




SOUTH SHORE ELDER SERVICES - NUTRITION PROGRAM

781-848-3910 ext. 415

Nutrition Hours: 9am - 1pm

Nutrition Information is for the entire meal including bread, milk & margarine. The numbers next to food items are mg of sodium.

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3 Hot Dog**# 720		4 Orange Dijon Chicken 418		5 Salmon w/ Dill Sauce 79		6 Chicken Salad w/ Lettuce 70		7 Broccoli & Cheese Omelette 383	
Roasted Red Bliss Potatoes 6		Orzo & Carrots 22		Brown Wild Rice Blend 31		Potato Salad 57		w/ Peppers & Onions 2	
Collard Greens w/onions 50		Spinach 110		Spring/Summer Veg. Blend 65		Spinach Salad w/ 33		Fench Toast Sticks 190	
WW Hot Dog Roll 250		WW Dinner Roll 180		Marble Rye Bread 150		Mandarin Oranges 33		SF Maple Syrup 50	
Ketchup 82		Fresh Orange 0		Brownie 100		Mini Kaiser Roll 200		Rye Bread 150	
Mustard 55		MOD: SF Waffle Snaps 65		Choc. Cupcake 170		Choc. Cupcake 170		Apple Juice 5	
Fresh Apple 2				MOD: SF Oatmeal Cookie 65		MOD: SF Oatmeal Cookie 65		Fruited Yogurt 75	
Calories: 816 Sodium: 1319mg Carbs: 97g		Calories: 670 Sodium: 885mg Carbs: 94g		Calories: 728 Sodium: 580mg Carbs: 82g		Calories: 755 Sodium: 685mg Carbs: 86g		Calories: 715 Sodium: 903mg Carbs: 95g	
10 Swedish Meatballs w/Gravy 237		11 Chicken Parmesan**# w/ Pasta 4		12 <u>Community Dining Only</u> <u>Minestrone Soup</u> 330		13 Pot Roast w/Gravy 78		14 WG Fish Sticks 320	
Parslied Egg Noodles 4		Broccoli 12		Tuna Salad 120		Baked Sweet Potato 41		Tater Tots 341	
Fiesta Vegetable Blend 15		Wheat Bread 115		Tri Color Pasta 52		Diced Beets 173		Jardinere Veg. Blend 32	
Garlic Roll 181		Parmesan Cheese 35		Three Bean Salad 34		Multigrain Bread 150		Tartar Sauce 130	
Hot Cinnamon Apples 64		Lemon Square 105		Pita Half 75		Lemon Pudding 200		Wheat Bread 115	
Calories: 789 Sodium: 656mg Carbs: 88g		MOD: SF Lemon Cookie 60		Fresh Apple 2		MOD: Vanilla Wafers 65		Banana 1	
		Calories: 880 Sodium: 1148mg Carbs: 97g		Calories: 843 Sodium: 767mg Carbs: 112g		Calories: 694 Sodium: 797mg Carbs: 82g		Calories: 814 Sodium: 1093mg Carbs: 105g	
17 Patriot's Day Sites Closed  No Meals Served		18 Cheeseburger 338		19 Lemon Pepper Chicken 334		20 Catch of the Day w/ Florentine Sauce ~150		21 WG Stuffed Shells w/ Meat Sauce 390	
		Macaroni & Cheese 246		Brown Rice w/ Tomato & Basil 5		Sweet Potato Tater Tots 380		w/ Meat Sauce 102	
		Roman Vegetable Blend 12		California Veg. Blend 30		Scandavian Veg. Blend 41		Green Beans & Red Pepper 3	
		WW Hamburger Roll 230		WW Dinner Roll 180		Italian Bread 380		Garlic Roll 181	
		Ketchup 82		Raspberry Cookie 195		Fresh Orange 0		Parmesan Cheese 35	
		Apricots 10		MOD: SF Choc. Chip Ck 55				Hot Cinnamon Pears 64	
		Calories: 781 Sodium: 1073mg Carbs: 78g		Calories: 783 Sodium: 898mg Carbs: 110g		Calories: 785 Sodium: 1105mg Carbs: 116g		Calories: 744 Sodium: 930mg Carbs: 87g	
24 Pancakes w/ Sausage Patty**# 540		25 Chicken Scallopini 351		26 Egg Salad w/ Lettuce 170		27 Unstuffed Pepper Casserole 229		28 Roasted Turkey w/ Gravy** w/ Stuffing Garnish 66	
Peppers & Onions 2		Roasted Sweet Potatoes 41		Pasta Salad Vinaigrette 8		Spinach 110		Mashed Potato 135	
SF Maple Syrup 50		Italian Veg. Blend 19		Riviera Salad 81		Multigrain bread 150		Roman Veg. Blend 12	
Blueberry Muffin 200		WW Dinner Roll 180		Mini Kaiser Roll 200		Double Choc. Chip Cookie 164		Cranberry Sauce 4	
Fresh Pear 2		Choc. Pudding 200		Banana 1		MOD: Waffle Snaps 65		Wheat Bread 115	
		MOD: Lorna Doones 100						Fresh Orange 0	
Calories: 789 Sodium: 1262mg Carbs: 110g		Calories: 752 Sodium: 946mg Carbs: 96g		Calories: 713 Sodium: 568mg Carbs: 98g		Calories: 807 Sodium: 807mg Carbs: 85g		Calories: 647 Sodium: 1160mg Carbs: 77g	



- NO undercooked or raw products served
- Refrigerate any food that is not consumed immediately
- Suggested voluntary donation: \$2.00 per meal

** = High Sodium Food Item
= High Sodium Meal

- Please call the Nutrition department at South Shore Elder Services to cancel a meal
- Menu subject to change without notice