

# North Shore Elder Services Elderly Nutrition Program

## March 2017 Congregate Meals Menu

For reservations or cancellations call your local Council on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>6 Honey Rosemary Pork (73)</b> Broccoli (32) Au Gratin Potatoes (142)  Fresh Fruit (1) Cherry Snack & Loaf (239)	<b>7 Chicken with Winter Vegetables (213)</b> Au Jus Sauce (199) Rice Blend (63)  Pineapples & Mandarins (1) Hearty Wheat Bread (115)	<b>8 Meatball Sub (422)</b> Garden Salad w/ Vinegarette Sweet Potato Wedges (187)  Butterscotch Pudding (250) Sub Roll (218)	<b>9 Roast Turkey w/gravy (337)</b> Whipped Squash (24) Peas (68)  Chocolate Chip Brownie (124) Wheat Bread (115)	<b>10 Chef's Choice Fish w/</b> Florentine Sauce (285) Vegetable Soup w/crackers (185) Steamed Red Bliss Potatoes (5)  Cantaloupe (7) Oatmeal Bread (130)
<i>Calories: 771</i> <i>Sodium: 625 mg</i>	<i>Calories: 699</i> <i>Sodium: 729 mg</i>	<i>Calories: 811</i> <i>Sodium: 1262mg**</i>	<i>Calories: 656</i> <i>Sodium: 925mg</i>	<i>Calories: 727</i> <i>Sodium: 750mg</i>
<b>13 BBQ Chicken (328)</b> Corn & Red Pepper Mix (5) Roasted Potatoes (121)w/	<b>14 Meatloaf w/gravy (370)</b> Orange Glazed Baby Carrots (65) Mashed Potatoes (107)  Banana Tea Cake (162) Whole Wheat Roll (101)	<b>15 Baked Chicken w/Gravy (249)</b> Lentil Soup w/crackers (358) Half Baked Potato (9) Sour Cream (13)  Manarin Oranges (10) Corn Bread (291)	<b>16 St Patricks Day Special</b> Corned Beef/Au Jus (731) Cubed Carrots and Turnips (65) Cabbage Wedge (6) Potatoes w Fresh Parsley (6) Crème de Menthe Bar (175) Irish Soda Bread (370)	<b>17 Pollock Bites (360)</b> Tartar Sauce (97) Mixed Vegetables (24) Sweet Potato Wedges (263)  Yogurt & Juice (No Milk) (90) Hearty Wheat Bread (115)
<i>Calories: 589</i> <i>Sodium: 715 mg</i>	<i>Calories: 958mg</i> <i>Sodium: 639mg</i>	<i>Calories: 1206</i> <i>Sodium: 1085mg</i>	<i>Calories: 724</i> <i>Sodium: 1461 mg**</i>	<i>Calories: 1057</i> <i>Sodium: 957mg</i>
<b>20 Meatballs w/ Country Gravy (423)</b> Mashed Potatoes (107) Cheddar Cauliflower Soup (103)  Chocolate Pudding (190) Whole Wheat Roll (105)	<b>21 Apricot Glaze Chicken (65)</b> Jasmine Rice w/Cilantro (4) Roasted Butternut Squash (20)  Fresh fruit (2) Oatmeal Bread (130)	<b>22 Hot Dog (540*)</b> Mustard (55) Relish (81) Baked Beans (206) Sliced Carrots (65) Mandarin Oranges (10) Hot Dog Roll (270)	<b>23 Lasagna w Meat Sauce (383)</b> Broccoli (32) Minestrone Soup w/crackers (272)  Chilled Fruit (10) Whole Wheat Roll (105)	<b>24 Breaded Fish (291)</b> Tarter Sauce (97) Green Beans w/Red Pepper (6) Cheddar Whipped Potato (136)  Apple Spice Cake (273) Rye Bread (227)
<i>Calories: 723</i> <i>Sodium: 1123mg</i>	<i>Calories: 691</i> <i>Sodium: 357 mg</i>	<i>Calories: 774</i> <i>Sodium: 1335 mg **</i>	<i>Calories: 564</i> <i>Sodium: 663mg</i>	<i>Calories: 786</i> <i>Sodium: 1137mg</i>
<b>27 Chicken Curry (413)</b> Cauliflower, Carrots, Peas (24) White Rice w Cilantro (199)  Chilled Fruit (10) White Dinner Roll (160)	<b>28 Pot Roast (112)</b> Hearty Vegetable Soup(276) Mashed Potatoes (107)  Brownie (175) Oatmeal Bread (130)	<b>29 Pork Ragout (161)</b> Green & Yellow Beans (5) Penne Pasta w/oil & parsley (3)  Cantaloupe (12) Wheat Bread (115)	<b>30 Lemon Thyme Chicken (116)</b> Corn & Red Pepper (5) Roasted Potatoes (121)  Chilled Pineapple (1) Multigrain Bread (130)	<b>31 Spinach &amp; Cheese Quiche (325)</b> Home Fries (194) Kale and White Bean Soup (167)  Yogurt & Juice (No Milk) (90) Raisin Bread (98)
<i>Calories: 988</i> <i>Sodium: 988mg</i>	<i>Calories: 939</i> <i>Sodium: 818mg</i>	<i>Calories: 672</i> <i>Sodium: 433mg</i>	<i>Calories: 696</i> <i>Sodium: 510mg</i>	<i>Calories: 886</i> <i>Sodium: 959mg</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