

MOC Elder Nutrition
For Cancellations, please call:
(978) 297-3155

Group Dining Menu


November 2019

Menu is subject to change

All meals include 1% milk

* Indicates higher sodium item (>500mg)

Suggested voluntary donation: \$3.00

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1% MILK: 110 calories 125mg sodium (included in totals)	1 White Chicken Chili 260 Brown Rice 5 Peas & Carrots 72 Marble Rye 127 Fresh Fruit 0
				Total Sodium: 588 mg Total Calories: 563
4 3 C Soup 299 Chicken Drumstick 450 Yukon Gold Potato 4 Multigrain Bread 164 Sliced Peaches 5 Yogurt 75	5 Baked Pollock Loin 160 In Lemon Dill Sc 140 Wild Rice Pilaf 5 Tossed Salad 170 Wheat Bread 170 Cherry Apple Crisp 56 Diet: ½ Cherry Apple Crisp 28	6 Navy Bean Soup 222 Brd Chicken Breast 573 In Florentine Sc 19 Garlic Whip Potato 66 Pumpnickel Bread 155 Fresh Fruit 2	7 Beef Stew 200 Brussel's Sprouts 12 Biscuit 340 Mixed Fruit 10	8 Broccoli Bake 482 Home Fries 5 Stewed Tomatoes 150 Wheat Bread 170 Fig Bar 65 Diet: Lorna Doones 100
Total Sodium: 1122 mg Total Calories: 660	Total Sodium: 656 mg Total Calories: 660	Total Sodium: 1162 mg Total Calories: 763	Total Sodium: 687 mg Total Calories: 696	Total Sodium: 996 mg Total Calories: 731
11 	12 High Sodium Day Minestrone Soup 152 Chicken Parmesan *860 Cavatappi Pasta 1 W. Wheat Bread 105 Pear Halves 5	13 Sloppy Joe 259 On a Bun 230 O'Brien Potatoes 34 Tossed Salad 5 Fresh Fruit 1	14 Wh. Bean Kale Sp 211 Chicken Rice Bake 429 Wh. Bread 170 Oatmeal Cookie 97 D: Cin. Grahams 85	15 Rst Pork In Rosemary Gravy 158 Sweet Potatoes 31 Mixed Veg 88 Multigrain Bread 164 Fruit Cup 10
No Meals Served	Total Sodium: 1248 mg Total Calories: 772	Total Sodium: 654 mg Total Calories: 622	Total Sodium: 1032 mg Total Calories: 763	Total Sodium: 574 mg Total Calories: 623
18 Vegetable Soup 240 Sw & Sour Mt Balls 248 White Rice 90 Wheat Bread 170 Fortune Cookie 6 Pineapple 1	19 Shepherd's Pie with Gravy 221 Tossed Salad 5 Multigrain Bread 164 Fruit Crunch Bar 80 D: Lorna Doones 100	20 Roast Turkey In Herb Gravy 443 Whipped Potato 66 Stuffing 158 Maple Cinnamon 0 Butternut Squash 105 WW Dinner Roll 430 Pumpkin Pie 173 D: Pumpkin Pudding	21 Corn Chowder 172 Chicken Drumstick 450 Baked Beans 152 Rye Bread 150 Mandarin Oranges 7 Yogurt 75	22 Potato Pollock 273 Tartar Sc 100 Quinoa w/Rst Veg 23 Brussel's Sprouts 12 Multigrain Bread 164 Fresh Fruit 1
Total Sodium: 880 mg Total Calories: 669	Total Sodium: 595 mg Total Calories: 759	Total Sodium: 1177 mg Total Calories: 758	Total Sodium: 1131 mg Total Calories: 772	Total Sodium: 698 mg Total Calories: 696
25 Lasagna Rollup Topped w/Cheese & Tomato Basil Sc 625 Italian Veg Blend 41 Wheat Bread 170 Mixed Fruit 10	26 BBQ Pork Rib 362 Grinder 218 Red Bliss Potato 4 Cabbage 25 Gingerbread Cake 314 Diet: ½ Portion 157	27 Grilled Chicken in Honey Mustard Sc. 533 Potato Wedges 273 Peas & Carrots 72 Multigrain Bread 164 Fresh Fruit 1		
Total Sodium: 971 mg Total Calories: 633	Total Sodium: 1048 mg Total Calories: 600	Total Sodium: 1167 mg Total Calories: 599	No Meals Served	No Meals Served

Menu Specifications: Sodium amounts are listed next to each item individually & totaled below each day.

Meals on Wheels provides this information for individuals interested in minimizing their Sodium intake.

Nutrition Questions? Contact Alex Welch, RD at (978) 785-5340, awelch@mocinc.org.

To reduce the Sodium content of any meal save the Bread, Milk or Non-Fruit Dessert for the following meal or snack.

To reduce the Carbohydrate content of any meal save the Bread, Milk and/or Dessert for the following meal or snack.

To cancel a meal call (978) 345-8501 EXT 2