







**SOUTH SHORE ELDER SERVICES - NUTRITION PROGRAM**  
**781-848-3910 ext. 415**  
**Nutrition Hours: 9am - 1pm**

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Nutrition Centers</b> <b>80 Clay St (Quincy): 617-472-3665</b> <b>Braintree: 781-848-8615</b> <b>Cohasset: 781-383-9112</b> <b>Hingham CoA: 781-741-1458</b> <b>Holbrook: 781-963-1980</b> <b>Houghs Neck (Quincy): 617-657-0759</b> <b>Hull: 781-925-1239</b>	<b>Nutrition Centers</b> <b>Martensen St (Quincy): 617-472-6667</b> <b>Milton: 617-296-2947</b> <b>No. Weymouth: 339-499-6419</b> <b>Norwell CoA: 781-659-7878</b> <b>Randolph: 781-963-7232</b> <b>Scituate: 781-545-5885</b> <b>So. Weymouth: 781-337-3320</b>	<b>1</b> Spanish Chicken 461 Tomato Braised Potatoes 38 Broccoli 12 WW Dinner Roll 180 Lemon Pudding 200 MOD: SF Lemon Cookie 60 Calories: 727 Sodium: 1046mg Carbs: 91.7g	<b>2</b>  Salmon w/ Dill Sauce 79 Brown Wild Rice Blend 35 Tuscany Vegetable Blend 47 Multigrain Bread 150 Brownie 100 MOD: SF Oatmeal Cookie 65 Calories: 722 Sodium: 566mg Carbs: 82.4g	<b>3</b> Roasted Pork w/ Apple Glaze 59 Roasted Sweet Potatoes 41 Brussel Sprouts 17 Marble Rye Bread 280 Banana 1 Calories: 704 Sodium: 398mg Carbs: 90.3g
<b>6</b> Pancakes w/ Sausage Patty#** 853 Peppers & Onions 2 Fruit Loaf 179 Maple Syrup 50 Apple Juice 5 Fruited Yogurt 75 Calories: 804 Sodium: 1203mg Carbs: 122.7g	<b>7</b> Macaroni & Cheese 616 Roman Vegetable Blend 12 Wheat Bread 115 Double Choc. Chip Cookie 91 MOD: SF Choc. Chip Cookie 55 Calories: 757 Sodium: 988mg Carbs: 983.g	<b>8</b> WG Stuffed Shells w/ Meat Sauce 492 Italian Vegetable Blend 91 Parmesan Cheese 108 Rye Bread 150 Hot Caramelized Apples 76 Calories: 724 Sodium: 1000mg Carbs: 89.5g	<b>9</b> Spanish Pot Roast 97 Baked Potato 4 Green Beans w/ Red Peppers 3 Sour Cream 13 WW Dinner Roll 180 Lemon Sq/ MOD: Vanilla Wafers 105-65 Calories: 748 Sodium: 558mg Carbs: 87.6g	<b>10</b>  Chicken Teriyaki** 574 Herbed Brown Rice 41 Asian Vegetables 25 Multigrain Bread 150 Banana 1 Calories: 631 Sodium: 935mg Carbs: 93.2g
<b>13</b> Potato Crunch Fish 270 Brown Rice w/ Tomatoes & Basil 8 Apple Butternut Squash 4 Oatmeal Bread 150 Tartar Sauce 130 <b>Fresh Oranges</b> 0 Calories: 886 Sodium: 723mg Carbs: 117.7g	<b>14</b> Chicken, Broccoli & Penne Alfredo 419 Carrots 43 Garlic Roll 181 Valentine's Day Cookie 200 MOD: Lorna Doones 100 Calories: 832 Sodium 1031mg Carbs: 111.4g	<b>15</b> Omelette w/ Swiss Cheese 383 Potato Wedges 261 Peppers & Onions 2 Rye Bread 150 <b>Fresh Apple</b> Calories: 676 Sodium: 874mg Carbs: 74g	<b>16</b> Unstuffed Pepper Casserole 229 Spinach 110 Multigrain bread 150 Waffle Snaps 65 Calories: 704 Sodium: 708mg Carbs: 72.4g	<b>17</b> Beef Stew 143 Baked Sweet Potato 20 Green Beans 3 Corn Bread 211 Hot Cinnamon Peaches 64 Calories: 864 Sodium: 597mg Carbs: 94.3g
<b>Sites Closed</b> <b>No Meals Served</b> 	<b>21</b> Turkey Chili #** 696 Hot Mexicali Brown Rice Salad 89 Country Style Vegetables 40 Multigrain bread 150 Vanilla Pudding 200 MOD: SF Lemon Cookie 60 Calories: 901 Sodium: 1330mg Carbs: 120.7g	<b>22</b> Chicken Parmesan ** 722 Rotini Pasta 4 Winter/Fall Veg. Blend 14 Parmesan Cheese 108 Wheat Bread 115 Hot Caramelized Pears 75 Calories: 761 Sodium: 1077mg Carbs: 87.2g	<b>23</b> Meatloaf w/ Gravy 133 Mashed Potato 135 Carrots 64 WW Dinner Roll 180 Banana 1 Calories: 752 Sodium: 667mg Carbs: 90.5g	<b>24 Catch of The Day</b> w/ Newburg Sauce ~196 Sweet Potato Tater Tots 380 Collard Greens w/ Onions 50 Oatmeal Bread 150 Applesauce 15 Calories: ~694 Sodium: ~945mg Carbs: ~95.5g
<b>27</b> WG Lasagna Rolls w/ Meat Suace 392 Roman Veg. Blend 12 Italian Bread 380 Parmesan Cheese 108 Fruited Oat Bar/ MOD: Apl.Cinn.Ck. 85/80 Calories: 730 Sodium: 1132mg Carbs: 97.8g	<b>28</b> Chicken Scallopini 351 Roasted Sweet Potatoes 41 Tuscany Vegetable Blend 47 WW Dinner Roll 180 Fresh Orange 0 Calories: 693 Sodium: 773mg Carbs: 87.9g			

- 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 to cancel a meal
- Menu Subject to change without notice

