



Dracut Council on Aging Newsletter

MARCH 2014

951 Mammoth Road · 978-957-2611 · Fax 978-957-6442 Editor, Joyce H. Shadan

Website: www.dracut-ma.us

E-Mail: councilonaging@dracut-ma.us

Winter's hold has been strong and persistent. Mother Nature has wrapped us in a blanket of snow and ice as we struggle to escape her grip.

March is, however one of those months when the weather can be pleasant or harsh. Since many of us aren't able to winter in a warmer climate our only option is to do more indoors.

The senior center is a great place to escape, we are offering a number of informational talks this month. Palm Center will talk on their "Power Track to get back home" program on Thursday, March 6th at 10:00 am. Wingate Health Care comes in on Thursday, March 13th at 10:00 am to speak on their Pulmonary Rehab. Visiting Angels have some great ideas on "Living a Good Life" on Thursday, March 20th at 10:00 am.

UMass Lowell nursing students will be here on Thursday, March 27th at 11:00 am. They will perform blood pressure checks, offer information on how to lower blood pressure and the warning signs of a stroke. They will also provide a healthy snack.

Elder Abuse is serious and more common than we think. Middlesex District Attorney Marian Ryan, will be here on Monday March 24th at 10:00 am to speak on Elder Abuse.

Our MVNP site special meal is on Wednesday, March 12th at 11:30 am. The menu is soup, salad and dessert. This months Veterans breakfast is on Tuesday, March 18th at 9:00 am and is sponsored by the Lowell Veteran's Council.

Just for fun , our monthly movie is "Behind the Candelabra" on Tuesday, March 11th at noon. It's based on the true story of Liberace's relationship with Scott Thorson. Friday's quick trips are filled with a variety of shopping and lunch.

Come to Dracut's Center for Healthy Aging, for information, things to do and fun. Happy saint Patrick's Day.

Joyce Shadan

COUNCIL ON AGING STAFF

=====
Joyce H. Shadan,
Executive Director
Judy Gilbert, *Social Services*
Volunteer Coordinator
Donna Houston
Outreach Coordinator
Pat Cahill
Clerk/Bookkeeper
Alma Reeves,
Administrative Assistant
Anita Chartier, *Bus Driver*
Russ Lahaise, *Bus Driver*
Charlene Bennett, *Bus Driver*
Gertrude Frechette, *Custodian*
Bob Houston, *Custodian*
Monica Gagne, *Greeter, CTI*

NUTRITION PROGRAM

Debra Lasorsa, *Site Manager*
Donna Campbell, *Site Aide*

COUNCIL ON AGING BOARD

Pat Merrill, *Chairperson*
Ann Casey, *Vice Chairperson*
Mary Jo Sudol, *Treasurer*
Renee Espinola, *Secretary*

MEMBERS

William O'Neill
Chet Pater
Gerald Surprenant
Lt. Mike Fleury
Louis Darvirris
Omer Matte

Senior Center Hours
Monday through Friday
8:00 am to 4:00 pm
Second and Fourth
Monday open till 6pm

Do you have that “Luck of the Irish”? Have you ever seen a leprechaun? Have you ever got a peek at that “Pot o’ Gold” at the end of the rainbow? Can you kick up your heels and do some step dancing? Me either but don’t worry, you’re lucky enough to have our center to keep you cheery!!! Please come see what we’re all about.

Donna Houston, Outreach Coordinator

Spring is just around the corner, the days stay brighter longer, the weather is getting warmer. After this very cold winter, please get out and enjoy. Maybe this spring think about taking a Friday quick trip, the bus will pick you up at your home, go do a little shopping and stop for lunch and the bus will take you back home.

HAPPY ST. PATRICKS DAY

Judy Gilbert , Social Services/ Volunteer Coordinator

MERRIMACK VALLEY NUTRITION

A hot nutritious lunch is served Monday thru Friday at the senior center. Anyone age 60 or over is welcome. Reserve at least **THREE MORNINGS** in advance by calling Debbie Lasorsa between 9:00 am and 12:30 pm. at 978-957-2611. Meals are served at the center at 11:30 am. \$2.00 donation. **Meals on Wheels** are available to eligible homebound seniors Monday thru Friday. **Call 1-800-892-0890** ask for meal on wheels. **Driver’s urgently needed for the Meals on Wheels Program.** Training will be given to drivers on each route. A stipend is given to drivers. Total time involved is between 1 & 1 1/2 hours. Please stop by the center or call **Debbie at A NEW PHONE NUMBER—978-957-2611**

