

SeniorCare February 2024 Regular Menu

Monday	Tuesday	Wednesday	Thursday	Friday
Total Calories, Na and Carb include: Entrée, sides, dessert, fruit, bread, milk & margarine. Sodium (Na): Milligrams in parenthesis *High sodium item (>500mg) Shading = High sodium meal (>1200mg)			1 Ham*(950) Potatoes Au Gratin (145) Bread Pudding(190) LS WW Bread (0) Garden Salad (35)	2 Macaroni & Cheese* (815) Peas (60) Oat Bread (150) Orange (0)
			Cal 880	Cal 735
			Carb 140	Carb 125
			Na 1485	Na 1200
5 BBQ Pulled Pork* (530) Corn & Red Peppers (5) Rstd Butternut(20) Roll (250) Applesauce (15)	6 Country Breaded Chicken*(570) Mshd Potato (110) Crmd Spinach(220) LS Bread (0) Chilled Fruit (5)	7 Special: Chckn Scampi (460) Pasta (5) Veg Blend (15) Garlic Roll (240) Cake (175)	8 Turkey & Sweet Potato Chili*(540) Green Beans (5) WW Bread (165) Yogurt (75) Juice (0)	9 Honey garlic Salmon (95)  Brown Rice (25) Br. Sprouts (15) MG Bread (150) Chilled Fruit (5)
Cal 630	Cal 755	Cal 790	Cal 580	Cal 730
Carb 90	Carb 90	Carb 95	Carb 95	Carb 95
Na 950	Na 1080	Na 1175	Na 830	Na 460
12 Yankee Pot Roast*(565) Beets (140) Mshd Potato (115) WW Bread (165) Pineapple (5)	13 Hot Dog*(540) Baked Beans (140) Coleslaw (45) Roll (250) Warm Pears (5)	14 Ravioli & Marinara*(510) Zucchini (10) Vienna Bread (140) Mandarins (5)	15 Turkey Cobb Salad*(705) Potato Salad (100) Pita Bread (160) Gelatin (65)	16 Breaded Fish (190)  Veg Rice (90) Broccoli (30) MG Bread (150) Cookie (60)
Cal 570	Cal 800	Cal 675	Cal 785	Cal 800
Carb 75	Carb 100	Carb 90	Carb 105	Carb 120
Na 1160	Na 1245	Na 955	Na 1025	Na 705
19 President's Day No Meals Served	20 Turkey w/Gravy* (765) Butternut (25) Br. Sprouts (15) LS WW Bread (0) Applesauce (0)	21 Chicken Cacciatore (420) Risotto (110) Veg Blend (20) Oat Bread (150) Cookie (60)	22 Beef & (245) Vegetable Stew Mshd Potato (110) Cornbread (235) Fresh Fruit (5)	23 Spinach Lasagna*(540) Zucchini (10) WW Roll (180) Mandarins (5)
	Cal 595	Cal 660	Cal 730	Cal 710
	Carb 95	Carb 75	Carb 95	Carb 85
	Na 1005	Na 940	Na 770	Na 1020
26 Meatloaf w/Gravy (210) Mshd Potato (110) Peas (60) Oat Bread (150) Pudding (190)	27 Stuffed Shells w/ Marinara*(585) Broccoli (30) WW Roll (180) Chilled Fruit (5)	28 Turkey (475) Cranberry Salad Garden Salad(150) Butternut (10) Pita Bread (160) Chilled Fruit (5)	29 Chicken Kiev (410) Sweet Potato (45) Beets (140) MG Bread (150) Pineapple (5)	Menu Subject to Change Without Notice A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly.
Cal 785	Cal 645	Cal 465	Cal 775	
Carb 95	Carb 95	Carb 60	Carb 85	
Na 895	Na 1085	Na 930	Na 935	

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