

North Shore Elder Services Elderly Nutrition Program

January 2019 Congregate Meals Menu

To cancel a meal please call your local council on aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Sweet & Sour Meatballs (415)	1	2 Yankee Pot Roast (112)	3 Chicken Pot Pie (570)	4 American Chop Suey (316)
Fried Rice (116)		Gravy (56)	Parslied Steamed Potato (5)	Roasted Cauliflower (32)
Butternut Bisque (38)	NO SERVICE	Butternut Squash (20)		Garden Salad (2)
		Golden Mashed Potatoes (109)		House Dressing (60)
Pineapple (1)		Banana Tea Cake (162)	Yogurt & Juice (90)	Cantaloupe (7)
Multigrain Bread (138)		Whole Wheat Bread (138)	Snack & Loaf (160)	Whole Wheat Bread (138)
Calories: 764		Calories: 746	Calories: 848	Calories: 860
Sodium: 864 mg		Sodium: 751 mg	Sodium: 987 mg	Sodium: 710 mg
7 Hot Dog (540)*	8 Baked Haddock (220)	9 Oven Fried Chicken (440)	10 Salisbury Steak (403)	11 Stuffed Pepper (175)
Mustard (55)	Lemon Wedge	Southern Greens (86)	Gravy (56)	Rustic Tomato Sauce (194)
Relish (81)	Buttered Bliss Potato (5)	Mac & Cheese (142)	Mashed Potatoes (109)	Au Gratin Potato (142)
Baked Beans (140)	Tomato Soup (148)		Mixed Vegetables (133)	Mushroom Soup (215)
Carrots (43)	Crackers (56)			Crackers (56)
Mandarin Oranges (8)	Jell-O (64)	Strawberry Cup (0)	Raisins (4)	Applespice Cake (273)
Hot Dog Roll (210)	Oatmeal Bread (142)	Rye Bread (171)	Snack & Loaf (160)	WW Dinner Roll (127)
Calories: 730	Calories: 628	Calories: 773	Calories: 848	Calories: 936
Sodium: 1202 mg**	Sodium: 790 mg	Sodium: 995 mg	Sodium: 987 mg	Sodium: 1337 mg**
14 Swedish Meatballs (263)	15 Mac & Cheese (285)	16 Turkey/Gravy (449)	17 Hawaiian Luau Special	18 Beef Stew (117)
Beets (83)	Crumb Top Tomatoes (166)	Cranberry Sauce (8)	Huli Huli Chicken (334)	w Peas/Carrots
Mashed Potato (109)	Kale & White Bean Soup (14)	Whipped Sweet Potato (70)	Island Style Rice (64)	Mashed Potatoes (109)
	Crackers (56)	Peas (58)	Tropical Slaw (9)	
Fresh Fruit (1)	Yogurt & Juice (90)	Applesauce (14)	Luau Cake (266)	Chilled Fruit (8)
Oatmeal Bread (142)	Hearty Wheat Bread (138)	Multigrain Bread (130)	Hearty White Bread (122)	Pull Apart Roll (170)
Calories: 666	Calories: 735	Calories: 747	Calories: 786	Calories: 724
Sodium: 753 mg	Sodium: 770 mg	Sodium: 884 mg	Sodium: 949 mg	Sodium: 558 mg

PLEASE TURN MENU OVER →

January 2019 Congregate Meals Menu Continued

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	22 Stuffed Shells (390)	23 Chicken Mirabella (284)	24 Ribecue (410)	25 Shepherd's Pie (201)
	Marinara Sauce (194)	Parslied Rice (4)	Honey Golden BBQ Sauce (295)	Rstd Butternut Squash (20)
NO SERVICE	Broccoli (32)	Roasted Tomatoes (32)	Sweet Potato Wedges (187)	
MLK DAY	Minestrone Soup (216)		Cauliflower (14)	
	Crackers (56)			
	Chilled Fruit (5)	Fresh Fruit (2)	Jell-O (64)	Carrot Cake (273)
	Vienna Bread (97)	Multigrain Bread (130)	Hamburger Roll (248)	Whole Wheat Roll (138)
	<i>Calories: 582</i>	<i>Calories: 847</i>	<i>Calories: 764</i>	<i>Calories: 731</i>
	<i>Sodium: 1113 mg</i>	<i>Sodium: 693 mg</i>	<i>Sodium: 1373 mg **</i>	<i>Sodium: 786 mg</i>
28 Turkey Divan (220)	29 Beef & Broccoli (337)	30 Pollock (97)	31 Eggplant Parmesan (585)*	1 Chicken Pot Pie (570)
Cheese Sauce (137)	Fried Rice (116)	w/Pineapple Sauce (75)	Pasta (20)	Parslied Steamed Potato (5)
Rotini (20)	Mandarin Blend (15)	Pearl Onions & Peas (68)	Garlic Spinach (112)	
Split Pea Soup (104)		Potato Leek Soup (159)		
Crackers (56)		Crackers (56)		
Pears (5)	Chilled Pineapple (1)	Oatmeal Raisin Cookie (90)	Cantaloupe (14)	Yogurt & Juice (90)
Oatmeal Bread (142)	White Bread (121)	Whole Wheat Roll (127)	Whole Wheat Bread (138)	Snack & Loaf (160)
<i>Calories: 851</i>	<i>Calories: 976</i>	<i>Calories: 701</i>	<i>Calories: 750</i>	<i>Calories: 848</i>
<i>Sodium: 827 mg</i>	<i>Sodium: 762 mg</i>	<i>Sodium: 845 mg</i>	<i>Sodium: 1219**</i>	<i>Sodium: 987 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

Sodium (Na) values listed in parentheses.

Suggested voluntary donation \$2.25.

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"

Menu subject to change without notice.