



# North Shore Elder Services Elderly Nutrition Program

## August 2017 Congregate Meals Menu

To cancel a meal please call your local council on aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	<b>1 Turkey w/Gravy (487)</b> Cranberry Sauce (8) Mashed Potatoes (107) Carrots (15)  Apple Sauce (14) Multigrain Bread (130) <i>Calories: 655</i> <i>Sodium: 898 mg</i>	<b>2 Tuna Salad (417)</b> 3-Bean Salad (221) Vegetable Pasta Salad (24)  Peach Cobbler (159) Wheat Bread (115) <i>Calories: 876</i> <i>Sodium: 1072 mg</i>	<b>3 Meatball Sub (190)</b> Marinara Sauce (194) Broccoli(32) Potato Wedges (200)  Fresh Fruit (2) Wheat Sub Roll (320) <i>Calories: 606</i> <i>Sodium: 798 mg</i>	<b>4 Chicken Fajita w/Peppers &amp; Onions (180)</b> Black Beans & Corn (73) Spanish Rice (13)  Flan Style Pudding (170) Whole Grain Tortilla (220) <i>Calories: 685</i> <i>Sodium: 730 mg</i>
<b>7 Hamburger (320)</b> Ketchup (80) Kale & White Bean Soup (60) Roasted Potatoes (121) Crackers (56) Raisins (0) Hamburger Bun (320) <i>Calories: 927</i> <i>Sodium: 1068 mg</i>	<b>8 Chilled Herbed Grilled Chicken (54)</b> Orzo Salad (52) Cuke, Tomato, Feta Salad (38)  Lemon Squares (255) Pita Bread (430) <i>Calories: 968</i> <i>Sodium: 965 mg</i>	<b>9 New England Baked Haddock (220)</b> Garden Salad w/ Ranch (328) Rice Pilaf (93) Lemon Wedge (0)  Chilled Pears (5) Oatmeal Bread (130) <i>Calories: 709</i> <i>Sodium: 907 mg</i>	<b>10 Chicken Pot Pie (135)</b> Red Bliss Potatoes (5)  Vanilla Pudding (170) Whole Wheat Roll (105) <i>Calories: 559</i> <i>Sodium: 552 mg</i>	<b>11 Sweet And Sour Pork (311)</b> Carrots (65) Fried Rice (125)  Chilled Pineapple (1) Multigrain Bread (130) <i>Calories: 766</i> <i>Sodium: 770 mg</i>
<b>14 Turkey Waldorf Salad (310)</b> Lettuce Leaf Carrot Bisque with Crackers (179) Pasta Salad (215)  Fresh Fruit (1) Oatmeal Bread (130) <i>Calories: 695</i> <i>Sodium: 973 mg</i>	<b>15 Teriyaki Chicken Meatballs (536)</b> Asian Vegetable Blend (24) Jasmine Rice (4)  Chilled Mandarin (7) Snack & Loaf (160) <i>Calories: 717</i> <i>Sodium: 868 mg</i>	<b>16 Orange Bourbon Chicken (100)</b> Whipped Potatoes (107) Green Beans (5)  Jello (64) Whole Wheat Roll (105) <i>Calories: 587</i> <i>Sodium: 563 mg</i>	<b>17 Steak over Mixed Greens (66)</b> French Dressing (250) Potato Salad (281)  Oatmeal Raisin Cookie (124) Wheat Bread (115) <i>Calories: 937</i> <i>Sodium: 973 mg</i>	<b>18 American Chop Suey (316)</b> Kale (47) Caesar Salad w/Dressing (298)  Fresh Fruit (1) Twisted Bread Sticks (230) <i>Calories: 1075</i> <i>Sodium: 1198 mg</i>
<b>21 Rib-B-Q (410)</b> Au Gratin Potatoes (142) Zucchini, Summer Squash & Red Pepper (11) BBQ Sauce (169)  Applesauce (14) Hearty Wheat Bread (115) <i>Calories: 566</i> <i>Sodium: 998 (mg)</i>	<b>22 Pot Roast w/Gravy (96)</b> Whipped Sweet Potatoes (70) Braised Green Cabbage (99)  Chocolate Chip Cookie (24) White Bread (115) <i>Calories: 673</i> <i>Sodium: 541 (mg)</i>	<b>23 BBQ Chicken (Bone In) (328)</b> Green Beans w/Red Pepper (6) Potato Wedges (200)  Cantaloupe (7) Corn Bread (236) <i>Calories: 567</i> <i>Sodium: 914 (mg)</i>	<b>24 Egg Salad Sandwich (310)</b> Lettuce & Tomato Tomato Soup w/Crackers Tossed salad w/ Dressing (62)  Yogurt & Juice (90) Wheat Bread (2) (230) <i>Calories: 665</i> <i>Sodium: 914</i>	<b>25 Lasagna Roll (290)</b> Marinara Sauce (194) Broccoli (32)  Fresh Fruit (1) Oatmeal Bread (130) <i>Calories: 561</i> <i>Sodium: 785</i>
<b>28 Chicken Mirabella (284)</b> Ditalini Pasta (20) Spinach (149)  Mandarin Oranges (10) Whole Wheat Bread (115) <i>Calories: 857</i> <i>Sodium: 715 mg</i>	<b>29 Meatloaf w/Gravy (370)</b> Cauliflower (32) Whipped Sweet Potatoes (70)  Chocolate Pudding (190) Multigrain Bread (130) <i>Calories: 811</i> <i>Sodium: 930 mg</i>	<b>30 Hot Dog (540)*</b> Mustard (55) Relish (81) Baked Beans (206) Coleslaw Cantaloupe (7) Hot Dog Roll (270) <i>Calories: 754</i> <i>Sodium: 1434**</i>	<b>31 Chef Salad (187)</b> Dressing (60) Butternut Squash Salad (10)  Blondie (212) Oatmeal Bread (122) <i>Calories: 1180</i> <i>Sodium: 736 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.

"Before placing your order, please inform your server if a person in your party has a food allergy"