

Requested Donation
is \$2.00 per Meal.

GREATER LYNN SENIOR SERVICES

PLEASE CALL 781-586-8692
IF YOU WILL NOT BE HOME
TO RECEIVE YOUR MEAL

HOME DELIVERED MEALS – DECEMBER 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>3</p> <p>Swedish meatballs(415) Mashed potatoes(109) Calories-718 Sodium-935</p> <p>ALTERNATIVE</p> <p>Veggie stuffed pepper(100) Calories-725 Sodium-600</p>	<p>4</p> <p>Macaroni and cheese(520)* California blend veg.(22) Calories-718 Sodium-1062</p> <p>ALTERNATIVE</p> <p>Oven fried chicken(100) Calories-786 Sodium-652</p>	<p>5</p> <p>Roast turkey/gravy(449) Mashed potato(109) Calories-686 Sodium-923</p> <p>ALTERNATIVE</p> <p>Beef/onions(100) Calories-615 Sodium-565</p>	<p>6</p> <p>Pork hot dog/roll(886)* Baked beans(140) Calories-700 Sodium-1202*</p> <p>ALTERNATIVE</p> <p>Veggie burger/roll(570)* Calories-675 Sodium-510</p>	<p>7</p> <p>Chicken tenders/honey mustard(170), potato(200) Calories-723 Sodium-803</p> <p>ALTERNATIVE</p> <p>Garlic fish(150),yucca(17) Calories-708 Sodium-600</p>
<p>10</p> <p>Beef stew(117) Mashed potatoes(109) Calories-761 Sodium-642</p> <p>ALTERNATIVE</p> <p>Bean/cheese burrito(300) Calories-740 Sodium-812</p>	<p>11</p> <p>Stuffed shells/sauce(505)* Mixed vegetables(24) Calories-600 Sodium-610</p> <p>ALTERNATIVE</p> <p>Seasoned pork(106) Calories-650 Sodium-550</p>	<p>12</p> <p>Chicken picatta/rice(185) Broccoli(32) Calories-690 Sodium-506</p> <p>ALTERNATIVE</p> <p>Cheese pizza(340) Calories-705 Sodium-685</p>	<p>13</p> <p><u>Winter Special</u> Chicken/brown sugar glaze Au gratin potatoes Garlic green beans Baked dessert Dinner roll Calories-700 Sodium-750</p>	<p>14</p> <p>Shepherd's pie(201) Mashed potato(109) Calories-600 Sodium-542</p> <p>ALTERNATIVE</p> <p>Macaroni and cheese(520)* Calories-698 Sodium-861</p>
<p>17</p> <p>Eggplant parmesan/sauce(512)* Pasta(20) Calories-800 Sodium-955</p> <p>ALTERNATIVE</p> <p>Jerk chicken(275) Calories-700 Sodium-878</p>	<p>18</p> <p>Beef/broccoli(337)Fried rice(116) Mixed veg./mushrooms(12) Calories- 820 Sodium-801</p> <p>ALTERNATIVE</p> <p>Chicken/sauce(383),plantains(17) Calories-800 Sodium-855</p>	<p>19</p> <p>Pork/onion gravy(162) Mashed sweet potato(70) Calories-795 Sodium-721</p> <p>ALTERNATIVE</p> <p>Beef/chimichurri sauce(140) Calories-800 Sodium-796</p>	<p>20</p> <p>Turkey divan/rotini(240) Broccoli(32) Calories-800 Sodium-650</p> <p>ALTERNATIVE</p> <p>Fish/tomatoes & onions(150) Calories-775 Sodium-600</p>	<p>21</p> <p>Greek chicken(161) Lemon rice(93) Calories-777 Sodium-766</p> <p>ALTERNATIVE</p> <p>Pork/BBQ sauce(350) Calories-800 Sodium-880</p>
<p>24</p> <p>Cranberry chicken(328) Roasted sweet potato(104) Calories-808 Sodium-939</p> <p>ALTERNATIVE</p> <p>Egg/cheese croissant(410) Calories-698 Sodium-1116</p>	<p>25</p> <p>HOLIDAY</p> <p>NO MEAL SERVICE</p>	<p>26</p> <p>Meatloaf/mushroom gravy(386) Cheddar mashed potato(106) Calories-700 Sodium-874</p> <p>ALTERNATIVE</p> <p>Veggie chili/ brown rice(453) Calories-670 Sodium-870</p>	<p>27</p> <p>Lasagna/tomato sauce(405) Roasted zucchini(10) Calories-610 Sodium-700</p> <p>ALTERNATIVE</p> <p>Chicharron(pork)-(310) Calories-700 Sodium-781</p>	<p>28</p> <p>Potato pollock/tartar sauce(355) Mashed red potato(101) Calories-814 Sodium-874</p> <p>ALTERNATIVE</p> <p>Garlic chicken(200) Calories-650 Sodium-680</p>
<p>31</p> <p>Sweet and sour meatballs(415) Fried rice(116) Calories-758 Sodium-1000</p> <p>ALTERNATIVE</p> <p>Honey mustard chicken(230) Calories-714 Sodium-688</p>		<p>MENU SUBJECT</p> <p>TO CHANGE</p> <p>WITHOUT NOTICE</p>	<p>NUMBERS IN () ARE SODIUM FOR THE ITEM.CALORIES AND SODIUM ARE LISTED FOR THE ENTIRE MEAL, INCLUDING MILK, BREAD, MARGARINE AND DESSERT.</p>	<p>ITEMS MARKED WITH * INDICATE HIGHER SODIUM ITEM(MORE THAN 500MG PER SERVING).MEALS MARKED WITH ** INDICATE HIGH SODIUM(MORE THAN 1200MG).</p>

PLEASE CIRCLE YOUR SELECTION FOR EACH DAY. RETURN ONE COPY TO DRIVER AND RETAIN SECOND COPY FOR REFERENCE.

NAME: _____

ADDRESS: _____