




## North Shore Elder Services Elderly Nutrition Program

### July 2017 Congregate Meals Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3 Teriyaki Chicken Meatballs (536)</b> Asian Vegetable Blend (24) Jasmine Rice (4)  Chilled Mandarin (7) Snack & Loaf (160)	<b>Independence Day</b> <b>No Service</b> 	<b>5 Steak over Mixed Greens (64)</b> French Dressing (250) Barley Mushroom Soup (93) Crackers (56)  Raisins (0) Wheat Bread	<b>6 Orange Bourbon Chicken (149)</b> Whipped Potatoes (107) Green Beans (5)  Jello (64) Whole Wheat Roll (105)	<b>7 American Chop Suey (316)</b> Kale (46) Caesar Salad w/Dressing (298)  Oatmeal Raisin Cookie (124) Dinner Roll (250)
<i>Calories: 717</i> <i>Sodium: 868</i>		<i>Calories: 750</i> <i>Sodium: 719</i>	<i>Calories: 588</i> <i>Sodium: 563</i>	<i>Calories: 1009</i> <i>Sodium: 1172</i>
<b>10 Lemon Roasted Pork (73)</b> Au Gratin Potatoes (142) Zucchini, Summer Squash & Red Pepper (11)  Chocolate Chip Cookie (124) Hearty Wheat Roll (210)	<b>11 Pot Roast w/Gravy (96)</b> Whipped Sweet Potatoes (70) Braised Green Cabbage (99)  Yogurt and Juice (115) Wheat Bread (115)	<b>12 BBQ Chicken (Bone In) (328)</b> Green Beans w/Red Pepper (6) Corn Chowder w/ Crackers (215)  Mandarin Oranges (10) Corn Bread (236)	<b>13 Summer Picnic</b> Tarragon Chix Salad (108) Egg Salad (155) Potato Salad (311) Coleslaw (167) Fruit Salad (12) Finger Rolls (380)	<b>14 Potato Pollock Crunch (300)</b> Tartar Sauce (97) Chef's Vegetable Medley (24) Whipped Potatoes (107)  Chilled Peaches (5) Oatmeal Bread (130)
<i>Calories: 759</i> <i>Sodium: 697</i>	<i>Calories: 746</i> <i>Sodium: 593 (mg)</i>	<i>Calories: 624</i> <i>Sodium: 932</i>	<i>Calories: 757</i> <i>Sodium: 1101</i>	<i>Calories: 697</i> <i>Sodium: 770</i>
<b>17 Chicken Mirabella (284)</b> Ditalini Pasta (20) Mixed Green Salad w/house Vin (60)  Mandarin Oranges (10) Whole Wheat Bread (115)	<b>18 Meatloaf w/Gravy (370)</b> Cauliflower (32) Whipped Sweet Potatoes (70)  Chocolate Pudding (190) Multigrain Bread (130)	<b>19 Hot Dog (540)*</b> Mustard (55) Relish (81) Baked Beans (206) Coleslaw (167) Cantaloupe (7) Hot Dog Roll (270)	<b>20 Chef Salad (187)</b> Dressing (60) Butternut Squash Salad (10)  Blondie (212) Oatmeal Bread (122)	<b>21 Chicken Piccata (406)</b> Broccoli (32) Pasta (20)  Apple Sauce (19) Snack & Loaf (115)
<i>Calories: 1055</i> <i>Sodium: 777 mg</i>	<i>Calories: 811</i> <i>Sodium: 930 mg</i>	<i>Calories: 1434</i> <i>Sodium: 1332 mg**</i>	<i>Calories: 1148</i> <i>Sodium: 728 mg</i>	<i>Calories: 738</i> <i>Sodium: 729 mg</i>
<b>24 BBQ Pulled Pork (292)</b> Corn (1) Potato Wedges (200)  Pineapple (1) ww Burger Bun (320)	<b>25 Stuffed Shells (390)</b> Marinara Sauce (198) Broccoli (32) Garden Salad w/ Ranch (328)  Chocolate Cake (159) Vienna Bread (230)	<b>26 Tarragon Chicken Salad (192)</b> Tomato Soup w/ Crackers (205) Pasta Salad (215)  Cantaloupe (7) Wheat Hot Dog Roll (210)	<b>27 Roast Beef (28)</b> Mushroom Gravy (72) Roasted Brussel Sprouts w/Garlic (12) Cheddar Whipped Potatoes (136)  Strawberry Mousse (24) Rye Bread (227)	<b>28 Lemon Citrus Chicken (116)</b> 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: 790</i> <i>Sodium: 1445 mg</i>	<i>Calories: 594</i> <i>Sodium: 858 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"