

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 – **MAY** 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
NUMBERS IN () ARE SODIUM FOR THE ITEM. CALORIES AND SODIUM ARE ALSO LISTED FOR THE ENTIRE MEAL, INCLUDING MILK, BREAD AND DESSERT.	ITEMS MARKED WITH * INDICATE HIGHER SODIUM ITEM (more than 500mg per Serving). MEALS MARKED WITH ** ARE HIGH SODIUM (more than 1200mg per meal).	1 Pulled pork/BBQ sauce(410) Sweet potato wedges(187) Calories-665 Sodium-1025 ALTERNATIVE Chicken/ sauce(275) Calories-650 Sodium-990	2 Stuffed pepper/sauce(290) Au gratin potatoes(142) Calories-870 Sodium-982 ALTERNATIVE Chicken stew/yucca(190) Calories- 718 Sodium-750	3 Cheese omelette(210) Roasted potatoes(121) Calories-710 Sodium-812 ALTERNATIVE Cheese ravioli/sauce(575)* Calories-789 Sodium-990
6 Chicken cacciatore/mushroom-195 Pasta(20) Calories-749 Sodium-722 ALTERNATIVE Pasta primavera(200) Calories-690 Sodium-650	7 Macaroni and cheese(520)* Mixed vegetables(22) Calories-756 Sodium-951 ALTERNATIVE Garlic fish(150) Calories- 675 Sodium-642	8 Pork hot dog/roll (886)* Baked beans(140) Calories- 716 Sodium-1171 ALTERNATIVE Veggie burger/roll(550)* Calories-786 Sodium-1042	9 <u>MOTHER'S DAY SPECIAL</u> Broccoli and cheese chicken Roasted carrots/dill Scallion mashed potato Strawberry shortcake Calories-823 Sodium-1319**	10 Beef stew(117) Mashed potatoes(109) Calories-720 Sodium-600 ALTERNATIVE Pork/BBQ sauce(275) Calories-700 Sodium-758
13 Chicken meatball stroganoff/ Mushroom, noodles(270) Calories- 703 Sodium-695 ALTERNATIVE Beef picadillo(330) Calories-732 Sodium-720	14 Hoison chicken stirfry/ Mushrooms(533)*, fried rice(116) Calories-600 Sodium-920 ALTERNATIVE Honey mustard pork(295) Calories- 620 Sodium-800	15 Beef pot pie(403) Mashed potatoes(109) Calories- 733 Sodium-936 ALTERNATIVE Chicken/tomato sauce(275) Calories-650 Sodium-870	16 Cheese lasagna/sauce(505)* Broccoli(32) Calories-600 Sodium-798 ALTERNATIVE Haitian chicken stew(250) Calories-625 Sodium-680	17 Fish/tartar sauce(385) Roasted potatoes(121) Calories-834 Sodium-877 ALTERNATIVE Beef/chimichurri sauce(140) Calories-710 Sodium-864
20 Chicken picatta(282) Pasta(20) Calories-791 Sodium-688 ALTERNATIVE Coconut curried fish(290) Calories-765 Sodium-634	21 Meatloaf/gravy(214) Whipped potato(5) Calories- 690 Sodium-661 ALTERNATIVE Cheese ravioli/sauce(575)* Calories-740 Sodium-920	22 Chicken/supreme sauce(280) Steamed potato(5) Calories-600 Sodium-680 ALTERNATIVE Egg/cheese croissant(410) Calories-610 Sodium-720	23 Beef Shepherd's pie(201) Roasted butternut squash(20) Calories-744 Sodium-672 ALTERNATIVE Spinach cheese enchilada(300) Calories-720 Sodium-775	24 Stuffed shells/sauce(505)* Roasted cauliflower(32) Calories-600 Sodium-907 ALTERNATIVES Veggie chili(448) Calories-703 Sodium-900
27 HOLIDAY NO MEAL SERVICE	28 Egg salad/hotdog roll(520)* Potato salad(281) Calories-700 Sodium-1097 ALTERNATIVE Jerk chicken(150), plantains(17) Calories-707 Sodium-807	29 American chop suey(316) Garlic spinach(40) Calories- 605 Sodium-796 ALTERNATIVE Honey soy chicken(553)* Calories-670 Sodium-930	30 BBQ pulled pork(410) Sweet potato wedges(187) Calories-865 Sodium-1275** ALTERNATIVE Cheese quesadilla(300) Calories-783 Sodium-879	31 Roast turkey/gravy(449) Mashed potatoes(109) Calories-700 Sodium-941 ALTERNATIVE Veg. stuffed pepper(100) Calories-680 Sodium-533

PLEASE CIRCLE YOUR SELECTION FOR EACH DAY. RETURN ONE COPY TO DRIVER AND RETAIN SECOND COPY FOR REFERENCE. MEALS SUBJECT TO CHANGE WITHOUT NOTICE.

NAME: _____

ADDRESS: _____