

ELDER SERVICES OF WORCESTER AREA NUTRITION PROGRAM

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
<u>Menus are subject to change</u>								1	<b>Harvest Pie</b> Corn Niblets Peas Yogurt Italian Bread
4	<b>Chicken Mornay</b> Vegetable Couscous Roman Blend Vegetables Vanilla Pudding  Marble Rye Bread	5	<b>Meatloaf w/ Gravy</b> Garlic Mashed Potatoes Peas and Mushrooms Lorna Doone Cookies Whole Wheat Bread	6	<b>Roast Turkey w/ Gravy</b> Mashed Potatoes Cranberry Stuffing Tuscany Vegetables Fruited Ambrosia French Bread	7	<b>Macaroni &amp; Cheese</b> Stewed Tomatoes Green Beans Fresh Fruit Italian Bread <b>Chicken Rice Soup</b>	8	<b>Haddock w/ Parmesan Cream Sauce</b> Wild Rice Broccoli & Red Peppers Mixed Fruit Pumpnickel Bread
11	<b>Pork Rib-i-que</b> Mac 'n Cheese Side Carrots & Green Beans Mandarin Oranges Sandwich Roll	12	<b>Swedish Meatballs</b> Mashed Potatoes Scandinavian Vegetables Jell-O  Marble Rye Bread	13	<b>Sloppy Joe's</b> Herbed Potatoes Mixed Vegetables Fresh Fruit Sandwich Roll	14	<b>Valentine's Day</b> <b>PASTA BAR</b> Pasta, broccoli, sauce alfado, meatballs chicken, saugage  Dessert	15	<b>Fish w/ Crumb Topping</b> Rice Pilaf Brussel Sprouts Tapioca  Whole Wheat Bread
18	<b>President's Day</b>  <i>No Meal Served</i>	19	<b>Special Pot Luck Soup Bar</b> <b>Dessert</b> <b>Sign up required</b> <b>\$3.00</b>	20	<b>Potato Crunch Fish</b> O'Brien Potatoes Peas & Onions Baked Cinnamon Pears Pumpnickel Bread Tartar Sauce	21	<b>Baked Ham</b> Mashed Sour Cream & Chive Potato Honey Glazed Carrots Gingerbread w/ Whip Topping  Marble Rye Bread	22	<b>Special Roast Beef SW</b>  <b>Dessert</b>  <b>Minestrone Soup</b>
25	<b>Chicken Pot Pie</b> Mashed Potatoes Country Blend Vegetables Peaches Whole Wheat Bread	26	<b>Hot Dog on Bun</b> Baked Beans Coleslaw Fresh Fruit Mustard	27	<b>Stuffed Pepper Casserole</b> Mashed Potatoes Carrots Blondie  Marble Rye Bread	28	<b>Special Egg Salad SW</b> <b>Soup</b> <b>Birthday Cake</b>		