

North Shore Elder Services Elderly Nutrition Program

February 2019 HDM Meals Menu

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

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)
Brussel Sprouts (5)	Mixed Vegteable (24)	Sweet Potato Wedges (70)	Peas (68)	Roasted Potatoes (121)
		Zucchini (10)		Baked Apples w/ cinn & Raisins (10)
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: 773</i>	<i>Calories: 637</i>	<i>Calories: 738</i>	<i>Calories: 764</i>	<i>Calories: 844</i>
<i>Sodium: 732 mg</i>	<i>Sodium: 630 mg</i>	<i>Sodium: 1062</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)	Capri Veg Blend (22)
	Coleslaw (167)		Stewed Tomatoes (32)	
	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: 740</i>	<i>Calories: 727</i>	<i>Calories: 951</i>	<i>Calories: 687</i>
<i>Sodium: 722 mg</i>	<i>Sodium: 1289 mg**</i>	<i>Sodium: 509 mg</i>	<i>Sodium: 1727mg**</i>	<i>Sodium: 831 mg</i>

PLEASE TURN MENU OVER →

February 2019 HDM 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				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: 572</i>	<i>Calories: 815</i>
	<i>Sodium: 975mg</i>	<i>Sodium: 1049 mg</i>	<i>Sodium: 802 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)
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: 528</i>	<i>Calories: 715</i>	<i>Calories: 533</i>
<i>Sodium: 734 mg</i>	<i>Sodium: 999 mg</i>	<i>Sodium: 753 mg</i>	<i>Sodium: 642 mg</i>	<i>Sodium: 878 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.