DRACUT SENIOR CENTER

NEW: Extended Hours. The second and fourth Monday of each month open till 6pm. (No evening hours in March)

Learn more about our programs, services and events. Get information on SHINE, Transportation, Food Stamps, Needy Meds, File of Life, 911 Applications, Medical Equipment Loan Program, Meals on Wheels. Fuel Assistance, AARP Tax Prep, COA Library. Other general information and volunteer opportunities. Call Donna Houston for appointment at 978-957-2611

**SEEKING SUBSTITUTE DRIVER FOR DRACUT COUNCIL ON AGING
Contact William Zounes, Human Resource**

978-453-9492 humanresources@dracut-ma.us

TRANSPORTATION PROGRAM

The DCOA & LRTA offers roadrunner service for Dracut residents. Roadrunner service includes to and from the senior center; food shopping, adult social day-care, hair salons, barber shops, quick trips, CVS, Walmart, banking, nursing home visits & other locations. The fare is \$1 each way and **bus ticket for 20 rides are \$18. You may purchase bus ticket from bus driver.** Quick trips are \$3.00 round trip.

MEDICAL APPOINTMENTS

Monday through Friday 9AM to 2PM

Lowell \$2.00 each way; Dracut \$1.00 each way

Tewksbury, Harvard Vanguard, Research Place, Lowell VA & Village Square Chelmsford -\$3.00 one way; \$5.00 round trip. As a courtesy to other riders the bus will only wait 5 minutes upon pickup. **Curb-side only.**

Everyone must be picked up before 2PM

Please reserve your ride with us as soon as you make your medical appointment. You must be ready for pick up one hour before your scheduled appointment.

VOLUNTEER PROGRAMS

Dracut Council on Aging Volunteers serve in a variety of ways according to personal preferences and abilities. Find out what may be available for you. RSVP (CTI) retired people 55 and over needed in a diverse range of volunteer activities. SCP (CTI) Senior Companions provide one to one compassion and support to older adults who need special assistance. FGP Foster Grandparent Program, volunteer in schools, daycare and Head Start facilities and after school programs. They work with children who need extra help and attention to thrive and succeed. Dracut public schools would like to have more FGP volunteers in their classes. Learn about opportunities and benefits with CTI’s volunteer program. **Please call Judy Gilbert at 978-957-2611 or stop by the center.**

ALTERNATIVE FORMATS: To obtain this document in an alternative format (Braille, large print) or to make a reasonable accommodation (hearing device, signer, etc.), please contact A.D.A. Officer William Zounes at 978-453-9492

SHINE

(Serving Health Information Needs of Elders)

The SHINE program provides free, impartial health insurance information, assistance and counseling to Medicare beneficiaries. SHINE counselor Jill O'Sullivan will be available on **Wed. Mar. 26th** Please make your appointment at the office by calling. 978-957-2611

FILE OF LIFE REMINDER

The File of Life is a magnetic card that contains pertinent emergency medical information. Free to Dracut seniors 60 years and older. Contact Donna Houston.

Health Clinics

Dracut Council on Aging 951 Mammoth Road

Nancy Harding, RN from the VNA
Every Thursday from 1:30-3:45PM,
blood pressure checks, weight monitor-
and personal consultation. **Blood sugar testing (3rd
Thursday at 2:30 pm) for known Diabetics.** 100% OF
ALL DONATIONS GO TO THE VNA FOR THE ENHANCEMENT
OF VNA SERVICES.



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DRACUT SENIOR CITIZEN'S CLUB

The Dracut Senior Citizen's Club is a social club. Any senior 60 years or older may join. You do not have to be a Dracut resident to join., Stop by the Dracut COA every Tues. @ 9:30—11:00 and every Thurs. @ 9:30—12:45 for a membership. Members meetings at the Dracut Senior Center on the 2nd and 4th Wednesday of each month at 1:00 to 3pm. unless otherwise noted. **Meetings: Wed. Mar. 12th & Mar. 26th. Wed. Mar. 19th Saint Patrick's Day Dinner Dance at Lenzi's.**

A bingo game is held right after the meeting.

Annual dues are \$2.00 payable on meeting days.

Please call Mary Rowe for more info @ 978-697-6605

THE FREE NEEDY MEDS DRUG DISCOUNT CARD

Save up to 80% on prescriptions

*No fees or registration

*No financial, age or residency restrictions

*Cannot be used with insurance

See or call Donna Houston at 978-957-2611

Or on line @www.needymeds.org. Download, print, clip
and save.

