




North Shore Elder Services Elderly Nutrition Program

July 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 Teriyaki Chicken Meatballs (536) Asian Vegetable Blend (24) Jasmine Rice (4) Chilled Mandarin (7) Snack & Loaf (160)	Independence Day No Service 	5 Steak over Mixed Greens (66) French Dressing (250) Barley Pea Salad (160) Raisins (0) Wheat Bread (115)	6 Orange Bourbon Chicken (149) Whipped Potatoes (107) Green Beans (5) Jello (64) Whole Wheat Roll (105)	7 American Chop Suey (316) Kale (47) Oatmeal Raisin Cookie (124) Dinner Roll (250)
<i>Calories: 717</i> <i>Sodium: 868</i>		<i>Calories: 948</i> <i>Sodium: 728 mg</i>	<i>Calories: 587</i> <i>Sodium: 563</i>	<i>Calories: 876</i> <i>Sodium: 874</i>
10 Lemon Roasted Pork (73) Au Gratin Potatoes (142) Zucchini, Summer Squash & Red Pepper (11) Chocolate Chip Cookie (124) Hearty Wheat Roll (210)	11 Pot Roast w/Gravy (96) Whipped Sweet Potatoes (70) Braised Green Cabbage (99) Yogurt and Juice (115) Wheat Bread (115)	12 BBQ Chicken (Bone In) (328) Green Beans w/Red Pepper (6) Potato Wedges (200) Mandarin Oranges (10) Corn Bread (236)	13 Summer Picnic Tarragon Chix Salad (108) Egg Salad (155) Potato Salad (311) Coleslaw (167) Fruit Salad (12) Finger Rolls (380)	14 Potato Pollock Crunch (300) Tartar Sauce (97) Chef's Vegetable Medley (24) Whipped Potatoes (107) Chilled Peaches (5) Oatmeal Bread (130)
<i>Calories: 759</i> <i>Sodium: 697 (mg)</i>	<i>Calories: 746</i> <i>Sodium: 593 (mg)</i>	<i>Calories: 629</i> <i>Sodium: 917 (mg)</i>	<i>Calories: 757</i> <i>Sodium: 1101</i>	<i>Calories: 737</i> <i>Sodium: 800</i>
17 Chicken Mirabella (284) Ditalini Pasta (20) Spinach (149) Mandarin Oranges (10) Whole Wheat Bread (115)	18 Meatloaf w/Gravy (370) Cauliflower (32) Whipped Sweet Potatoes (70) Chocolate Pudding (190) Multigrain Bread (130)	19 Hot Dog (540)* Mustard (55) Relish (81) Baked Beans (206) Carrots (65) Cantaloupe (7) Hot Dog Roll (270)	20 Chef Salad (187) Dressing (60) Butternut Squash Salad (10) Blondie (212) Oatmeal Bread (122)	21 Chicken Piccata (406) Broccoli (32) Pasta (20) Apple Sauce (19) Snack & Loaf (115)
<i>Calories: 857</i> <i>Sodium: 715 mg</i>	<i>Calories: 811</i> <i>Sodium: 930 mg</i>	<i>Calories: 719</i> <i>Sodium: 1332 mg**</i>	<i>Calories: 1180</i> <i>Sodium: 736 mg</i>	<i>Calories: 738</i> <i>Sodium: 729 mg</i>
24 BBQ Pulled Pork (292) Corn (1) Potato Wedges (200) Pineapple (1) ww Burger Bun (320)	25 Stuffed Shells (390) Marinara Sauce (198) Broccoli (32) Chocolate Cake (159) Vienna Bread (230)	26 Tarragon Chicken Salad (192) Tomato White Bean Salad (71) Pasta Salad (215) Cantaloupe (7) Wheat Hot Dog Roll (210)	27 Roast Beef (28) Mushroom Gravy (72) Roasted Brussel Sprouts w/Garlic (12) Cheddar Whipped Potatoes (136) Strawberry Mousse (24) Rye Bread (227)	28 Lemon Citrus Chicken (116) Garden Peas (68) Rustic Cut Sweet Potatoes (187) Mandarin Oranges (10) Wheat Roll (210)
<i>Calories: 968</i> <i>Sodium: 952 mg</i>	<i>Calories: 738</i> <i>Sodium: 1147 mg</i>	<i>Calories: 832</i> <i>Sodium: 703 mg</i>	<i>Calories: 596</i> <i>Sodium: 636 mg</i>	<i>Calories: 717</i> <i>Sodium: 728 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.

Suggested voluntary donation \$2.25. Menu subject to change without notice.

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