

# North Shore Elder Services Elderly Nutrition Program

## April 2019 Congregate Meals Menu

To cancel a meal please call your local Council on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>1 Meatball Stroganoff (250)</b>	<b>2 Hoisin Chicken Stir - Fry (677)*</b>	<b>3 Salisbury Steak (459)</b>	<b>4 Lasagna (290)</b>	<b>5 Potato Pollock (300)</b>
Butternut Noodles (11)	Fried Rice (116)	Whipped potato (109)	Marinara Sauce (194)	Tartar Sauce (85)
Steamed Beets (83)	Asian Veg Blend (10)	Corn (34)	Broccoli (32)	Roasted Red Bliss (5)
			Kale & White Bean Soup (14)	Tomato Soup (148)
			Crackers (56)	Crackers (56)
Cantaloupe (7)	Chilled Pineapple (1)	Vanilla Pudding (170)	Raisins (4)	Fruit Crisp (10)
Oatmeal Bread (142)	Whole Wheat Roll (105)	Hearty White Bread (121)	Vienna Bread (97)	Hearty Wheat Bread (138)
<i>Calories: 631</i>	<i>Calories: 604</i>	<i>Calories: 688</i>	<i>Calories: 688</i>	<i>Calories: 763</i>
<i>Sodium: 648 mg</i>	<i>Sodium: 1034 mg</i>	<i>Sodium: 928 mg</i>	<i>Sodium: 843 mg</i>	<i>Sodium: 897 mg</i>
<b>8 Chicken Mirabella (284)</b>	<b>9 Red Sox Opening Day Hot Dog (540)*</b>	<b>10 Chicken Cordon Blu (700)</b>	<b>11 Spring Celebration Seafood Bake w/Newburg Sauce (391)</b>	<b>12 Stuffed Shells (390)</b>
Red Cabbage (99)	Mustard (55)	Green Beans (5)	Paella Style Rice (7)	Marinara Sauce (194)
Rustic Cut Potatoes (9)	Relish (81)	Vegetable Orzo Soup (136)	Zucchini & Summer Squash (11)	Roasted Cauliflower (32)
	Carrots (65)	Crackers (56)		Minestrone Soup (216)
	Baked Beans (140)			Crackers (56)
Brownie (175)	Mandarin Oranges (10)	Cantaloupe (7)	White Chocolate Mousse (135)	Chilled Peaches (5)
Oatmeal Bread (140)	Hot Dog Roll (210)	Wheat Roll (127)	Pull Apart Roll (138)	Wheat Bread (138)
<i>Calories: 966</i>	<i>Calories: 767</i>	<i>Calories: 741</i>	<i>Calories: 620</i>	<i>Calories: 635</i>
<i>Sodium: 864 mg</i>	<i>Sodium: 1256 mg**</i>	<i>Sodium: 1163 mg</i>	<i>Sodium: 907 mg</i>	<i>Sodium: 1186 mg</i>
<b>15</b>	<b>16 Chicken w/Winter Vegetables (213)</b>	<b>17 American Chop Suey (316)</b>	<b>18 Roasted Turkey (418)</b>	<b>19 Broccoli &amp; Cheese Egg Bake (436)</b>
	Au Jus Sauce (304)	Garlic Spinach (112)	Gravy (31)	Red Bliss Potatoes (5)
	Roasted Potatoes (121)		Butternut Squash Soup (38)	Maple Glazed Carrots (124)
<b>Patriot's Day</b>			Whipped Potatoes (109)	
No Service			Cranberry Sauce (8)	
	Strawberry Cup (0)	Mandarin Oranges (10)	Marble Cake (154)	Yogurt & Juice (80)
	Hearty Wheat Bread (138)	Dinner Roll (162)	Oatmeal Bread (142)	Raisin Bread (105)
	<i>Calories: 732</i>	<i>Calories: 741</i>	<i>Calories: 882</i>	<i>Calories: 874</i>
	<i>Sodium: 930 mg</i>	<i>Sodium: 763 mg</i>	<i>Sodium: 1116 mg</i>	<i>Sodium: 904 mg</i>

PLEASE TURN MENU OVER →

### April 2019 Congregate Meals Menu Continued

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>22 Meatloaf (314)</b>	<b>23 Meatball Sub (chix) (190)</b>	<b>24 Chicken Pot Pie (570)*</b>	<b>25 Pot Roast (112)</b>	<b>26 Balsamic Chicken (462)</b>
Gravy (56)	Marinara Sauce (194)	Red Bliss Potatoes (5)	Gravy (56)	Rice Pilaf (93)
Whipped Potatoes (109)	Sweet Potato Wedges (187)		Whipped Potatoes (109)	Peas (68)
Herbed Zucchini (10)	Cauliflower Cheddar Soup (103)		Barley & Veggie Soup (93)	
	Crackers (56)		Crackers (56)	
Applesauce (14)	Fresh Fruit (2)	Yogurt & Juice (80)	Lemon Square (110)	Chilled Fruit (10)
Parker House Roll (70)	Wheat Sub Roll (320)	Snack & Loaf (160)	Multigrain Bread (138)	Oatmeal Bread (142)
<i>Calories: 645</i>	<i>Calories: 900</i>	<i>Calories: 841</i>	<i>Calories: 741</i>	<i>Calories: 684</i>
<i>Sodium: 828 mg</i>	<i>Sodium: 1312 mg**</i>	<i>Sodium: 970 mg</i>	<i>Sodium: 740 mg</i>	<i>Sodium: 905 mg</i>
<b>29 Honey Rosemary Pork (168)</b>	<b>30 Cranberry Orange Glazed Chix (145)</b>			
Rst. Sweet Potato (104)	Wild Rice Blend (148)			
Mushroom Soup (215)	Mixed Vegetable (24)			
Crackers (56)				
Applesauce (14)	Pineapple (1)			
Multigrain Bread (138)	Oatmeal Bread (142)			
<i>Calories: 689</i>	<i>Calories: 610</i>			
<i>Sodium: 856 mg</i>	<i>Sodium: 615 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.