Second Hand Rose

Thrift Shop - Open Daily
Dracut Council on Aging
951 Mammoth Road

Donations of new or gently used, clean
items arrive almost every day and are
greatly appreciated.

General Public Welcome

All proceeds benefit the Friends of the
Dracut Elderly, Inc.

FRIEND'S OF THE DRACUT ELDERLY, INC. BOARD MEMBERS

President, Michelle Runyan

Treasurer, Pat Cahill

Clerk, Barbara Dickinson

Member, Judy Fuller

Member, Linda Bloomgren

The "Friends of the Dracut Elderly, Inc." is a non-profit organization dedicated to supporting the needs of our older residents. They fund raise for the COA to supplement our programs, classes, holiday parties, health screening and wellness programs. We hope you will take this opportunity to join the Friends or renew your annual membership on the form below.

Sincerely

The Friends of the Dracut Elderly, Inc.
I would like to join or renew for the annual
fee of \$3.00.

I would like to make a contribution of \$10
\$25, \$50, \$100

NAME _____

ADDRESS _____

Please make checks payable to:

Friends of the Dracut Elderly, Inc.

951 Mammoth Rd, Dracut, Ma. 01826

THANK YOU TO

The Lowell Veterans Council for the vet-
erans breakfast.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 8:30-9.....Free Breakfast 10:00.....Bone Builders 1:00.....Bingo 1:00.....Reiki	4 8:30-9.....Free Breakfast 9:00-10:00.....Energetics 9:00-10:00.....Art Class 9:00...Grocery Shopping 10:30... Bone Builders 12:30.....Knit/Crochet 1:00.....Reiki	5 8:30-9.....Free Breakfast 10-11.....Bone Builders 1-2.....Bone Builders 1:00.....Reiki	6 8:30-9.....Free Breakfast 9:00-10:00.....Energetics 10:00.....Palm Center Talk on Power Track to get back home. 10:30.....Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 1:00.....Reiki	7 8:30.....Free Breakfast 9:00.....Bowling 9-10.....Line Dancing 9:00...Walmart & Changai 12:00.....Cribbage 1-2.....Bone Builders 1:00.....Reiki
10 8:30-9.....Free Breakfast 10:00.....Bone Builders 1:00.....Bingo 1:00.....Reiki	11 8:30-9.....Free Breakfast 9:00-10:00.....Energetics 9:00-11:00.....Art Class 9:00...Grocery Shopping 10:30.....Bone Builders 12:00..Movie (Behind the Candelabra) 12:30.....Knit/Crochet 1:00.....Reiki	12 8:30-9.....Free Breakfast 10-11..... Bone Builders 10:00-11:00.....Tai Chi 11:30..MVNP Site Spe- cial Meal 1-2..... Bone Builders 1:00..Senior Citizens Club Meeting 1:00.....Reiki	13 8:30-9.....Free Breakfast 9:00-10:00.....Energetics 10:00..Wingate Health Care (Talk on Pulmonary Rehab) 10:30.....Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 1:00.....Reiki	14 8:30-9Free Breakfast 9:00.....Bowling 9-10.....Line Dancing 9:00...Dollar Tree & The Irish Cottage 12:00.....Cribbage 1-2.....Bone Builders 1:00.....Reiki
17 HAPPY SAINT PATRICK'S DAY 8:30-9.....Free Breakfast 10:00..... Bone Build- ers 10:00Affordable Hear- ing Hearing Screening 1:00.....Bingo 1:00.....Reiki	18 8:30-9.....Free Breakfast 9:00...Veterans Breakfast 9:00-10:00.....Energetics 9:00-11:00.....Art Class 9:00...Grocery Shopping 10:30.....Bone Builders 12:30.....Knit/Crochet 1:00.....Reiki	19 8:30-9....Free Breakfast 9:30.....Shine 10-11..... Bone Builders 10:00-11:00..... Tai Chi 11:30..St. Pat's Senior Citizens Club Dinner Dance at Lenzi's 1-2.....Bone Builders 1:00.....Reiki 2:30..Dracut COA Board Meeting	20 8:30-9.....Free Breakfast 9:00-10:00.....Energetics 10:00.....Visiting Angels "Living a Good Life" 10:30.....Bone Builders 1:00.....Bingo 1:30-3:45...Nurse Nancy 1:00.....Reiki	21 8:30-9.....Free Breakfast 9:00.....Bowling 9-00.....Line Dancing 9:00..Kmart & Weather- vaine 12:00.....Cribbage 1-2.....Bone Builders 1:00.....Reiki
24 8:30.....Free Break- fast 10:00.....Bone Build- ers 10:00.Middlesex D A, Marion Ryan, will speak on Elder Abuse. 10:00.....Rep. Colleen Garry office hours 1:00.....Bingo 1:00.....Reiki	25 8:30-9.....Free Breakfast 9:00-10:00.....Energetics 9:00-11:00.....Art Class 9:00...Grocery Shopping 10:30.....Bone Builders 12:30.....Knit/Crochet 1:00.....Reiki	26 8:30-9.....Free Breakfast 9-11Beginners Computer 10-11..... Bone Builders 10:00-11:00..... Tai Chi 1-2.....Bone Builders 1:00.....Reiki	27 8:30-9.....Free Breakfast 9:00-10:00.....Energetics 10:00...Coffee with the Director 11:00..UMass Lowell Nursing Students (Info on Stroke & Lowering your BP) 10:30.....Bone Builder 1:00.....Bingo 1:30-3:45...Nurse Nancy 1:00.....Reiki	28 8:30-9.....Free Breakfast 9:00.....Bowling 9-00.....Line Dancing 9:00...Christmas Tree Shop & China Blossom in Nashua N. H. 12:00.....Cribbage 1-2.....Bone Builders 1:00.....Reiki
31 8:30-9.....Free Breakfast 10:00.....Bone Build- ers 1:00.....Bingo 1:00.....Reiki	<h1>MARCH 2013</h1>			



