

North Shore Elder Services Elderly Nutrition Program

March 2019 HDM Meals Menu

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
				1 Stuffed Shells (390)
				Marinara Sauce (194)
				Broccoli (32)
				Mixed Fruit (10)
				Italian Bread (96)
				<i>Calories: 533</i>
				<i>Sodium: 878 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)	Peas (58)	Maple Glazed Carrots (124)
Herbed Zucchini (10)		Mixed Veg (24)	Whipped Potatoes (109)	
			Cranberry Sauce (8)	
Chilled Fruit (10)	Strawberry Cup (0)	Honey Dew (15)	Marble Cake (154)	Yogurt & Juice (80)
Corn Bread (236)	Hearty Wheat Bread (138)	Oatmeal Bread (142)	Wheat Bread (138)	Raisin Bread (105)
<i>Calories: 780</i>	<i>Calories: 693</i>	<i>Calories: 613</i>	<i>Calories: 803</i>	<i>Calories: 782</i>
<i>Sodium: 851 mg</i>	<i>Sodium: 885 mg</i>	<i>Sodium: 681 mg</i>	<i>Sodium: 1076 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)	Cheddar Whipped Potato (136)	Corned Beef Au Jus (533)*	w/Creamy Dill Sauce (17)
Garlic Spinach (112)	Buttered Noodles (20)	Mixed Veg (24)	Potatoes w/Fresh Parsley (6)	Mashed Potatoes (103)
			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: 745</i>	<i>Calories: 772</i>	<i>Calories: 737</i>	<i>Calories: 970</i>	<i>Calories: (707)</i>
<i>Sodium: 754 mg</i>	<i>Sodium: 635 mg</i>	<i>Sodium: 784 mg</i>	<i>Sodium: 1129 mg</i>	<i>Sodium: 580 mg</i>

PLEASE TURN MENU OVER →

March 2019 HDM Meals Menu Continued

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
18 Apricot Chicken (146)	19 Pot Roast (112)	20 Pulled Pork (292)	21 Meatball Sub (chix) (190)	22 Omellete (190)
Whipped Sweet Potato (163)	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 (131)
	Roasted Winter Squash (24)	Southern Greens (86)	Broccoli (32)	Baked Apples w/Cinn & Raisins (4)
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: 627</i>	<i>Calories: 821</i>
<i>Sodium: 983 mg</i>	<i>Sodium: 604 mg</i>	<i>Sodium: 952 mg</i>	<i>Sodium: 882 mg</i>	<i>Sodium: 913 mg</i>
25 Lasagna (146)	26 Beef Stew (117)	27 Chicken Mirabella (284)	28 Hot Dog (540)	29 Mac & Cheese (285)
Marinara Sauce (27)	w/ Peas & Carrots	Roasted Cauliflower (32)	Mustard (55)	CAPRI Veg Blend (30)
Broccoli (32)	Mashed Potatoes (109)	Rice Pilaf w/Parsley Garnish (93)	Relish (81)	Stewed Tomatoes (14)
			Carrots (65)	
Raisins (4)	Brownie (175)	Applesauce (19)	Baked Beans (140)	Chocolate Pudding (190)
Wheat Bread (138)	Pull Apart Roll (30)	Multigrain Bread (138)	Mandarin Oranges (10)	Oatmeal Bread (142)
<i>Calories: 532</i>	<i>Calories: 762</i>	<i>Calories: 778</i>	<i>Calories: 767</i>	<i>Calories: 659</i>
<i>Sodium: 911 mg</i>	<i>Sodium: 556 mg</i>	<i>Sodium: 720 mg</i>	<i>Sodium: 1256 mg</i>	<i>Sodium: 826 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.