

North Shore Elder Services Elderly Nutrition Program

February 2019 Congregate Meals Menu

To cancel a meal please call your local Council on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Chicken Pot Pie (570)
				Parslied Steamed Potato (5)
				Yogurt & Juice (80)
				Snack & Loaf (160)
				<i>Calories: 848</i>
				<i>Sodium: 987 mg</i>
4 Honey Rosemary Pork (161)	5 Cranberry Orange Glazed Chix (305)	6 Rib-Q (410)	7 Meatball Stroganoff (250)	8 Omelete (210)
Rst. Sweet Potato (104)	Cheddar Whipped Potato (70)	w/ BBQ Sauce (197)	Butterned Noodles (20)	Ketchup (82)
Mushroom Soup (215)	Mixed Vegteable (24)	Sweet Potato Wedges (70)	Peas (68)	Roasted Potatoes (121)
Crackers (56)		Corn Chowder (159)		Baked Apples w/ cinn & Raisins (10)
		Crackers (159)		
Marble Cake (169)	Cantaloupe (7)	Strawberry Cup (0)	Apple Sauce (14)	Yogurt & Juice (80)
Multigrain Bread (138)	Snack & Loaf (160)	White Burger Roll (248)	WW Dinner Roll (127)	Oatmeal Bread (142)
<i>Calories: 834</i>	<i>Calories: 637</i>	<i>Calories: 815</i>	<i>Calories: 764</i>	<i>Calories: 844</i>
<i>Sodium: 999 mg</i>	<i>Sodium: 630 mg</i>	<i>Sodium: 1211 mg**</i>	<i>Sodium: 627 mg</i>	<i>Sodium: 961 mg</i>
11 Chicken Cacciatore (290)	12 Hot Dog (540)*	13 Beef Stew (117)	14 FRIENDSHIP CELEBRATION	15 Mac & Cheese (285)
Pasta (20)	Mustard (55)	w/ Peas & Carrots	Country Fried Steak (700)*	Broccoli (32)
Spinach (113)	Relish (81)	Mashed Potatoes (109)	w/ Gravy (214)	Kidney Bean Soup (367)
	Coleslaw (167)		Stewed Tomatoes (32)	Crackers (56)
	Baked Beans (206)		Cheddar Whipped Potatoes (136)	
Apple Sauce (14)	Mandarin Oranges (7)	Fresh Fruit (2)	Red Velvet Cake (1590)	Chocolate Pudding (190)
Multigrain Bread (138)	Hot Dog Roll (210)	Whole Wheat Roll (127)	Biscuit (330)	Oatmeal Bread (142)
<i>Calories: 749</i>	<i>Calories: 774</i>	<i>Calories: 727</i>	<i>Calories: 951</i>	<i>Calories: 738</i>
<i>Sodium: 722 mg</i>	<i>Sodium: 1391 mg**</i>	<i>Sodium: 509 mg</i>	<i>Sodium: 1727mg**</i>	<i>Sodium: 1176 mg</i>

PLEASE TURN MENU OVER →

February 2019 Congregate Meals Menu Continued

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18	19 Hoisin Chicken Stir - Fry (533)*	20 Salisbury Steak (459)	21 Lasagna (290)	22 Baked Fish (300)
	Fried Rice (116)	Whipped potato (109)	Marinara Sauce (194)	Tartar Sauce (85)
NO SERVICE	Asian Veg Blend (10)	Corn & Peas (34)	Roasted Cauliflower (32)	Whipped Sweet Potato (70)
MLK DAY			Kale & White Bean Soup (14)	Green Beans (2)
	Chilled Pineapple (1)	Vanilla Pudding (170)	Raisins (4)	Fruit Crisp (10)
	Snack & Loaf (160)	Hearty White Bread (122)	Whole Wheat Roll (127)	Hearty Wheat Bread (138)
	<i>Calories: 743</i>	<i>Calories: 727</i>	<i>Calories: 679</i>	<i>Calories: 815</i>
	<i>Sodium: 975 mg</i>	<i>Sodium: 1049 mg</i>	<i>Sodium: 816 mg</i>	<i>Sodium: 760 mg</i>
25 Chicken Mirabella (284)	26 BBQ Pulled Pork (292)	27 Lazy Chicken Cordon Blu (342)	28 Beef Shephard's pie (201)	1 Stuffed Shells (390)
Rice Pilaf (93)	Rustic Cut Sweet Potatoes (170)	Roasted Potatoes (121)	Rst. Butternut Squash (20)	Marinara Sauce (294)
Roasted Carrots (65)	Braised Red Cabbage (99)	Vegetable Orzo Soup (136)		Garlic Broccoli & Cauliflower (32)
		Crackers (56)		Minestrone Soup (216)
				Crackers (56)
Mandarin Oranges (8)	Jell-O (64)	Cantaloupe (7)	Chocolate Cake (159)	Mixed Fruit (10)
Oatmeal Bread (130)	Burger Roll (248)	Wheat Roll (127)	Whole Wheat Bread (138)	Vienna Bread (129)
<i>Calories: 850</i>	<i>Calories: 940</i>	<i>Calories: 648</i>	<i>Calories: 715</i>	<i>Calories: 630</i>
<i>Sodium: 734 mg</i>	<i>Sodium: 999 mg</i>	<i>Sodium: 943 mg</i>	<i>Sodium: 642 mg</i>	<i>Sodium: 1183 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.