



North Shore Elder Services Elderly Nutrition Program September 2017 Congregate Meals Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Potato Pollock Crunch (300) Tartar Sauce (97) Vegetable Soup w/crackers (276) Whipped Potatoes (107) Chilled Peaches (5) Oatmeal Bread (130)
				<i>Calories: 530</i> <i>Sodium: 491 mg</i>
Labor Day No Service	5 Stuffed Shells (390) Marinara Sauce (198) Broccoli (32) Garden Salad w/Ranch (168) Chocolate Cake (159) Vienna Bread (230)	6 Tarragon Chicken Salad (192) Lettuce Leaf Pasta Salad (215) Tomato Soup w/Crackers (204) Yogurt & Juice (90) Wheat Hot Dog Roll (210)	7 Roast Beef (28) Mushroom Gravy (72) Roasted Brussel Sprouts w/Garlic (12) Cheddar Whipped Potatoes (136) Strawberry Mousse (24) Rye Bread (227)	8 Lemon Citrus Chicken (116) Garden Peas (68) Rustic Cut Sweet Potatoes (187) Mandarin Oranges (10) Wheat Roll (210)
	<i>Calories: 755</i> <i>Sodium: 1285 mg</i>	<i>Calories: 719</i> <i>Sodium: 941 mg</i>	<i>Calories: 596</i> <i>Sodium: 636 mg</i>	<i>Calories: 717</i> <i>Sodium: 728 mg</i>
11 Breaded White Fish (220) Tarter Sauce (97) Cauliflower, Corn & Red Pepper (24) Butternut Squash Soup w/ Crackers (94) Mixed Fruit (10) Snack & Loaf Bread (170)	12 Turkey w/Gravy (487) Cranberry Sauce (8) Mashed Potatoes (107) Carrots (15) Applesauce (14) Multigrain Bread (130)	13 Tuna Salad (417) 3-Bean Salad (221) Vegetable Pasta Salad (24) Peach Cobbler (29) Wheat Bread (115)	14 Meatball Sub (190) Marinara Sauce (194) Broccoli(32) Potato Wedges (200) Parmesan Cheese Packet (108) Fresh Fruit (2) Wheat Sub Roll (320)	15 Chicken Fajita w/Peppers & Onions (55) Black Beans & Corn (73) Spanish Rice (13) Flan Style Pudding (170) Whole Grain Tortilla (220)
<i>Calories: 844</i> <i>Sodium: 753</i>	<i>Calories: 655</i> <i>Sodium: 948 mg</i>	<i>Calories: 821</i> <i>Sodium: 942 mg</i>	<i>Calories: 738</i> <i>Sodium: 1154 mg</i>	<i>Calories: 642</i> <i>Sodium: 596</i>
18 Hamburger (320) Ketchup (80) Kale & White Bean Soup w/Crackers (70) Garlic Spinach (47) Orange (0) Hamburger Bun (320)	19 Chicken Pot Pie (135) (w/ Peas & Carrots) Red Bliss Potatoes w/Parsley (5) Vanilla Pudding (170) Whole Wheat Roll (105)	20 New England Baked Haddock (220) Garden Salad w/House Dressing (322) Rice Pilaf (93) Lemon Wedge (0) Yogurt & Juice (90) Oatmeal Bread (130)	21 Little Italy Chicken Parmesan (232) Fettucini Noodles (11) Zucchini & Summer Squash (11) Tiramisu (260) Garlic Bread (230)	22 Sweet And Sour Pork (311) Carrots (65) Fried Rice (125) Chilled Pineapple (1) Multigrain Bread (130)
<i>Calories: 799</i> <i>Sodium: 990 mg</i>	<i>Calories: 599</i> <i>Sodium: 552 mg</i>	<i>Calories: 685</i> <i>Sodium: 885 mg</i>	<i>Calories: 832</i> <i>Sodium: 898 mg</i>	<i>Calories: 766</i> <i>Sodium: 770 mg</i>
25 BBQ Pulled Pork (292) Green Beans (5) Potato Wedges (200) Pineapple (1) ww Burger Bun (320)	26 Teriyaki Chicken Meatballs (536)* Asian Vegetable Blend (24) Jasmine Rice (4) Chilled Mandarin (7) Snack & Loaf (160)	27 Steak over Mixed Greens (66) French Dressing (250) Mushroom Barley Soup w/crackers (156) Raisins (0) Wheat Bread (115)	28 Orange Bourbon Chicken (416) Whipped Potatoes (107) Green Beans (5) Jello (64) Whole Wheat Roll (105)	29 American Chop Suey (316) Kale (47) Caessar Salad (322) Oatmeal Raisin Cookie (124) Dinner Roll (250)
<i>Calories: 942</i> <i>Sodium: 956 mg</i>	<i>Calories: 717</i> <i>Sodium: 868</i>	<i>Calories: 948</i> <i>Sodium: 728 mg</i>	<i>Calories: 587</i> <i>Sodium: 879</i>	<i>Calories: 970</i> <i>Sodium: 1192</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.

()Number in parenthesis indicates sodium mg in food item

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