

**OCES NUTRITION PROGRAM**

**APRIL 2024**

**REGULAR**



**Community Dining Menu**

**Please call the nutrition department for meal cancellations by cancellation by 10 am *two days* before delivery-508-584-1561.**

**Suggested Donation-\$2.50/meal Menu subject to change without notice. SF=Sugar Free WG=Whole Grain**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1</b> Pasta with Meat Sauce 294 Italian Vegetables 19 WW Dinner Roll 180 Parmesan Cheese 55 Hot Caramelized Apple 23	<b>2</b> Chicken Stew 318 Green Beans 3 Corn Muffin 80 Hot Cinnamon Pears 19	<b>3 COLD MEAL</b> Tuna Salad on Lettuce Bed 294 Potato Salad 50 Tomato Broccoli 58 Cucumber Salad WW Hamburger Bun 180 Raisins 5	<b>4</b> Honey Mustard Chicken 235 Brown Rice & Orzo 4 Broccoli 12 Vienna Bread 150 Fresh Banana  1	<b>5</b> Roast Pork with 100 Apple Cider Gravy Mashed Potatoes 20 Mixed Vegetables 42 Whole Wheat Roll 180 Vanilla Pudding 220 MOD: Diet Gelatin
Cal:756 Sodium: 709 mg Carb: 112 g From Meal: 85 g	Cal: 640 Sodium: 545 mg Carb: 85 g From Meal: 54 g	Cal: 735 Sodium: 729 mg Carb: 97 g From Meal: 52 g	Cal: 756 Sodium: 540 mg Carb: 109 g From Meal: 70 g	Cal:794 Sodium: 699 mg Carb: 100 g From Meal: 51 g
<b>8 No Milk</b> Swiss Cheese Omelet 318 Home Fries 6 Peppers & Onions 54 Snack Loaf 115 Yogurt 75 Orange Juice 15	<b>9 HIGH SODIUM MEAL</b> Hot Dog 480 Vegetarian Baked Beans 282 Zucchini Squash 3 Mustard 55 WW Hot Dog Bun 165 Apple Oatmeal Bar 75	<b>10</b> Chicken Marsala 319 Parslied Rotini 4 Roman Vegetables 16 Vienna Bread 150 Lorna Doones 100	<b>11</b> Turkey Chile 285 White Rice 2 Chuckwagon Vegetables 3 Corn Muffin 80 Fresh Nectarine 0	<b>12</b> HM Meatloaf with Gravy 300 Baked Potato Half 4 Green Peas 82 Sour Cream 9 Whole Wheat Bread 65 Blueberry Bites 60
Cal: 728 Sodium: 614 mg Carb: 96 g From meal: 61 g	Cal: 752 Sodium: 1207 mg Carb: 107 g From meal: 71 g	Cal: 714 Sodium:726 mg Carb: 84 g For meal:54 g	Cal: 743 Sodium: 507 mg Carb: 105 g From meal: 79 g	Cal: 893 Sodium: 657 mg Carb: 100 g From meal: 67 g
<b>15 NO MEALS SERVED</b> 	<b>16</b> Chicken Parmesan 395 Pasta with Italian Sauce 125 Italian Vegetables 19 Dinner Roll 260 Parmesan Cheese 55 Graham Crackers 85	<b>17 COLD MEAL</b> Dilled Egg Salad 289 Pasta Vinaigrette Salad 5 Coleslaw 64 Cracked Wheat Bread 115 Fresh Orange 0	<b>18</b> Cajun Tilapia 102 Brown Rice Pilaf with 15 Peas and Carrots Carrots 77 Rye Bread 330 Fruit Cup 6	<b>19</b> American Chop Suey 126 Jardiniere Vegetables 31 Oatmeal Bread 240 Hot Cinnamon Peaches 6
	Cal: 782 Sodium: 1077 mg Carb: 103 g From meal: 73 g	Cal: 915 Sodium: 610 mg Carb: 95 g From meal: 65 g	Cal: 619 Sodium: 677 mg Carb: 85 g From meal: 59 g	Cal: 691 Sodium: 541 mg Carb: 85 g From meal: 57 g
<b>22</b> BBQ Chicken 231 Mashed Spiced Yams 66 Fiesta Blend Vegetables 16 Whole Wheat Bread 65 Chocolate Pudding 190 MOD: Diet Gelatin	<b>23</b> Macaroni & Cheese 366 Spinach 110 WW Roll 180 Fresh Apple  2	<b>24</b> Chicken Cacciatore* 502 Parslied Rotini 4 Green Beans 3 Dinner Roll 260 Pineapple Tidbits 1	<b>25</b> Potato Crunch Pollock 333 Buttered Rice 14 Broccoli & Carrots 45 Tartar Sauce 85 Whole Wheat Roll 180 Fresh Pear 2	<b>26 COLD MEAL</b> Mediterranean 597 Tortellini Salad* California Vegetable Salad 190 Cracked Wheat Bread 115 Apple Cinnamon 85 Grahams
Cal: 783 Sodium: 846 mg Carb: 123 g From meal: 86 g	Cal: 717 Sodium: 795 mg Carb: 127 g From meal: 92 g	Cal:790 Sodium: 908 mg Carb: 113 g From meal: 58 g	Cal: 725 Sodium: 796 mg Carb: 104 g From meal: 52 g	Cal: 710 Sodium: 1125 mg Carb: 103 g From meal: 73 g
<b>29</b> Cheeseburger 390 Oven Browned Potatoes 6 Jardiniere Blend Veg 31 Ketchup 82 WW Hamburger Bun 180 Fresh Tangerine 4	<b>30</b> Chicken with Gravy 302 Roasted Sweet Potatoes 45 Collard Greens 30 Oatmeal Bread 240 Cinnamon Bites 71	<b>Nutrition information</b> is for the entire meal including bread, milk & margarine. Nutrition information is approximate. 1% milk = 107 mg sodium. Margarine = 30 mg sodium. From meal carb total includes meat, starch, vegetable		
Cal :743 Sodium: 749 mg Carb: 101 g From meal: 63 g	Cal: 748 Sodium: 852 mg Carb: 95 g From meal: 62 g			

\*Indicates food item w/>500mg sodium v=high sodium meal