

NORTH SHORE ELDER SERVICES CONGREGATE MEALS - MARCH 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
5 Curry Chicken 62 Cauliflower & Peas 32 White Rice w/Cilantro 4 Fresh Fruit 1 Wheat Bread 138 Cal: 658 / Na: 367	6 Spaghetti & Chicken Meatballs 214 Marinara Sauce 194 Spinach 113 Orange 0 Scali Bread 97 Cal: 698 / Na: 744	7 Honey Rosemary Pork 73 Rst. Sweet Potato 104 Green Beans /red peppers 6 Applesauce 14 Multigrain Bread 130 Cal: 649 / Na: 457	8 Meatloaf w/ Gravy 214 Whipped Potatoes 107 Parsley Garnish Hearty Vegetable Soup 129 Crackers 56 Coconut Cake 277 Dinner Roll 162 Cal: 839 / Na: 1075	9 Broccoli & Cheese Egg Bake 436 Red Bliss Potatoes 5 Maple Glazed Comm Carrots 124 Jello 8 Oatmeal Bread 142 Cal: 754 / Na: 845
12 Stuffed Pepper 175 Rustic Tomato Sauce 33 Au Gratin Potatoes 142 Crackers 56 Barley & Veg Soup 160 Chilled Fruit 5 Snack & Loaf 115 Cal: 1116 / Na: 815	13 BBQ Chicken 328 Green Beans 5 Baked Potato 9 Sour Cream 13 Mandarin Oranges 7 Corn Bread 290 Cal: 656 / Na: 838	14 Salisbury Steak w/ Gravy 459 Sweet Potatoes 43 Broccoli Cheddar Soup 183 Crackers 56 Jell-O 8 Whole Wheat Bread 138 Cal: 601 / Na: 969	15 St. Patricks Day Special Corned Beef Au jus 304 Cabbage Wedge 6 Carrot & Turnip Blend 65 Potatoes w/ Fresh Parsley 6 Crème De Menthe bar/DB Brownie 175 Marble Rye 227 Cal: 970 / Na: 1129	16 Catch of the day Fish 220 Lemon Wedge Rice Pilaf 93 PEI Mixed Vegetables 27 Pineapple 1 Multigrain Bread 138 Cal: 650 / Na: 616
19 Lasagna 290 Marinara Sauce 194 Peas 68 Caesar Salad w/ Dressing 324 Cantaloupe 7 Whole Wheat Roll 127 Cal: 558 / Na: 1089	20 Cranberry Orange Glazed Chix 103 Rice Pilaf 93 Brussel Sprouts 79 Raisins 2 Oatmeal Bread 142 Cal: 769 / Na: 556	21 Hot Dog 540* Mustard 55 Relish 81 Carrots 43 Baked Beans 206 Mandarin Oranges 10 Hot Dog Roll 210 Cal: 738 / Na: 1253**	22 Pot Roast 112 Gravy 56 Mashed Potatoes 107 Mixed Vegetables 47 Chocolate Pudding 190 Dinner Roll 162 Cal: 636 / Na: 767	23 Breaded Fish USDA 302 Tartar Sauce 130 Sweet Potato Wedges 187 Corn Chowder 159 Crackers 56 Lemon Cookie 110 Rye Bread 171 Cal 1022/ Na 1252**
26 Chicken Caccitore 152 w/ Peppers & onions Pasta 20 Mixed Green Salad w/ House Vin 62 Orange 0 Vienna Bread 97 Cal: 794 / Na: 477	27 Roast Beef 54 w/ Onion Gravy 56 Beets 83 Cheddar Whipped Potatoes 136 Applesauce 19 WW Dinner Roll 127 Cal: 719 / Na: 621	28 Rib-Q 493 w/ BBQ Sauce 295 Split Pea Soup 104 Crackers 56 Sweet Potato Wedges 187 Pineapple 1 Oatmeal Bread 142 Cal: 1011 / Na: 1425**	29 Roasted Turkey w/ Gravy 449 Peas 68 Whipped Potatoes 107 Peach Cobbler 28 Whole Wheat Bread 138 Cal: 655 / Na: 937	30 Spinach & Cheese Egg Bake 428 Stewed Tomatoes 32 Red Bliss Potatoes 5 Yogurt & Juice 80 Raisin Bread 98 Cal: 762 / Na: 790

Menu Subject to Change Without Notice

Sodium(Na) values listed in Parentheses. Sodium in milk (100 mg), Margarine (30 mg), Tartar Sauce (97) & Crackers (56 mg).

*High Sodium Entrée contains more than 500mg. **Indicates higher sodium meal having more than 1200 mg.

Requested Voluntary Confidential Donation: \$2.25 per meal. All donations go to providing meals.