

# North Shore Elder Services Elderly Nutrition Program

## September 2019 Congregate Meals Menu

To cancel a meal please call your local council on aging

| MONDAY                            | TUESDAY                                | WEDNESDAY                             | THURSDAY                                   | FRIDAY                                 |
|-----------------------------------|--|---------------------------------------|--|--|
|                                   | <b>3 Stuffed Shells (390)</b>          | <b>4 Steak Salad (60)</b>             | <b>5 Teriyaki Chicken Meatballs (556)*</b> | <b>6 Lemon Citrus Chicken (350)</b>    |
|                                   | Marinara Sauce (194)                   | Dressing (250)                        | Jasmine Rice (4)                           | Whipped Red Bliss Potato (101)         |
| <b>No Service Labor Day</b>       | Roasted Cauliflower (14)               | Corn Chowder (159)                    | Mandarin Veggie Blend (15)                 | Zucchini (10)                          |
|                                   | Garden Salad (8)                       | Crackers (56)                         |  |  |
|                                   | Dressing (60)                          |                                       |  |  |
|                                   | Applesauce (14)                        | Coconut Cake (277)                    | Chilled Pineapple (1)                      | Jello (64)                             |
|                                   | Vienna Bread (97)                      | Wheat Bread (138)                     | Snack N Loaf (160)                         | WW Dinner Roll (127)                   |
|                                   | <i>Calories: 711</i>                   | <i>Calories: 907</i>                  | <i>Calories: 748</i>                       | <i>Calories: 579</i>                   |
|                                   | <i>Sodium: 948 mg</i>                  | <i>Sodium: 1094 mg</i>                | <i>Sodium: 891 mg</i>                      | <i>Sodium: 807 mg</i>                  |
| <b>9 Pasta w/Meatsauce (98)</b>   | <b>10 Turkey w/Gravy (487)</b>         | <b>11 Beef &amp; Cheese Sub (365)</b> | <b>12 Hawaiian Luau</b>                    | <b>13 Egg Salad (310)</b>              |
| Garlic Spinach (112)              | Cranberry Sauce (4)                    | Sweet Potato Fries (170)              | <b>Hawaiian BBQ Chicken (334)</b>          | Lettuce Leaf                           |
| Caesar Salad (322)                | Whipped Potato (109)                   | Summer Squash (11)                    | Island Fried Rice (64)                     | Sweet Potato Salad (220)               |
|                                   | Peas (68)                              |                                       | Tropical Slaw (9)                          | Confetti Coleslaw (167)                |
|                                   |  |                                       |  |  |
| Honeydew (15)                     | Vanilla Pudding (170)                  | Mandarin Oranges (10)                 | Luau Cake (266)                            | Chilled Pears (5)                      |
| Oatmeal Bread (142)               | WW Dinner Roll (127)                   | Sub Roll (254)                        | Hawaiian Roll (162)                        | Wheat Bread (138)                      |
| <i>Calories: 877</i>              | <i>Calories: 688</i>                   | <i>Calories: 780</i>                  | <i>Calories: 800</i>                       | <i>Calories: 604</i>                   |
| <i>Sodium: 1071 mg</i>            | <i>Sodium: 1120 mg</i>                 | <i>Sodium: 859 mg</i>                 | <i>Sodium: 989 mg</i>                      | <i>Sodium: 995 mg</i>                  |
| <b>16 Swedish Meatballs (266)</b> | <b>17 Tarragon Chicken Salad (350)</b> | <b>18 Vegetable Pinwheel (470)</b>    | <b>19 Hamburger (290)</b>                  | <b>20 BBQ Chicken Drumstick (900)*</b> |
| Whipped Potato (109)              | Dittalini Pea Salad (160)              | Marinara Sauce (194)                  | Ketchup (82)                               | Red Bliss Potatoes (5)                 |
| Spinach Salad (113)               | Tomato & Cuke Salad (4)                | Kale & White Bean Soup (14)           | Sweet Potato Wedges (187)                  | Garlic Spinach & Kale (113)            |
| Dressing (175)                    |  | Crackers (56)                         | Summer Squash Blend (11)                   |  |
|                                   |  |                                       |  |  |
| Brownie (175)                     | Cantaloupe (7)                         | Fresh Fruit (2)                       | Yogurt & Juice (90)                        | Applesauce (14)                        |
| Multigrain Bread (130)            | Hot Dog Roll (210)                     | Oatmeal Bread (130)                   | WW Hamburger Bun (248)                     | Corn Bread (236)                       |
| <i>Calories: 933</i>              | <i>Calories: 795</i>                   | <i>Calories: 762</i>                  | <i>Calories: 851</i>                       | <i>Calories: 769</i>                   |
| <i>Sodium: 875 mg</i>             | <i>Sodium: 886 mg</i>                  | <i>Sodium: 1022 mg</i>                | <i>Sodium: 1068 mg</i>                     | <i>Sodium: 1587 mg**</i>               |