Groups - Classes - Events



BEGINNER'S COMPUTING

With Pat Merrill
Mar.26—May 14th
Wednesdays 9:00-11:00
\$15.00 for 8 Week Course

ENERGETICS

With Elaine Corsetti
Mar. 4 –Mar. 27th
Tuesdays & Thursdays
9:00 –10:00
\$20.00 per session

TAI CHI

With Connie Rock
Mar. 12- Apr. 16th
10:00—11:00
\$35 for Six Week Course

ART CLASS

With Stella Pappas
Mar. 4-Apr. 22nd
Tuesdays at 9:00 am to 11:00 am
\$40.00 per 8 week session
Sponsored in part by a grant from the Dracut
Cultural Council

BONE BUILDERS

Helps increase endurance & strength with
activities to improve balance & to prevent falls.
Warm up exercises, stretching. Class uses weights.

You work out at your own pace.

10:00-11:00 Mondays & Wednesdays

10:30-11:30 Tuesdays & Thursdays

1:00-2:00 Wednesdays & Fridays

CTI RSVP Bone Builders Leaders Needed.
The Dracut Senior center is considering opening up a 4th CTI RSVP Bone Builders class on Tuesdays 1-2 and Fridays 10-11. Three volunteers are needed to run this class. Bone Builder Leader training is Friday, March 7th from 8:30 to 4:00 at the Pepperell Senior Center. Contact Judy at 978-957-2611 or Joan Aseltine, Bone Builders Coordinator, 978-654-5682 for more information.

Lift Your Spirits

REIKI

Appointments are 1:00 & 3:00pm
each session is 40 minutes
\$3.00 a session

Reiki is an ancient touch therapy technique that compliments traditional pain therapies. Reiki has a positive effect on all forms of illness from minor to chronic conditions such as arthritis, fibromyalgia and other pain syndromes. It helps alleviate the negative effects of chemotherapy, post operative pain, depression as well as improving the healing rate.

Please call the Center to make an appointment.
@ 978-957-2611

NOTE: PLEASE PAY FOR CLASSES WITH A CHECK MADE OUT TO:

The Friend's of The Dracut Elderly, Inc.

Bowlers Needed

Small candlepins Bowling @Park Lanes in Windham, NH Fridays at 9AM. \$12.00 includes bowling and all banquets. **Call the COA office at 978-957-2611**

BEGINNERS LINE DANCING

With Marcella Groulx

Every Friday @ 9:00—10:00 am **\$2 a class**

Library News

DCOA Librarian: Ruth Chappas

The DCOA Library has a magnifier for enlarging print. The magnifier is available during Center hrs.

M.G. Parker Memorial Library

Library delivery to the homebound. Call **978-454-5474** for more info www.dracutLibrary.org

LEGACIES VOLUME IX ANTHOLOGY

Are available at the senior center for **\$3.00**
In Memoriam, Friends of the Dracut Elderly, Inc.
memorial cards are available at the center.

