

North Shore Elder Services Elderly Nutrition Program

January 2019 HDM Meals Menu

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

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)
Cabbage & Carrots (187)	NO SERVICE	Butternut Squash (20)		
		Golden Mashed Potatoes (109)		
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: 758		Calories: 746	Calories: 848	Calories: 661
Sodium: 1013 mg		Sodium: 751 mg	Sodium: 987 mg	Sodium: 648 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)	Broccoli (32)		Mixed Vegetables (133)	
Carrots (43)				
Mandarin Oranges (8)	Jell-O (64)	Strawberry Cup (0)	Raisins (4)	Apple Spice Cake (273)
Hot Dog Roll (210)	Oatmeal Bread (142)	Rye Bread (171)	Snack & Loaf (160)	WW Dinner Roll (127)
Calories: 730	Calories: 614	Calories: 772	Calories: 848	Calories: 861
Sodium: 1202 mg **	Sodium: 590 mg	Sodium: 995 mg	Sodium: 997 mg	Sodium: 1066 mg
14 Swedish Meatballs (263)	15 Mac & Cheese (285)	16 Turkey/Gravy (449)	17 Hawaiian Luau Special	18 Beef Stew (117)
Beets (83)	California Blend Veggies (22)	Cranberry Sauce (8)	Huli Huli Chicken (334)	w/Peas & Carrots
Mashed Potato (109)	Crumb Top Tomatoes (166)	Whipped Sweet Potato (109)	Island Style Rice (64)	Mashed Potatoes (109)
		Peas (58)	Oriental Style Veggies (10)	
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: 633	Calories: 686	Calories: 772	Calories: 724
Sodium: 753 mg	Sodium: 721 mg	Sodium: 923 mg	Sodium: 949 mg	Sodium: 558 mg

PLEASE TURN MENU OVER →

January 2019 HDM 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 MLK DAY	Broccoli (32)	Roasted Tomatoes (32)	Sweet Potato Wedges (187)	
			Cauliflower (14)	
	Chilled Fruit (5)	Fresh Fruit (2)	Jello (64)	Carrot Cake (273)
	Vienna Bread (97)	Multigrain Bread (130)	Hamburger Roll (254)	Whole Wheat Roll (138)
	<i>Calories: 530</i>	<i>Calories: 814</i>	<i>Calories: 736</i>	<i>Calories: 733</i>
	<i>Sodium: 873 mg</i>	<i>Sodium: 607 mg</i>	<i>Sodium: 1281 mg**</i>	<i>Sodium: 775 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)
Broccoli (32)	Mandarin Blend (15)	Whipped Sweet Potato (70)	Garlic Spinach (112)	
Rotini (20)		Pearl Onions & Peas (68)		
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: 841</i>	<i>Calories: 976</i>	<i>Calories: 742</i>	<i>Calories: 750</i>	<i>Calories: 848</i>
<i>Sodium: 527 mg</i>	<i>Sodium: 762 mg</i>	<i>Sodium: 700 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 \$3.00.

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.