



North Shore Elder Services Elderly Nutrition Program

April 2017 Home Delivered Meals Menu



To cancel a meal please call North Shore Elder Services at 978-624-2263

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Opening Day Hot Dog (540)* Mustard (55)/Relish (81) Carrots (64) Baked Beans (206) mandarin Oranges (7) Hot Dog Roll (2700)	4 Stuffed Shells (588) Marinara Sauce (149) Garden Salad w/Dressing (108) Garlic Spinach (149) Brownie (175) Hearty Wheat Bread (115)	5 Chicken Pot Pie (135) Peas and Carrots (68) Red Bliss Potatoes (5) Cantaloupe (7) Snack and Loaf (115)	7 Rib-Q w BBQ Sauce (396) Zucchini & Red Pepper (10) Roasted Butternut Squash (20) Chilled Fruit (10) White Bread (122)	4 Pollock and Cheese (448) Tarter Sauce (97) Green Beans (5) Sweet Potato Wedges (187) Vanilla Pudding (170) WW Burger Roll (320)
<i>Calories: 774</i> <i>Sodium: 1335** (mg)</i>	<i>Calories: 703</i> <i>Sodium: 1134 (mg)</i>	<i>Calories: 670</i> <i>Sodium: 467 (mg)</i>	<i>Calories: 599</i> <i>Sodium: 690 (mg)</i>	<i>Calories: 828</i> <i>Sodium: 1334** (mg)</i>
10 Chicken Marsala w/ Fresh Sliced Mushroom (379) Roasted Carrots (43) Penne Pasta (20) Orange (0) Scali Bread (129)	11 Sweet And Sour Pork Meatballs (396) Asian Vegetables (27) Jasmine Rice (4) Chilled Pineapple (1) WG Roll (210)	12 Chicken Nuggets (531) Honey Mustard (87) O'Brien Potatoes (117) Jell-O (64) Whole Wheat Bread (115)	13 Roast Beef W/ Onion Gravy (168) Braised Red Cabbage (99) Cheddar Whipped Potatoes (136) Sugar Cookie (123) Parker House Roll (170)	14 Sweet Potato Pollock (303) Tarter Sauce (97) Broccoli (32) Macaroni and Cheese (142) Chilled Pears (10) Multigrain Bread (130)
<i>Calories: 665</i> <i>Sodium 709 (mg)</i>	<i>Calories: 751</i> <i>Sodium: 654 (mg)</i>	<i>Calories: 779</i> <i>Sodium: 1060 (mg)</i>	<i>Calories: 830</i> <i>Sodium: 836 (mg)</i>	<i>Calories: 782</i> <i>Sodium: 847 (mg)</i>
Patriot Day No Service	18 Chicken with Winter Vegetables (213) Au Jus Sauce (304) Rice Blend (63) Pineapple & Mandarins (1) Hearty Wheat Bread (115)	19 Meatball Sub (422) Seasoned Kale (47) Sweet Potato Wedges (187) Cantaloupe (7) Sub Roll (162)	20 Ham & Asparagus Quiche (168) Lemon Roasted Potatoes (121) Green Beans w/Diced Tomatoes (9) Honey Cake (273) Pull Apart Roll (210)	21 Chef's Choice Fish (97) Florentine Sauce (69) Corn & Red Pepper (1) Steamed Red Bliss Potatoes (5) Butterscotch Pudding (250) Oatmeal Bread (130)
	<i>Calories: 640</i> <i>Sodium: 832 (mg)</i>	<i>Calories: 665</i> <i>Sodium: 955 (mg)</i>	<i>Calories: 858</i> <i>Sodium: 1067 (mg)</i>	<i>Calories: 662</i> <i>Sodium: 678 (mg)</i>
24 BBQ Chicken (328) Succotash (41) Roasted Potatoes (121) Mandarin Oranges (10) White Bread (122)	25 Meatloaf w/ Gravy (370) Orange Glazed Baby Carrots (124) Whipped Potatoes (107) Banana Tea Cake (162) Whole Wheat Roll (105)	26 Baked Chicken w/Gravy (349) Garlic Brussel Sprouts (12) Half Baked Potato (9) Applesauce (15) Corn Bread (236)	27 Potato Pollock (270) Tarter Sauce (97) Mixed Vegetables (133) Roasted Sweet Potatoes (104) Yogurt & Juice (No Milk) 90 Hearty Wheat Bread (115)	28 Turkey Tetrazzini (443) Broccoli (9) Spaghetti (1) Fresh Fruit (1) Oatmeal Bread (130)
<i>Calories: 595</i> <i>Sodium: 751 (mg)</i>	<i>Calories: 743</i> <i>Sodium: 998 (mg)</i>	<i>Calories: 749</i> <i>Sodium: 658 (mg)</i>	<i>Calories: 847</i> <i>Sodium: 840 (mg)</i>	<i>Calories: 877</i> <i>Sodium: 714 (mg)</i>

All meals include 8 oz low-fat milk (107 mg). **Denotes a high sodium meal *SF = sugar free *Indicates higher sodium entrees >500 mg

Your confidential donation helps us to continue to provide meals to people just like you in your community.