UP COMING EVENTS IN MARCH

FREE BREAKFAST PROGRAM:

Oatmeal, Fruity muffin, Orange Smoothie. Cost is 50. for milk. **Mon.—Fri. at 8:30 Call Judy**

PALM CENTER

Will give a talk on their “Power Track to get back home” **Thurs. March 6th at 10am**
Refreshments will be served

**Affordable Hearing, Monday Mar. 10th.
10 –12pm**

Please call for appointment at **978-957-2611**

DINNER & MOVIE

Tuesday Mar. 11th

Dinner at 11:30– Chicken L’ Orange. Call Debbie 3 days in advance, 978-957-2611 \$2 donation suggested.

Movie at 12 noon- Behind the Candelabra: Based on the true story of Liberace’s relationship with Scott Thorson. **Staring:** Michael Douglas, Matt Damon & Dan Aykroyd. **Popcorn & Drinks Served**

MVNP Site Special, March 12th at 11:30. Tortellini cheddar cheese soup, BBQ pork sandwich, chips, garden salad w/ shredded cheese, croutons, ranch dressing and homemade St. Pats cookie. Call Debbie at **978-957-2611 THREE DAYS** in advanced to reserve your dinner. **\$2 donation is suggested.**

WINGATE HEALTH CARE

Thursday Mar. 13th at 10:00

Talk on pulmonary rehab.
Refreshments will be served

VETERANS BREAKFAST

Tuesday March 18th at 9:00am

Sponsored by the Lowell Veterans Council
All veterans spouses are welcome to attend.

Rep. Colleen Garry

Quick Trips for March 2014

Friday-Mar 7th...Walmart & Changai

Friday-Mar.14th...Dollar Tree & Irish Cottage

Friday–Mar.21th...Kmart & Weathervaine

Friday-Mar. 28th...Christmas Tree Shop & China Blossom in Nashua N. H.

VISTING ANGELS

Thursday Mar. 20th at 10am

Will give a talk on “**Living the Good Life**”
Refreshments will be served

**Middlesex DA, Marion Ryan will speak on Elder Abuse
Monday Mar. 24th at 10am**

UMass Lowell Nursing Students

Will host a Blood Pressure Clinic, give information on STROKE, Lowering your BP and offer a healthy snack.

Thursday Mar. 27 at 11am.

SENIOR CENTER CLOSING

If there is no school in **Dracut** because of bad weather please listen to **WCAP @ 980AM** and listen for **THE DRACUT SENIOR CENTER ANNOUCEMENT**. It will tell you if the center is open or closed. If activities, classes, transportation is going on or if meals will or will not be served.

Dracut Senior Citizens Property Tax Work Off Program 2014

Work in a town department for 62.5 hours and receive \$500 off your property tax bill. Applicant must be 60 years or older, a resident of Dracut or current spouse of homeowner. Eligibility is based on income and other factors. Please call the senior center office at 978-957-2611 for more info

FUEL ASSISTANCE PROGRAM 2013

Please call for gross income guidelines and to make appointment at 978-957-2611.

FOXWOODS DAY TRIP

Wednesday April 2, 2014: \$30.00 per person, receive a \$10 Keno play voucher and a free buffet or \$10 in food voucher. Includes transportation, driver gratuity, Friends Donation and refreshments. Bus leaves the senior center at 7am. Parking is available at the far end of the parking lot. For more info please call Carol Gavriel at 978-957-5527

Please Note: Copies of this newsletter are placed in the following locations:

Alexander’s Pharmacy Inc., All Dracut Senior Housing Complexes, Bank North (Bridge St. Branch), Bridge Street Market Basket, CVS Pharmacy (Lakeview Ave.), Dracut Board of Health, Dracut Family Diner, Dracut Police Station, Dracut Town Hall Jeanne D’Arc Credit Union (Dracut Branch), Lucky Burner Service, Bobola’s Restaurant, MV Chiropractic, Bridge St. Dracut, M.G. Parker Memorial Library, Pawtucketville Diner, Plaza Cleaning Center, Shaw’s, St. Mary Magdalene Church, Tedeschi’s (Mammoth Road), True Value, Dracut; St. Francis Church, Washington Savings Bank, 100 Broadway, Dracut, Dracut Barber Shop, Top Donut, Village Inn, St. Marguerite D’Youville Parish.