PLEASE TURN MENU OVER →

## September 2019 Congregate Meals Menu Continued

| MONDAY                                 | TUESDAY  | WEDNESDAY                       | THURSDAY                               | FRIDAY                             |
|--|--|---------------------------------|--|------------------------------------|
| <b>23 Orange Bourbon Chicken (325)</b> | <b>24 Beef Steak w/Cheese Peppers &amp; Onions (458)</b> | <b>25 Tuna Sandwich (417)</b>   | <b>26 Beef Stew (117)</b>              | <b>27 Chicken Cordon Blu (324)</b> |
| Green Beans (5)                        | Brown Rice (100)   | Pasta Salad (24)                | Cheddar Whipped Potato (136)           | Supreme Sauce (18)                 |
| Broccoli Cheddar Soup (103)            | Mixed Green Salad (2)                                    | Tomato & Chick Pea Salad (71)   |  | Wild Rice Blend (148)              |
| Crackers (56)                          | Dressing (60)  |                                 |  | Brussel Sprouts (12)               |
| Jell-O (64)                            | Fresh Fruit (2)  | Cantaloupe (7)                  | Sugar Cookie (123)                     | Chilled Peaches (5)                |
| Multigrain Bread (130)                 | Dinner Roll (162)  | Wheat Bread (276)               | Biscuit (330)                          | White Bread (121)                  |
| <i>Calories: 631</i>                   | <i>Calories: 1058</i>                                    | <i>Calories: 782</i>            | <i>Calories: 904</i>                   | <i>Calories: 539</i>               |
| <i>Sodium: 839 mg</i>                  | <i>Sodium: 981 mg</i>                                    | <i>Sodium: 949 mg</i>           | <i>Sodium: 862 mg</i>                  | <i>Sodium: 782 mg</i>              |
| <b>30 Pulled Pork (307)</b>            | <b>1 Chicken Picatta (406)</b>                           | <b>2 Meatloaf w/Gravy (370)</b> | <b>3 Turkey Cran Apple Salad (310)</b> | <b>4 Beef &amp; Broccoli (337)</b> |
| Mustard BBQ Sauce (169)                | Pasta (3)  | Whipped Potato (109)            | Lettuce                                | Fried Rice (116)                   |
| Red Bliss Potatoes (5)                 | Tossed Salad (4)   | Veg Soup (129)                  | Beet Salad (95)                        | Asian Veggie Blend (15)            |
| Carrots (65)                           | Dressing (60)  | Crackers (56)                   | Potato Salad (53)                      |                                    |
| Yogurt & Juice (90)                    | Chilled Peaches (5)                                      | Chocolate Cake (159)            | Honeydew (15)                          | Chilled Pineapple (1)              |
| Burger Roll (248)                      | WW Dinner Roll (127)                                     | Oatmeal Bread (142)             | WW Pita Bread (170)                    | Snack n Loaf (160)                 |
| <i>Calories: 713</i>                   | <i>Calories: 827</i>                                     | <i>Calories: 895</i>            | <i>Calories: 572</i>                   | <i>Calories: 1078</i>              |
| <i>Sodium: 1024 mg</i>                 | <i>Sodium: 758 mg</i>                                    | <i>Sodium: 1120 mg</i>          | <i>Sodium: 799 mg</i>                  | <i>Sodium: 784 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.