

SeniorCare January Regular HDM Menu 2024

Monday				Tuesday			Wednesday			Thursday			Friday		
1 No Meals Served Happy New Years				2 Chicken Pot Pie* (570) Mshd Potato (110) WW Roll (180) Gelatin (65)			3 Turkey & Cran Salad (475) Garden Salad(150) Butternut Salad (10) Pita Bread (215) Chilled Fruit (5)			4 Hot Dog*(540) Baked Beans(140) Coleslaw (45) Roll (250) Warm Pears (5)			5 Pasta Fagioli (430) Cauliflower (15) Oat Bread (130) Cookie (60)		
				Cal 740	Carb 90	Na 1075	Cal 510	Carb 70	Na 985	Cal 800	Carb 100	Na 1245	Cal 680	Carb 100	Na 815
8 BBQ Pulled Pork*(530) Swt Tater Tot (230) Corn&Peppers (5) Roll (250) Applesauce (15)				9 Turkey w/Gravy* (765) Mshd Potato(110) Carrots (45) LS WW Bread(0) Chilled Fruit (10)			10 Chicken Marsala (370) Risotto (105) Capri Veg (15) B-Day Cake (175) Oat Bread (150)			11 Beef Stew(245) Mshd Potato (110) Cornbread (235) Fresh Fruit (5)			12 Spinach Alfredo Lasagna (455) Zucchini & (10) Summer Squash WW Roll (180) Pudding (160)		
Cal 670	Carb 100	Na 1160	Cal 600	Carb 100	Na 1105	Cal 680	Carb 85	Na 995	Cal 730	Carb 95	Na 770	Cal 770	Carb 100	Na 1120	
15 No Meals Served MLK Day				16 Turkey Chili*(540) Green Beans (5) WW Bread (165) Mandarins (5)			17 Meatloaf w/Gravy (460) Mshd Potato(110) Peas (60) Oat Bread (150) Pudding (190)			18 Chicken*(625) Cordon Bleu Butternut (20) Beets (140) MG Bread (45) Pineapple (5)			19 Breaded  Fish (330) Potatoes O'Brien (30) Garden Salad (150) Fruit Crisp (105)		
				Cal 590	Carb 85	Na 890	Cal 790	Carb 90	Na 1145	Cal 670	Carb 80	Na 1115	Cal 775	Carb 100	Na 995
22 American Chop Suey (395) Zucchini (5) WW Garlic Roll (240) Mandarins (5)				23 Fish (380)  w/Breadcrumbs Rice Pilaf (70) Br. Sprouts (15) Oat Bread (150) Chilled Fruit (5)			24 Red Pepper & Parmesan Breaded Chicken* (635) Quinoa (5) Capri Veg (15) Vienna Brd (140) Fresh Fruit (5)			25 Special: Moo Shu Pork w/Vegetables(490) Fried Rice (150) WW Roll (180) Cake (265)			26 Broccoli Egg Bake (440) Rstd Potatoes (5) Fruit Loaf (170) Yogurt (75) Juice (5)		
Cal 735	Carb 95	Na 820	Cal 620	Carb 90	Na 800	Cal 825	Carb 95	Na 975	Cal 935	Carb 125	Na 1425	Cal 960	Carb 120	Na 820	
29 Chicken*(530) Piccata & Pasta Broccoli (10) Roll (260) Chilled Fruit (5)				30 Meatballs w/Marinara(300) Corn (5) Crm Spinach (220) Sub Roll (330) Pineapple (5)			31 Salisbury Steak w/Mushroom(485) Mshd Potato (110) Beets (140) Cornbread (235) Gelatin (40)			Total Calories, Na and Carb include: Entrée, sides, dessert, fruit, bread, milk & margarine. Sodium (Na): Milligrams noted in parenthesis. *High sodium item (>500mg) Shading = High sodium meal (>1200mg)					
Cal 635	Carb 90	Na 980	Cal 820	Carb 115	Na 985	Cal 720	Carb 90	Na 1185							

To Cancel Meals please call 978-281-1750 by 10am the day before.

Menu Subject to Change Without Notice

A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly.