



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	
				1 Salmon w/ Mango Salsa 93	2 Roast Turkey w/Gravy 674			3 Egg Salad on Lettuce 170	
				Brown Rice w/ Tomatoes & Basil 5	Whipped Sweet Potatoes 41			Tri Color Pasta Salad 52	
				Honey Glazed Carrots 79	Stuffing Garnish 66			Riviera Salad 81	
				Multigrain Bread 150	Cranberry Sauce 4			Mini Kaiser Roll 200	
				Brownie 100	Green Beans 3			Banana 1	
				MOD: SF Choc. Chip Cookie 55	Garlic Roll 181				
					Fresh Orange 0				
				Caloreis: 700 Sodium: 580mg Carbs: 94g	Calories:839 Sodium:1124mg Carbs: 96g			Calories: 777 Sodium: 660mg Carbs: 99g	
6		7		8		9		10	
Greek Chicken 489		WG Fish Sticks 320		WG Ravioli 8		Italian Pot Roast 191		Macaroni & Cheese ** 616	
Brown Wild Rice Blend 31		Sweet Potato Tater Tots 380		w/ Meat Sauce 579		Mashed Potatoes 135		Roman Veg. Blend 12	
California Veg. Blend 30		Zucchini 2		Italian Veg. Blend 36		Collard Greens w/ Onions 50		Wheat Bread 115	
Rye Bread 150		Oatmeal Bread 150		Multigrain Bread 150		WW Dinner Roll 180		Hot Caramelized Peaches 75	
Double Choc. Chip Cookie 164		Tartar Sauce 130		Parmesan Cheese 35		Lemon Square 105			
MOD: SF Oatmeal Cookie 65		Mandarin Oranges 7		Hot Cinnamon Apples 64		MOD:Vanilla Wafers 65			
Calories: 760 Sodium: 1019mg Carbs: 89g		Calories: 856 Sodium:1144mg Carbs:120g		Calories: 677 Sodium: 1018mg Carbs: 85g		Calories: 707 Sodium: 816mg Carbs: 85g		Calories: 709 Sodium: 972mg Carbs: 93g	
13		14		15		16		17	
Shepherd's Pie 175		Chicken Cacciatore 343		Corned Beef*# 972		Turkey Salad 490		Fish Filet 220	
Broccoli w/ Red Peppers 12		Herbed Brown Rice 40		Red Bliss Potatoes 8		Pasta Salad Vinaigrette 8		Tater Tots 341	
Italian Bread 380		Jardinere Veg. Blend 32		Cabbage 20		Tomato Cucumber Salad 3		Green Beans 3	
Hot Cinnamon Pears 64		Marble Rye 280		Sliced Carrots 43		Mini Kaiser Roll 200		Tartar Sauce 130	
		Raspberry Cookie 192		WW Dinner Roll 180		Fresh Orange 0		WW Hamburger Roll 230	
		MOD: Lorna Doones 100		St. Patrick's Day Cupcake 200				Banana 1	
				MOD: Waffle Snaps 65					
Calories:769 Sodium: 786mg Carbs: 85g		Calories: 769 Sodium: 1044mg Carbs: 108g		Calories: 742 Sodium: 1548mg Carbs: 100g		Calories: 699 Sodium: 855mg Carbs: 83g		Calories: 838 Sodium: 1080mg Carbs: 107g	
20		21		22		23		24	
Turkey Chili #* 696		Pasta & Meatballs 236		Unstuffed Pepper Casserole 229		Chicken, Broccoli and Penne 419		Catch of the Day w/ ~196	
Hot Mexicali 89		w/ Tomato Sauce 19		Spinach 110		Alfredo 65		Newburg Sauce 41	
Brown Rice Salad 40		Italian Veg. Blend 35		Multigrain Bread 150		Spring/Summer Veg. Blend 181		Roasted Sweet Potatoes 17	
Country Style Vegetables 150		Parmesan Cheese 380		Vanilla Pudding 65		Garlic Roll 75		Brussel Sprouts 180	
Multigrain Bread 2		Italian Bread 64		MOD: Vanilla Wafers 65		Choc. Oatmeal Bar 65		WW Dinner Roll 0	
Fresh Apple		Hot Cinnamon Peaches				MOD: Waffle Snaps			
Calories: 856 Sodium: 1152mg Carbs: 114g		Calories: 863 Sodium: 889mg Carbs: 112g		Calories: 684 Sodium: 843mg Carbs: 77g		Calories: 751 Sodium: 1151mg Carbs: 100g		Calories: ~763 Sodium: ~739mg Carbs: 103g	
27		28		29		30		31	
Frittata w/ 210		Pork Stir Fry w/ Honey Ginger Suace 187		Chicken Scallopini 351		Meatloaf w/ Gravy 350		Potato Crunch Fish 270	
Red Peppers & Mushrooms 261		Lo Mein Noodles 57		w/ Parslied Ziti Pasta 4		Mashed Potatoes 135		Brown Rice w/ 8	
Sesoned Potato Wedges 2		Asian Veg. Blend 25		Broccoli 9		Peppers & Onions 2		Tomatoes & Basil 3	
Peppers & Onions 200		Wheat Bread 115		WG Slider Roll 125		Multigrain Bread 150		Tartar Sauce 130	
Blueberry Muffin 5		Pumpkin Cookie 139		Hot Caramelized Pears 75		Double Choc. Chip Cookie 164		Oatmeal Bread 150	
Apricots		MOD: SF Oatmeal Cookie 65				MOD: SF choc chip cookies 55		Banana 1	
Calories: 695 Sodium: 603mg Carbs: 83g		Calories: 867 Sodium: 678mg Carbs: 100g		Calories: 691 Sodium: 718mg Carbs: 89g		Calories: 912 Sodium: 955mg Carbs: 108g		Calories: 760 Sodium: 714mg Carbs: 100g	

- 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