



**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>2</b> <b>Sites Closed</b> <b>No Meals Served</b>	<b>3</b> Macaroni & Cheese** 616 Hot Chickpea Salad 145 Green Beans 3 Multigrain Bread 150 Fresh Orange 0 Calories: 760 Sodium: 1075mg Carbs: 111.8g	<b>4 Community Dining Only -</b> <b>Vegetable Soup</b> 390 Chicken Scallopini w/ Rotini Pasta 355 Broccoli 12 Garlic Roll 181 Fruited Oatmeal Bar 80 MOD: SF Choc. Chip Cookie 55 Calories: 821 Sodium: 1173mg Carbs: 107g	<b>5</b> Italian Pot Roast 191 Baked Potato 4 Diced Beets 173 Sour Cream 13 WW Dinner Roll 180 Mandarin Oranges 7 Calories: 701 Sodium: 718mg Carbs: 91.7g	<b>6</b> Chicken Meatballs w/ Tomato Sauce 190 Fiesta Vegetable Blend 91 Sweet Potato Tater Tots 15 WW Sub Roll 230 Banana 250 1 Calories: 952 Sodium: 1160mg Carbs: 142g
<b>9</b> Baked Chicken 320 w/ Mushroom & Red Pepper Sauce 216 Mashed Potatoes 135 Green Beans 3 Corn Bread 211 Fresh Orange 0 Calories: 667 Sodium: 911mg Carbs: 86.7g	<b>10</b> Potato Crunch Fish 270 Herbed Brown Rice 41 Spring/Summer Veg. Blend 65 Tartar Sauce 130 Wheat Bread 115 Chocolate Pudding 200 MOD: Waffle Snaps 65 Calories: 791 Sodium: 975mg Carbs: 97.8g	<b>11</b> WG Ravioli 477 w/ Meat Sauce 102 Italian Vegetable Blend 19 Oatmeal Bread 150 Parmesan Cheese 108 Hot Caramelized Peaches 75 Calories: 710 Sodium: 1086mg Carbs: 91.4g	<b>12</b> Pork Stir Fry 56 w/ Honey Ginger Sauce 131 Lo Mein Noodles 57 Asian Vegetable Blend 25 Wheat Bread 115 Vanilla Cupcake 170 MOD: Vanilla Waffers 65 Calories: 886 Sodium: 709mg Carbs: 101.1g	<b>13</b> Corned Beef & Cabbage #** 992 Red Bliss Potatoes 8 Sliced Carrots 43 WW Dinner Roll 180 Banana 1 Calories: 632 Sodium: 1379mg Carbs: 97.7g
<b>16</b> <b>Sites Closed</b> <b>No Meals Served</b> 	<b>17</b> Swiss Cheese Omelette 296 Home Fries 62 Peppers & Onions 2 Fruited Snack Loaf 170 Applesauce 15 Calories: 777 Sodium: 700mg Carbs: 99.9g	<b>18</b> Lemon Pepper Chicken 334 Parslied Bowtie Pasta 4 Chef's Choice Blend 51 WG Slider Roll 125 Butterscotch Pudding 200 MOD: SF Oatmeal Cookie 65 Calories: 716 Sodium: 869mg Carbs: 101.1g	<b>19</b> Beef Tips w/ Mushroom Gravy 52 Mashed Potatoes 20 Roman Vegetable Blend 135 Garlic Dinner Roll 12 Banana 181 1 Calories: 737 Sodium: 556mg Carbs: 77.1g	<b>20</b> Fish Filet 220 Tater Tots 341 Broccoli 12 Tartar Sauce 130 WW Hamburger Roll 250 Apricots 10 Calories: 801 Sodium: 1118mg Carbs: 98.3g
<b>23</b> Greek Chicken 489 Rotini Pasta 38 California Veg. Blend 30 Oatmeal Bread 150 Vanilla Pudding 200 MOD: Vanilla Wafers 65 Calories: 670 Sodium: 1062mg Carbs: 80.8g	<b>24</b> Shepherd's Pie 175 Collard Greens w/ Onions 50 Italian Bread 380 Hot Caramelized Pears 75 100 65 Calories: 761 Sodium: 771mg Carbs: 85.8g	<b>25 Catch of the Day</b> ~100 w/ Newburg Sauce 99 Herbed Brown Rice 41 Fiesta Vegetable Blend 15 Multigrain Bread 150 Raspberry Cookie 195 MOD: Lorna Doones 100 Calories: 752 Sodium: ~751mg Carbs: 104.7	<b>26</b> Roast Turkey 456 w/ Gravy 45 Whipped Sweet Potato 31 Stuffing Garnish 66 Green Beans 3 Cranberry Sauce 4 WW Dinner Roll 180 Fresh Orange 0 Calories: 703 Sodium: 939mg Carbs: 102.3g	<b>27</b> Meatloaf 119 w/ Gravy 46 Italian Roasted Potatoes 6 Chuck Wagon Veg. Blend 2 Rye Bread 150 Banana 1 Calories: 790 Sodium: 478mg Carbs: 98.6g
<b>30</b> Spaghetti & Meatballs 360 w/ Tomato Sauce 140 Oatmeal Bread 17 Parmesan Cheese 55 Spring/Summer Veg. Blend 82 Hot Cinnamon Peaches 250 64 7 Calories: 959 Sodium: 781 Carbs: 128.2g	Vegetarian Baked Beans 140 Cauliflower w/ Red Pepper 17 Mustard 55 Ketchup 82 WW Hot Dog Roll 250 Mandarin Oranges 7 Calories: 635 Sodium: 1065mg Carbs: 84g		<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>	

• 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