

North Shore Elder Services Elderly Nutrition Program

March 2017 Home Delivered Meals Menu

For cancellations please call North Shore Elder Services 978-624-2263

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
6 Honey Rosemary Pork (73) Broccoli (32) Au Gratin Potatoes (142) Fresh Fruit (1) Cherry Snack & Loaf (239)	7 Chicken with Winter Vegetables (213) Au Jus Sauce (36) Rice Blend (63) Pineapples & Mandarins (1) Hearty Wheat Bread (115)	8 Meatball Sub (422) Seasoned Kale (47) Sweet Potato Wedges (187) Butterscotch Pudding (250) Sub Roll (218)	9 Roast Turkey w/gravy (456) Whipped Squash (24) Peas (68) Chocolate Chip Brownie (124) Wheat Bread (115)	10 Chef's Choice Fish w/ Florentine Sauce (285) Corn (1) Steamed Red Bliss Potatoes (5) Cantaloupe (7) Oatmeal Bread (130)
<i>Calories: 743</i> <i>Sodium: 596 mg</i>	<i>Calories: 648</i> <i>Sodium: 651 mg</i>	<i>Calories: 825</i> <i>Sodium: 1295mg**</i>	<i>Calories: 925</i> <i>Sodium: 656mg</i>	<i>Calories:627</i> <i>Sodium:565mg</i>
13 BBQ Chicken (328) Corn & Red Pepper Mix (5) Roasted Potatoes (121) Chilled Fruit (10) White Bread (122)	14 Meatloaf w/gravy (370) Orange Glazed Baby Carrots (124) Mashed Potatoes (101) Banana Tea Cake (162) Whole Wheat Roll (101)	15 Baked Chicken w/Gravy (249) Garlic Brussel Sprouts (17) Half Baked Potato (9) Mandarin (7) Corn Bread (236)	16 St Patricks Day Special Corned Beef/Au Jus (533)* Cubed Carrots and Turnips (65) Cabbage Wedge (6) Potatoes w Fresh Parsley (6) Crème de Menthe Bar(175) Marble Rye Bread (227)	17 Pollock Bites (360) Tartar Sauce (37) Mixed Vegetables (24) Sweet Potato Wedges (187) Yogurt & Juice (No Milk) (90) Hearty Wheat Bread (115)
<i>Calories: 589</i> <i>Sodium: 715 mg</i>	<i>Calories: 807</i> <i>Sodium: 1104 mg</i>	<i>Calories: 793</i> <i>Sodium: 654mg</i>	<i>Calories: 966</i> <i>Sodium: 1461 mg**</i>	<i>Calories: 1057</i> <i>Sodium:957</i>
20 Meatballs w/ Country Gravy (423) Mashed Potatoes (107) Peas (68) Chocolate Pudding (190) Whole Wheat Roll (105)	21 Apricot Glaze Chicken (65) Jasmine Rice w/Cilantro (4) Roasted Butternut Squash (20) Fresh fruit (2) Oatmeal Bread (130)	22 Hot Dog (540*) Mustard (55) Relish (81) Baked Beans (206) Sliced Carrots (65) Mandarin Oranges (10) Hot Dog Roll (270)	23 Lasagna w Meat Sauce (383) Broccoli (32) Chilled Fruit (10) Whole Wheat Roll (105)	24 Breaded Fish (291) Tarter Sauce (97) Green beans w/red peppers (6) Cheddar Whipped Potato (136) Apple Spice Cake (273) Rye Bread (227)
<i>Calories: 743</i> <i>Sodium: 856 mg</i>	<i>Calories: 691</i> <i>Sodium:357 mg</i>	<i>Calories: 774</i> <i>Sodium: 1335 mg **</i>	<i>Calories: 476</i> <i>Sodium: 663mg</i>	<i>Calories: 786</i> <i>Sodium: 1137mg</i>
27 Chicken Curry (413) Cauliflower, Carrots, Peas (24) White Rice w Cilantro (199) Chilled Fruit (10) White Dinner Roll (160)	28 Pot Roast (112) Roasted Beets (83) Mashed Potatoes (107) Brownie (175) Oatmeal Bread (130)	29 Pork Ragout (161) Green & Yellow Beans (5) Penne Pasta w/oil (3) Cantaloupe (12) Wheat Bread (115)	30 Lemon Thyme Chicken (116) Corn & Red Pepper (5) Roasted Potatoes (121) Chilled Pineapple (1) Multigrain Bread (130)	31 Spinach & Cheese Quiche (325) Home Fries (194) Baked Tomato (169) Yogurt & Juice (No Milk) (90) Raisin Bread (105)
<i>Calories:988</i> <i>Sodium:947mg</i>	<i>Calories: 737</i> <i>Sodium: 745mg</i>	<i>Calories: 672</i> <i>Sodium: 433mg</i>	<i>Calories: 696</i> <i>Sodium: 510 mg</i>	<i>Calories: 747</i> <i>Sodium: 895 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"

Sodium mg listed in () next to item