

North Shore Elder Services Elderly Nutrition Program

March 2019 Congregate Meals Menu

To cancel a meal please contact your local Council on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Stuffed Shells (390)
				Marinara Sauce (194)
				Broccoli (32)
				Minestrone Soup (216)
				Crackers (56)
				Mixed Fruit (10)
				Italian Bread (96)
				<i>Calories: 630</i>
				<i>Sodium: 1183 mg</i>
4 Meatloaf (314)	5 Chicken Pot Pie (570)*	6 Pollock Loin (60)	7 Roasted Turkey (418)	8 Broccoli & Cheese Egg Bake (436)
Gravy (56)	w/ Peas & Carrots	Lemon Wedge	Gravy (31)	Home Fries (194)
Whipped Sweet Potatoes (109)	Steamed Red Bliss Potatoes (5)	Mac & Cheese (285)	Butternut Squash Soup (38)	Maple Glazed Carrots (124)
Lentil Soup (358)		Mixed Veg (24)	Whipped Potatoes (109)	
Crackers (56)			Cranberry Sauce (8)	
Chilled Fruit (10)	Strawberry Cup (0)	Honey Dew (15)	Marble Cake (159)	Yogurt & Juice (80)
Corn Bread (236)	Hearty Wheat Bread (138)	Oatmeal Bread (142)	Wheat Bread (138)	Raisin Bread (105)
<i>Calories: 941</i>	<i>Calories: 613</i>	<i>Calories: 613</i>	<i>Calories: 866</i>	<i>Calories: 811</i>
<i>Sodium: 1020 mg</i>	<i>Sodium: 868 mg</i>	<i>Sodium: 681 mg</i>	<i>Sodium: 1112 mg</i>	<i>Sodium: 938 mg</i>
11 American Chop Suey (316)	12 Meatball Stroganoff (250)	13 Cranberry Orange Glazed Chx (155)	14 St. Patrick's Day Special	15 Grilled Salmon (69)
Marinara Sauce (170)	Peas (68)	Mixed Veg (24)	Corned Beef Au Jus (533)*	w/Creamy Dill Sauce (17)
Garlic Spinach (181)	Buttered Noodles (20)	Cauliflower Cheddar Soup (103)	Potatoes w/Fresh Parsley (6)	Mashed Potatoes (103)
		Crackers (56)	Cabbage Wedge (6)	PEI Veg Blend (37)
			Carrot & Turnip Blend (65)	
Chilled Pineapple (1)	Applesauce (14)	Raisins (4)	Crème de Menthe Bar (175)	Jell-O (83)
Parker House Roll (170)	WW Dinner Roll (127)	Snack & Loaf (160)	Marble Rye (227)	Oatmeal Bread (87)
<i>Calories: 805</i>	<i>Calories: 772</i>	<i>Calories: 722</i>	<i>Calories: 970</i>	<i>Calories: 507</i>
<i>Sodium: 754 mg</i>	<i>Sodium: 635 mg</i>	<i>Sodium: 808 mg</i>	<i>Sodium: 1129 mg</i>	<i>Sodium: 580 mg</i>

PLEASE TURN MENU OVER →

March 2019 Congregate Meals Menu Continued

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18 Apricot Chicken (390)	19 Pot Roast (112)	20 Pulled Pork (292)	21 Meatball Sub (chix) (190)	22 Omellete (312)
Whipped Sweet Potato (70)	Gravy (56)	w/ BBQ Sauce (169)	Marinara Sauce (194)	Ketchup (9)
Brussels Sprouts (12)	Mashed Potatoes (109)	Corn (1)	Sweet Potato Wedges (187)	Roasted Potatoes (121)
	Barley Veg Soup (93)	Southern Greens (86)	Kale & White Bean Soup (14)	Baked Apples w/Cinn & Raisins (64)
	Crackers (56)		Crackers (56)	
Coconut Cake (277)	Mixed Fruit (6)	Strawberry Cup (0)	Applesauce (19)	Yogurt & Juice (80)
Multigrain Bread (138)	Oatmeal Bread (142)	White Burger Roll (248)	WW Sub Roll (105)	Snack & Loaf (180)
<i>Calories: 737</i>	<i>Calories: 668</i>	<i>Calories: 937</i>	<i>Calories: 723</i>	<i>Calories: 915</i>
<i>Sodium: 983 mg</i>	<i>Sodium: 604 mg</i>	<i>Sodium: 952 mg</i>	<i>Sodium: 920 mg</i>	<i>Sodium: 973 mg</i>
25 Lasagna (388)	26 Beef Stew (117)	27 Chicken Mirabella (284)	28 Hot Dog (540)*	29 Mac & Cheese (285)
Marinara Sauce (194)	w/ Peas & Carrots	Roasted Cauliflower (32)	Mustard (55)	CAPRI Veg Blend (30)
Broccoli (32)	Mashed Potatoes (109)	Rice Pilaf (93)	Relish (81)	Hearty Veg Soup (220)
			Coleslaw (167)	Crackers (56)
			Baked Beans (140)	
Raisins (4)	Brownie (175)	Applesauce (19)	Mandarin Oranges (10)	Chocolate Pudding (190)
Wheat Bread (138)	Pull Apart Roll (30)	Multigrain Bread (138)	Hot Dog Roll (210)	Oatmeal Bread (142)
<i>Calories: 532</i>	<i>Calories: 762</i>	<i>Calories: 778</i>	<i>Calories: 802</i>	<i>Calories: 792</i>
<i>Sodium: 911 mg</i>	<i>Sodium: 556 mg</i>	<i>Sodium: 720 mg</i>	<i>Sodium: 1358 mg**</i>	<i>Sodium: 1103 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.