

OCES NUTRITION PROGRAM

MAY 2025

REGULAR



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
<p>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</p>	<p>Reheating Instructions Before reheating: slit or peel back plastic cover. Do NOT use toaster oven. Reheat in microwave: Heat on high for 2-3 minutes. Reheat in oven: Preheat oven to 350 degrees and place container on cookie tray for 8-10 minutes. Please be careful removing the container it may be hot. Enjoy!</p>		<p>1 COLD MEAL Dilled Egg Salad 284 Lettuce Bed 5 Pasta Salad with Vegetables 46 Soinach & Mandarin Salad 50 Pullman Roll 130 Fresh Orange 0 Salad dressing 20 Cal: 998 Sodium: 672 Carb: 115g From meal:37g</p>	<p>2 Lasagna Rollups 220 Bolognese Sauce 96 Tuscany Vegeables 41 Vienna Bread 150 Hot Caramel Pears 21 Cal:597 Sodium:666mg Carb: 85g From meal:36g</p>
<p>5 Chicken Ziti Broccoli Casserole 196 California Vegetables 30 Cracked Wheat Bread 115 Hot Cinnamon Apples 9</p>	<p>6 Chicken Fajitas with Sal 246 Brown Rice & Beans 22 Chuckwagon Vegetables 3 Tortilla 95 Clementines (2) 1</p>	<p>7 Honey Garlic Cod 445 Brown Rice with Orzo 4 Oriental Vegetables 43 Whole Wheat Roll 180 Fresh Banana 1</p>	<p>8 Sloppy Joe 129 Tater Tots 230 Scandinavian Vegetables 41 WW Hamburger 180 Fruit Cocktail 5</p>	<p>9 Pot Roast with Gravy 177 Roasted Potatoes 6 Butternut Squash & Apples 4 Dinner Roll 260 SF Chocolate Pudding 112</p>
Cal: 626 Sodium: 488 mg Carb: 69 g From Meal: 21 g	Cal: 657 Sodium: 504 mg Carb: 89 g From Meal: 51g	Cal: 639 Sodium: 810 mg Carb: 102 g From Meal: 46 g	Cal:794 Sodium: 722g Carb: 85g From meal: 35g	Cal: 782 Sodium: 698mg Carb: 96g From meal:43g
<p>12 Chicken Stew 318 Corn Muffin 80 Green Peas 82 Canned Pears 6</p>	<p>13 Pasta with Meat Sauce 383 Italian Vegetables 26 Parmesan Cheese 55 Vienna Bread 150 Lemon/Blueberry Bites 60</p>	<p>14 Chicken Tikka Masala** 760 Brown Rice 5 Green Beans 2 WW Superior Roll 180 Fruit Cocktail 5</p>	<p>15 Roast Pork 50 Apple Cider Gravy 155 Mashed Potatoes 20 Mixed Vegetables 42 WW Roll 180 Diet Vanilla Pudding 1</p>	<p>16 COLD MEAL Tuna Salad on 294 Lettuce Bed 5 Tomato, Broccoli & Cucumber Salad 58 Potato Salad 50 Hamburger Roll 180 Raisins 5</p>
Cal: 683 Sodium: 624mg Carb: 92g From Meal: 36g	Cal: 633 Sodium: 812 mg Carb: 89g From Meal: 42g	Cal: 725 Sodium: 1098mg Carb: 85g From Meal: 42g	Cal: 626 Sodium: 586mg Carb: 69g From Meal: 40g	Cal: 735 Sodium: 729mg Carb: 97g From Meal: 27g
<p>19 NO MILK SwissOmelet 318 Peppers & Onions 54 Home-fried Potatoes 6 Yogurt 75 Snack Loaf 115 Orange Juice 15</p>	<p>20 Chicken Marsala 327 Rotini Pasta 11 Roman Vegetables 17 Vienna Bread 150 Clementines (2) 1</p>	<p>21 Turkey Chili 285 White Rice 2 Spinach 111 Corn Muffin 80 Hot Caramel Peaches 24</p>	<p>22 HM Meatloaf 111 Brown Gravy 145 1/2 Baked Potato 4 Green Peas 82 Sour Cream 9 Pullman Roll 65 Lorna Doones 100</p>	<p>23 Potato Crunch Pollock 333 Hamburger Roll 180 Tarter Sauce 85 Tater Tots 310 Scandinavian Vegetables 41 Fresh Apple 2</p>
Cal: 728 Sodium: 614mg Carb: 96g From Meal: 36g	Cal: 545 Sodium: 645mg Carb:79g From meal:35g	Cal: 734 Sodium: 638mg Carb: 97g From Meal: 43g	Cal: 828 Sodium: 654mg Carb:95g From Meal: 41g	Cal: 774 Sodium: 1089mg Carb:100g From meal: 41g
<p>26</p>	<p>27 Aloha Chicken 112 Pineapple Brown Rice 4 Oriental Vegetables 43 Dinner Roll 260 Mandarin Oranges 7</p>	<p>28 American Chop Suey 250 Jardiniere Vegetables 31 Oatmeal Bread 240 Hot Cinnamon Peaches 6</p>	<p>29 COLD MEAL Turkey & Swiss 430 German Potato Salad 76 Tossed Salad 17 Dressing 20 Bulkie Roll 330 Mustard 55 Fresh Banana 1</p>	<p>30 Cajun Tilapia 109 Brown Rice Pilaf 16 Citrus Salsa 5 Cooked Carrots 77 WW Roll 180 Vanilla Wafers</p>
	Cal: 624 Sodium: 563mg Carb: 92g From Meal: 41g	Cal: 751 Sodium: 666mg Carb: 85g From Meal: 31g	Cal: 744 Sodium: 1066 mg Carb: 111 g From Meal: 29 g	Cal: 696 Sodium: 575mg Carb: 97g From meal: 47g

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