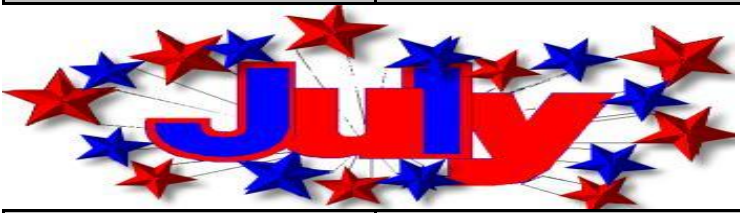


SOUTH SHORE ELDER SERVICES, Inc.

Nutrition Program Hours: 9am -1pm; Tel: 781-848-3910 ext 315

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
		<p>1 Italian Garden Soup (congregate) Tuna Salad on Lettuce Bed w/Pita Half Kidney Bean Salad Tossed Garden Salad Light Italian Dressing Fresh Orange <i>Diet: Strawberry Graham</i></p>	<p>2 Beef Burgandy Roasted Sweet Potatoes Beets Whole Wheat Dinner Roll Vanilla Cupcake <i>Diet: Strawberry Graham</i></p>	<p>3 Greek Chicken Roasted Potato Wedges Spinach Parmesan Multigrain Bread Banana</p>
		Calories: 647 Fat: 32% Sodium: 1039mg	Calories: 736 Fat: 24% Sodium: 734mg	Calories: 700 Fat: 25.7% Sodium: 806mg
<p>6 WG Stuffed Shells w/Meat Sauce Tuscany Blend Vegetables Parmesan Cheese Italian Bread Oatmeal Raisin Bread <i>Diet: Lorna Doones</i></p>	<p>7 ***High Sodium Hot Dog w/Bun Baked Beans Tossed Garden Salad Light Italian Dressing Ketchup/Mustard Fresh Peach</p>	<p>8 Hawaiian Chicken Brown Wild Rice Blend Brussel Sprouts Multigrain Bread Rice Pudding <i>Diet Pudding</i></p>	<p>9 Roast Pork w/Fruit Salsa Baked Sweet Potato Jardiniere Vegetables Marble Rye Bread Fresh Fruit in Season</p>	<p>10 Chicken Pot Pie Broccoli Biscuit Hot Cinnamon Pears</p>
Calories: 661 Fat: 31.4% Sodium: 1038mg	Calories: 761 Fat: 36.1% Sodium: 1620mg	Calories: 746 Fat: 20.9% Sodium: 954mg	Calories: 695 Fat: 28.3% Sodium: 422mg	Calories: 653 Fat: 22.3% Sodium: 705mg
<p>13 Penne Pasta w/Meatballs Tomato Sauce Italian Vegetable Blend Parmesan Cheese Whole Wheat Roll Honey Dew Melon</p>	<p>14 Potato Crunch Fish w/Lemon Wedge & Tartar Sauce Herbed Brown Rice Spinach Oatmeal Bread Fruited Jello/<i>Diet Fruited Jello</i></p>	<p>15 Swiss Cheese Omelet O'Brien Potatoes Peppers & Onions French Toast Sticks Fruited Scone Diet Syrup Pear Slices</p>	<p>16 Italian Pot Roast Roasted Sweet Potatoes Zucchini Squash Medley Whole Wheat Bread Raspberry Filled Cookie <i>Diet: Lemon Graham</i></p>	<p>17 Mediterranean Chicken Orzo w/Brown Rice & Red Peppers Honey Glazed Baby Carrots Pumpnickel Bread Banana</p>
Calories: 690 Fat: 26.7% Sodium: 709mg	Calories: 780 Fat: 40.9% Sodium: 1077mg	Calories: 902 Fat: 34.6% Sodium: 958mg	Calories: 686 Fat: 25.7% Sodium: 561mg	Calories: 730 Fat: 19.8% Sodium: 883mg
<p>20 Cheeseburger on Bun Broccoli Oven Roasted Potatoes Ketchup Tapioca Pudding <i>Diet Pudding</i></p>	<p>21 Salmon Boat w/Dill Sauce Vegetable Brown Rice Pilaf Vegetable Blend Mix Whole Wheat Bread Hermit Cookie <i>Diet: Lorna Doones</i></p>	<p>22 Minestrone Soup (congregate) Chicken Salad on Lettuce Bed w/Pita Half Spinach Salad w/Mandarin Oranges Italian Pasta Salad Cubed Cantaloupe</p>	<p>23 Shepard's Pie with Gravy Carrot Coins Oatmeal Bread Hot Peach Crisp</p>	<p>24 Chicken Parmesan w/Tomato Sauce Penne Pasta French Cut Green Beans Whole Wheat Roll Parmesan Cheese Fresh Plum</p>
Calories: 757 Fat: 31.4% Sodium: 947mg	Calories: 768 Fat: 26.8% Sodium: 947mg	Calories: 715 Fat: 21.7% Sodium: 901mg	Calories: 694 Fat: 33.5% Sodium: 715mg	Calories: 713 Fat: 26.2% Sodium: 771mg
<p>27 Fish Florentine Herbed Brown Rice Brussel Sprouts Multigrain Bread Fruited Yogurt Apple Juice</p>	<p>28 Chicken Marsala Fusilli Pasta Tossed Salad w/Light Italian Dressing Oatmeal Bread Chocolate Cupcake <i>Diet: Strawberry Graham</i></p>	<p>29 WG Lasagna Rolls w/Meat Sauce Zucchini Squash Medley Whole Wheat Roll Parmesan Cheese Banana</p>	<p>30 Meatloaf w/Gravy Roasted Sweet Potatoes Roman Vegetable Blend Whole Wheat Bread Fresh Nectarine</p>	<p>31 ***High Sodium Roast Turkey w/Gravy Mashed Potatoes Stuffing/Cranberry Sauce Vegetable Blend Mix Multigrain Bread Mandarin Oranges</p>
Calories: 726 Fat: 31.7% Sodium: 731mg	Calories: 744 Fat: 24.4% Sodium: 1122mg	Calories: 657 Fat: 26.9% Sodium: 775mg	Calories: 779 Fat: 27.3% Sodium: 733mg	Calories: 686 Fat: 24.9% Sodium: 1052mg

**Nutrient Analysis Includes Milk and Margarine;

**Suggested voluntary donation is \$2.00 per meal;

**Menu is subject to change without notice