March 2015

SeniorCare
Elder Services | Information | Solutions

Nutrition information includes: entrée, sides, milk, bread and dessert.

Luncheon Meal Menu

Monday	Tuesday	Wednesday	Thursday	Friday
2 Hamburger Swt Potato Wedges Mixed Veggies Fruit	**3** Bked Chicken Mshed Potatoes Collard Greens Banana	**4** Rsted Pork Scalloped Potato Peas Applesauce	**5** Meatball Sub Winter Squash Cauliflower Soup Cookie**	**6** Red Pepper Ravioli, Salad Veggie Blend Cho Mousse**
Calories: 700 %Fat: 31% Sodium: 770mg	Calories: 665 %Fat: 22% Sodium: 575mg	Calories: 765 %Fat: 25% Sodium: 575mg	Calories: 560 %Fat: 35% Sodium: 690mg	Calories: 870 %Fat: 52% Sodium: 920mg
9 Fish Florentine Brown Rice Pilaf Roasted Beets Mandarins	**10** Salisbury Stk Mashed Potatoes Green Beans Yogurt, Juice*	**11** BBQ Chicken Yukon Potatoes Corn Chowder Pineapple	**12 *Special*** Beef & Cabbage Carrot & Turnip Potato, Parfait**	**13** Baked Eggs Potato O'Brien Applesauce Fresh Orange
Calories: 640 %Fat: 21% Sodium: 625mg	Calories: 585 %Fat: 25% Sodium: 790mg	Calories: 850 %Fat: 20% Sodium: 1120mg	Nutrition Information Unavailable	Calories: 720 %Fat: 39% Sodium: 960mg
16 Veggie Lasagna White Sauce Zucchini Chilled Pears	**17** Apricot Chick Brown Rice Veggie Soup Cho. Pudding**	**18** Beef w/Leeks Creamy Potatoes Butternut Squash Mandarins	**19** American Chop Suey, Salad Veggie Blend Melon	**20** Dilly Fish Red Potatoes Split Pea Soup Apple Crisp**
Calories: 570 %Fat: 27% Sodium: 750mg	Calories: 675 %Fat: 29% Sodium: 965mg	Calories: 790 %Fat: 36% Sodium: 530mg	Calories: 860 %Fat: 43% Sodium: 670mg	Calories: 940 %Fat: 26% Sodium:1015mg
23 Chicken Nuggets Potato Wedges Peas Yogurt, Juice*	**24** Swt&Sour Pork Jasmine Rice Asian Veg Soup Pineapple	**25** Meatballs & Gravy, Noodles Veggie Blend Peaches	**26** Rsted Turkey Mshed Potatoes Carrots Fruit Bar**	**27** Stffd Shells Caesar Salad Rsted Zucchini Cantaloupe
Calories: 735 %Fat: 27% Sodium: 840mg	Calories: 850 %Fat: 25% Sodium: 950mg	Calories: 600 %Fat: 26% Sodium: 555mg	Calories: 750 %Fat: 29% Sodium: 1060mg	Calories: 600 %Fat: 29% Sodium:1090mg
30 Hot Dog Bked Beans Coleslaw Mandarins	**31** Meatloaf Mshed Potatoes Carrot Soup Pudding**	**1** Rsted Chicken Quinoa Pilaf Rsted G.Beans Pineapple	**2** Crunchy Fish Butternut Squash Steamed Beets Brownie**	**3** Mac n'Cheese Tomato Soup Kale Fruit Cocktail
Calories: 770 %Fat: 38% Sodium: 1445mg	Calories: 720 %Fat: 30% Sodium: 910mg	Calories: 720 %Fat: 23% Sodium: 830mg	Calories: 790 %Fat: 31% Sodium: 870mg	Calories: 800 %Fat: 40% Sodium: 790mg

****Alternative carbohydrate-controlled dessert available****

Milk will not be served on 3/10/15 and 3/23/15

Menu Subject to Change without Notice

$2.00 Voluntary Confidential Donation Requested Per Meal

Thank you. 978-281-1750 (toll free 1-866-927-1050)