

OCES NUTRITION PROGRAM

DECEMBER 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
2 Chicken with Gravy 331 Roasted Sweet Potatoes 45 Collard Greens 57 Oatmeal Bread 240 Cinnamon Bites 71 Cal: 695 Sodium: 882 mg Carb: 95 g From meal: 64 g	3 Lasagne Rolls with Bolognese Sce 419 Tuscany Blend Vegetables 41 Vienna Bread 150 Hot Caramelized Pears 20 Cal: 678 Sodium: 759 mg Carb: 88 g From meal: 53 g	4 COLD MEAL Chicken Salad on Lettuce Bed 174 Pasta Vegetable Salad 46 Spinach Salad w/ Mandarin Oranges 144 WW Bread (2) 130 Italian Dressing 20 Mixed Fruit 5 Cal: 897 Sodium: 657 mg Carb: 110 g From meal: 82 g	5 Pork Oriental 215 Lo Mein Noodles 50 Asian Vegetables 46 Whole Wheat Roll 180 Applesauce 13 Cal: 662 Sodium: 639 mg Carb: 78 g From meal: 54 g	6 Sloppy Joe 420 Tater Tots 230 Scandinavian Vegetables 59 WW Hamburger Bun 180 Fresh Banana 1 Cal: 839 Sodium: 1027 mg Carb: 99 g From meal: 58 g
9 Chicken Fajitas 120 Brown Rice & Beans 63 Chuckwagon 2 Vegetables 190 Tortilla 190 Clementines (2) 1 Cal: 609 Sodium: 474 mg Carb: 93 g From meal: 63 g	10 Pasta with Meat Sauce 294 Italian Vegetables 42 WW Dinner Roll 260 Parmesan Cheese 55 Hot Cinnamon Apple 10 Cal: 780 Sodium: 775 mg Carb: 118 g From meal: 94 g	11 Chicken Ziti & Broccoli Casserole 580 California Vegetables 27 Cracked Wheat Bread 115 Vanilla Bites 50 Cal: 705 Sodium: 909 mg Carb: 97 g From meal: 66 g	12 Pot Roast with Gravy 177 Oven Roasted Potatoes 6 Butternut Squash & Apple 4 White Dinner Roll 260 Mixed Fruit 5 Cal: 747 Sodium: 590 mg Carb: 95 g From meal: 69 g	13 Baked Cod Loin with Honey Garlic Sauce 191 Brown Rice Pilaf 16 Asian Vegetables 43 WG Dinner Roll 226 SF Lemon Cookie 60 Cal: 612 Sodium: 644 mg Carb: 90 g From meal: 73 g
16 Chicken Stew 318 Green Beans 3 Corn Muffin 80 Hot Cinnamon Pears 6 Cal: 640 Sodium: 545 mg Carb: 85 g From meal: 54 g	17 COLD MEAL Tuna Salad on Lettuce Bed 294 Potato Salad 50 Tomato Broccoli 58 Cucumber Salad 180 WW Hamburger Bun 180 Raisins 5 Cal: 753 Sodium: 911 mg Carb: 97 g From meal: 51 g	18 Meatball Stroganoff 596 Buttered Noodles 33 Broccoli 12 Vienna Bread 150 Fresh Banana 1 Cal: 684 Sodium: 945 mg Carb: 92 g From meal: 54 g	19 Roast Pork with Apple 100 Cider Gravy 20 Mashed Potatoes 20 Mixed Vegetables 42 WW Roll 180 SF Vanilla Pudding 112 Cal: 743 Sodium: 592 mg Carb: 86 g From meal: 59 g	20 Swiss Cheese Omelet 318 Home Fries 6 Peppers & Onions 54 Snack Loaf 115 Yogurt 75 Orange Juice - No Milk 15 Cal: 728 Sodium: 614 mg Carb: 96 g From meal: 36 g
23 HIGH SODIUM DAY Ribeque 610 Tater Tots 230 Scandinavian Vegetables 41 Vegetable Blend 180 WW Hamburger Bun 180 Diced Peaches 6 Cal: 778 Sodium: 1205 mg Carb: 85 g From meal: 55 g	24 Chicken Cordon Bleu 460 Au Gratin Potatoes 195 Roman Vegetables 16 Vienna Bread 150 Apple Pie 190 Cal: 968 Sodium: 1148 mg Carb: 134 g From meal: 98 g	25  Cal: 721 Sodium: 508 mg Carb: 102 gm From meal: 65 g	26 Turkey Chile 285 White Rice 2 Zucchini 2 Corn Muffin 80 Fresh Pear 2 Cal: 721 Sodium: 508 mg Carb: 102 gm From meal: 65 g	27 HM Meatloaf with Gravy 300 Baked Potato Half 4 Green Peas 82 Sour Cream 9 Whole Wheat Bread 65 Blueberry Bites 60 Cal: 895 Sodium: 657 mg Carb: 100 g From meal: 67 g
30 HIGH SODIUM DAY Hot Dog 480 Vegetarian Baked Beans 282 Broccoli 12 Mustard 55 WW Hot Dog Bun 165 Apple Oatmeal Bar 85 Cal: 772 Sodium: 1217 mg Carb: 109 g From meal: 73 g	31 Chicken Parmesan 395 Pasta with Italian Sauce 125 Italian Vegetables 19 WW Bread 65 Parmesan Cheese 55 Animal Crackers 140 Cal: 785 Sodium: 882mg Carb: 104 g From meal: 71 g	Nutrition information 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		

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