



## North Shore Elder Services Elderly Nutrition Program September 2017 Home Delivered Meals Menu

To cancel a meal please call NSES at 978-624-2263

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				<b>1 Potato Pollock Crunch (300)</b> Tartar Sauce (97) Chef's Vegetable Medley (24) Whipped Potatoes (107)  Chilled Peaches (5) Oatmeal Bread (130)
				<i>Calories: 737</i> <i>Sodium: 800</i>
<b>4 Labor Day</b> No Service	<b>5 Stuffed Shells (390)</b> Marinara Sauce (198) Broccoli (32)  Chocolate Cake (159) Vienna Bread (230)	<b>6 Tarragon Chicken Salad (192)</b> Tomato White Bean Salad (71) Pasta Salad (215)  Yogurt & Juice (90) Wheat Hot Dog Roll (210)	<b>7 Roast Beef (28)</b> Mushroom Gravy (72) Roasted Brussel Sprouts w/Garlic (12) Cheddar Whipped Potatoes (136)  Strawberry Mousse (24) Rye Bread (227)	<b>8 Lemon Citrus Chicken (432)</b> Garden Peas (68) Rustic Cut Sweet Potatoes (187)  Mandarin Oranges (10) Wheat Roll (210)
	<i>Calories: 738</i> <i>Sodium: 1147 mg</i>	<i>Calories: 730</i> <i>Sodium: 793 mg</i>	<i>Calories: 596</i> <i>Sodium: 636 mg</i>	<i>Calories: 837</i> <i>Sodium: 1048 mg</i>
<b>11 Breaded White Fish (220)</b> Tarter Sauce (97) Cauliflower, Corn & Red Pepper (37) Whipped Butternut Squash (24)  Mixed Fruit (10) Snack & Loaf Bread (170)	<b>12 Turkey w/Gravy (487)</b> Cranberry Sauce (8) Mashed Potatoes (107) Carrots (65)  Applesauce (14) Multigrain Bread (130)	<b>13 Tuna Salad (417)</b> 3-Bean Salad (221) Vegetable Pasta Salad (24)  Peach Cobbler (107) Wheat Bread (115)	<b>14 Meatball Sub (190)</b> Marinara Sauce (194) Broccoli(32) Potato Wedges (200)  Fresh Fruit (2) Wheat Sub Roll (320)	<b>15 Chicken Fajita w/Peppers &amp; Onions (371)</b> Black Beans & Corn (73) Spanish Rice (13)  Flan Style Pudding (170) Whole Grain Tortilla (220)
<i>Calories: 819</i> <i>Sodium: 682 mg</i>	<i>Calories: 665</i> <i>Sodium: 948 mg</i>	<i>Calories: 821</i> <i>Sodium: 942 mg</i>	<i>Calories: 712</i> <i>Sodium: 1045 mg</i>	<i>Calories: 685</i> <i>Sodium: 1046</i>
<b>18 Hamburger (320)</b> Ketchup (80) Garlic Spinach (47) Roasted Potatoes (121)  Orange (0) Hamburger Bun (320)	<b>19 Chicken Pot Pie (135)</b> Red Bliss Potatoes (5)  Vanilla Pudding (170) Whole Wheat Roll (105)	<b>20 New England Baked Haddock (220)</b> Broccoli (32) Rice Pilaf (93) Lemon Wedge (0)  Yogurt/Juice (90) Oatmeal Bread (130)	<b>21 Little Italy</b> Chicken Parmesan (232) Fettucini (11) Zucchini & Summer Squash (11)  Tiramisu (120) Bread Stick (230)	<b>22 Sweet And Sour Pork (311)</b> Carrots (65) Fried Rice (125)  Chilled Pineapple (1) Multigrain Bread (130)
<i>Calories: 798</i> <i>Sodium: 1039 mg</i>	<i>Calories: 559</i> <i>Sodium: 552 mg</i>	<i>Calories: 651</i> <i>Sodium: 580 mg</i>	<i>Calories: 877</i> <i>Sodium: 763 mg</i>	<i>Calories: 766</i> <i>Sodium: 770 mg</i>
<b>25 BBQ Pulled Pork (292)</b> Green Beans (5) Potato Wedges(200)  Chilled Pineapple (1) WW Burger Bun (320)	<b>26 Teriyaki Chicken Meatballs (536)</b> Asian Vegetable Blend (24) Jasmine Rice (4)  Chilled Mandarin (7) Snack & Loaf (160)	<b>27 Steak over Mixed Greens (66)</b> French Dressing (250) Barley Pea Salad (149)  Fresh Fruit (1) Wheat Bread (115)	<b>28 Orange Bourbon Chicken (325)</b> Whipped Potatoes (107) Green Beans (5)  Jello (64) Whole Wheat Roll (105)	<b>29 American Chop Suey (316)</b> Kale (47)  Oatmeal Raisin Cookie (124) Breadsticks (230)
<i>Calories: 942</i> <i>Sodium: 956 mg</i>	<i>Calories: 679</i> <i>Sodium: 868 mg</i>	<i>Calories: 786</i> <i>Sodium: 721 mg</i>	<i>Calories: 587</i> <i>Sodium: 838 mg</i>	<i>Calories: 926</i> <i>Sodium: 854 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"

( )Number in parenthesis is amount of sodium in that food item