

# North Shore Elder Services Elderly Nutrition Program

## June 2019 Congregate Meals Menu

To cancel a meal please call your local Council on Aging

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3 Honey Balsamic Chicken (320)</b>	<b>4 Potato Pollock (270)</b>	<b>5 Hot Dog (540)*</b>	<b>6 Chicken Pot Pie (570)*</b>	<b>7 Cobb Salad (221)</b>
Rice Pilaf (93)	Sweet Potato Hash (304)	Mustard (55)	Whipped Potatoes (109)	Dressing (60)
Green Beans (5)	Broccoli (32)	Relish (81)		Minestrone Soup (216)
		Baked Beans (140)		Crackers (56)
		Coleslaw (167)		
Strawberry Cup (0)	Cantaloupe (7)	Mandarin Oranges (10)	Yogurt & Juice (80)	Lemon Cake (255)
Wheat Bread (138)	Burger Roll (248)	Hot Dog Roll (210)	Multigrain Bread (138)	Oatmeal Bread (130)
<i>Calories: 636</i>	<i>Calories: 793</i>	<i>Calories: 773</i>	<i>Calories: 653</i>	<i>Calories: 826</i>
<i>Sodium: 722 mg</i>	<i>Sodium: 1107 mg</i>	<i>Sodium: 1328 mg **</i>	<i>Sodium: 922mg</i>	<i>Sodium: 1165 mg</i>
<b>10 Teriyaki Chix Meatballs (479)</b>	<b>11 Stuffed Shells (390)</b>	<b>12 Steak Salad (60)</b>	<b>13 Father's Day Special</b>	<b>14 Lemon Citrus Chicken (350)</b>
Jasmine Rice (4)	Marinara Sauce (194)	Sweet Potato Salad (220)	<b>BBQ Ribs (259)</b>	Whipped Red Potatoes (101)
Mandarin Veggie Blend (10)	Roasted Cauliflower (32)	French Dressing (250)	Baked Beans (206)	Fruit Compote (21)
	Garden Salad (8)	Corn Chowder (159)	Mac & Cheese (142)	
	Dressing (320)	Crackers (56)		
Chilled Pineapple (1)	Banana (1)	Applesauce (14)	Peach & Blueberry Cobbler (10)	Jello (64)
Snack'n Loaf (160)	Multigrain Bread (138)	Wheat Bread (138)	White Dinner Roll (162)	Wheat Roll (127)
<i>Calories: 754</i>	<i>Calories: 626</i>	<i>Calories: 760</i>	<i>Calories: 941</i>	<i>Calories: 614</i>
<i>Sodium: 809 mg</i>	<i>Sodium: 1240 mg**</i>	<i>Sodium: 832 mg</i>	<i>Sodium: 935 mg</i>	<i>Sodium: 819 mg</i>
<b>17 Meatball Sub (Chix) (190)</b>	<b>18 Turkey w/Gravy (477)</b>	<b>19 Rib-Q (340)</b>	<b>20 Egg Salad (310)</b>	<b>21 Chicken Fajita (55)</b>
Marinara Sauce (194)	Whipped Potatoes (109)	BBQ Sauce (109)	Potato Salad (311)	Rice w/Beans (83)
Sweet Potato Fries (170)	Peas (68)	Roasted Butternut Squash (20)	Tomato Florentine Soup (148)	Corn (1)
Caesar Salad (324)		Green Beans (5)	Crackers (56)	
Honey Dew (15)	Chocolate Cake (159)	Pineapple (1)	Pears (5)	Vanilla Pudding (170)
WW Sub Roll (320)	Dinner Roll (162)	Multigrain Bread (138)	Hot Dog Roll (210)	Whole Grain Tortilla (220)
<i>Calories: 751</i>	<i>Calories: 760</i>	<i>Calories: 652</i>	<i>Calories: 633</i>	<i>Calories: 847</i>
<i>Sodium: 1366 mg**</i>	<i>Sodium: 1144 mg</i>	<i>Sodium: 769 mg</i>	<i>Sodium: 1196 mg</i>	<i>Sodium: 697 mg</i>

PLEASE TURN MENU OVER →

## June 2019 Congregate Meals Menu Continued

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
24 Salmon (69)	25 Tarragon Chicken Salad (350)	26 Lasagna (290)	27 BBQ Chicken (459)	28 Hamburger (68)
Dill Sauce (17)	Dittalini Pea Salad (160)	Marinara Sauce (194)	Rustic Cut Sweet Potatoes (187)	Ketchup (82)
Whipped Potato (109)	Tomato & Cuke Salad (4)	Broccoli (32)	Garlic Spinach & Kale (113)	Red Bliss Potatoes (8)
Spinach Salad (113)		Kale & White Bean Soup (14)		Summer Squash Blend (11)
Dressing (60)		Crackers (56)		
Brownie (175)	Cantaloupe (7)	Fresh Fruit (2)	Applesauce (14)	Yogurt & Juice (90)
Multigrain Bread (138)	Hot Dog Roll (210)	Oatmeal Bread (130)	Snack n Loaf (160)	Whole Wheat Roll (254)
<i>Calories: 977</i>	<i>Calories: 795</i>	<i>Calories: 711</i>	<i>Calories: 738</i>	<i>Calories: 807</i>
<i>Sodium: 819 mg</i>	<i>Sodium: 886 mg</i>	<i>Sodium: 874 mg</i>	<i>Sodium: 1088 mg</i>	<i>Sodium: 668 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.