lasagna 23<br>w/ Chunky Tomato Sauce<br>Broccoli<br>Green Beans<br>Rye Bread<br>Butterscotch pudding<br>Diet: Chocolate Pudding | Roast Pork w/ Gravy 24<br>Sweet Potatoes<br>Cabbage<br>Whole Wheat Bread<br>Applesauce |
| **Calories: 666 % Fat: 28**<br>**Sodium:889mg** | **Calories: 677 % Fat: 24**<br>**Sodium:1145mg** | **Calories: 873 % Fat: 24**<br>**Sodium:728mg** | **Calories: 616 % Fat: 19**<br>**Sodium:1039mg** | **Calories: 523 % Fat: 21**<br>**Sodium:397mg** |
| Hamburg (2 oz) and Ziti 27<br>Bake w/ Cheese (1 oz) and Peppers<br>Carrots<br>Whole Wheat Bread<br>Pineapple<br>HDM: Green Beans | Fish Sticks 28<br>Brown Rice<br>Oriental Blend Vegetables<br>White Bread<br>Muffin<br>Diet: Graham Crackers | Meatloaf 29<br>w/ BBQ Sauce<br>Mashed Potatoes<br>Peas<br>Rye Bread<br>Peaches | Vegetable Soup 04 30<br>Tuna Salad<br>Pasta Salad (Vinaigrette)<br>Hot Dog Bun<br>Orange<br>HDM: Carrot raisin pineapple salad | Breaded Chicken 31<br>Diced Rosemary Potatoes<br>Spinach<br>Whole Wheat Bread<br>Vanilla Pudding<br>Diet: SF Vanilla Pudding |
| **Calories:697 % Fat: 24**<br>**Sodium:698mg** | **Calories: 640 % Fat: 20**<br>**Sodium:591mg** | **Calories: 763 % Fat: 24**<br>**Sodium:696mg** | **Calories: 634 % Fat: 19**<br>**Sodium:1075mg** | **Calories: 710 % Fat: 24**<br>**Sodium:1143mg** |

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