3	Breaded Chicken	4	Beef Stroganoff	5	5 Ash Wednesday	6	Roast Pork with Gravy	7	Baked Salmon
	Cranberry Sauce / Ketchup		Penne Pasta		Egg, Broc. & Cheese Bake		Red Bliss Whip Potatoes		Lemon Juice / White Rice
	Oven Brown Potato / Peas		Carrots		Zucchini & Stew Tomatoes		Mixed Vegetables		Winter Blend Veggies
	Fresh Apple		Ice Cream Cup		Peach Cup		Mixed Fruits		Lorna Doones
	Oatmeal Bread		Whole Wheat Bread		Italian Bread		Multigrain Bread		Dinner Roll
	Kcal Na+ CHO % Fat		Kcal Na+ CHO % Fat		Kcal Na+ CHO % Fat		Kcal Na+ CHO % Fat		Kcal Na+ CHO % Fat
	794 1019 110 29		770 789 83 38		577 822 57 38		683 620 72 38		692 545 62 40
10	Sweet & Sour Meatballs	11	Chicken L'Orange	12	<i>Site Special See Flier</i>	13	Roast Turkey with Gravy	14	Fish Strips / Tartar Sauce
	White Rice		Bkd Potato & LF Sour Crm		Cheese Lasagna with		Whip Potatoes & Chives		Oriental Rice 
	Scandinavian Vegetables		Peas and Carrots		Meat Sauce		Peas and Carrots		Broccoli
	Pineapple		Tapioca Pudding / Diet		Fresh Orange		Ice Cream Cup		Fruited Gelatin / D'Gelatin
	Light Rye Bread		Pudding / Biscuit		Italian Bread		Whole Wheat Dinner Roll		Whole Wheat Bread
	Kcal Na+ CHO % Fat		Kcal Na+ CHO % Fat		Kcal Na+ CHO % Fat		Kcal Na+ CHO % Fat		Kcal Na+ CHO % Fat
	676 640 75 37		869 1032 108 31		709 954 73 35		556 1067 55 35		749 1152 89 38
17	Salisbury Steak with Gravy	18	Teriyaki Diced Chicken	19	Chicken Fillet	20	<i>Birthday Meal</i>	21	Lemon Baked Fish
	Red Bliss Whip Potatoes		White Rice		Whip Potatoes & Chives		<i>High Sodium Meal</i>		Potato Wedges / Ketchup
	Mixed Vegetables		Peas & Carrots		Kernel Corn		Boiled Potato		Mixed Vegetables
	Fresh Apple		Pears		Cranberry Sauce		Carrots & Brussel Sprouts		Chocolate Pudding
	Multigrain Bread		Whole Wheat Dinner Roll		Peach Cup		Birthday Cake / Plain Diets		Diet Pudding
	Kcal Na+ CHO % Fat		Kcal Na+ CHO % Fat		Kcal Na+ CHO % Fat		Kcal Na+ CHO % Fat		Kcal Na+ CHO % Fat
	683 891 75 41		545 984 82 19		744 709 86 33		794 1755 96 36		781 955 79 25
24	Apricot Glazed Chicken	25	Macaroni and Cheese	26	<i>High Sodium Meal</i>	27	Beef Meatloaf with Gravy	28	Sweet Potato Fish Fillet
	White Rice		Zucchini and Stewed		Beef Burger / Ketchup		Red Bliss Whip Potatoes		Roasted Red Potatoes
	Mixed Vegetables		Tomatoes		Baked Beans		Vegetable Medley		Italian Blend Veggies
	Pineapple		Pears		Kernel Corn		Mixed Fruits		Ice Cream Cup
	Whole Wheat Dinner Roll		Italian Bread		Fresh Orange		Light Rye Bread		Multigrain Bread
	Kcal Na+ CHO % Fat		Kcal Na+ CHO % Fat		Kcal Na+ CHO % Fat		Kcal Na+ CHO % Fat		Kcal Na+ CHO % Fat
	555 424 82 19		694 846 84 37		783 1347 108 26		805 886 79 39		704 584 89 32
31	Tangerine Diced Chicken		All Meals served with		KEY:		Home Delivered Meal		Nutrient Analysis meets
	White Rice		Margarine & 1% Milk		Kcal = Kilocalories		Diabetic clients may		1/3 of the RDI
	California Blend Veggies				Na+ = Sodium mg.		consider reserving some		(Recommended
	Peaches				CHO = Carbohydrates		meal items for a snack.		Daily Intake)
	Snowflake Dinner Roll				% Fat = % Kcal		Congregate participants		Suggested Donation
	Kcal Na+ CHO % Fat				from Fat		can reserve packaged		\$2.00 per meal.

