

SENIORCARE CONGREGATE MEALS - JUNE 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 MEMORIAL DAY NO SERVICE	29 Spaghetti & Chicken Meatball 20 Marinara Sauce 210 Spinach 194 Honey Dew Melon 113 Scali Bread 15 129	30 BBQ Chicken 423 Rst. Sweet Potato 187 Green Beans & Red peppers 6 Apple Sauce 14 Multigrain Bread 130	31 Meatloaf w/ Gravy 214 Whipped Potatoes 109 Parsley Garnish Hearty Vegetable Soup 220 Coconut Cake 277 DB Angel Food Cake Whole Wheat Dinner Roll 127	1 Honey Rosemary Chicken 386 Red Bliss Potatoes 5 Broccoli 32 Jello 64 Snack & Loaf 160
Cal: / Na:	Cal: 692 / Na: 836	Cal: 672 / Na: 923	Cal: 869 / Na: 1158	Cal: 673 / Na: 802
4 #1 Potato Pollock 300 Calypto Sauce 10 Sweet Potato Hash 304 Seasonal Summer Squash 11 #2 SC: Grilled Chicken 324 Yogurt & Juice 80 Oatmeal Bread 142	5 *Hot Dog** 540 Mustard/Relish 136 Baked Beans 206 Coleslaw 167 Cantaloupe 7 Hot Dog Roll 210	6 Chicken Scampi 324 w/ Scampi Sauce 187 over noodles 3 Spinach Salad w/ dressing 173 Mandarin Orange 10 Wheat Bread 138	7 Chef Salad 187 1.5oz turkey, 1.5 egg, .5oz chz Summer Florentine Soup w/ Crackers 220 Garden Salad w/carrots/cukes/tom Dressing 60 Fresh Seasonal Fruit 1 Hearty White Bread 122	8 Meatloaf w/Gravy 370 Whipped Potato 109 Peas 58 Lemon Cake/DB Angel Food 255 Multigrain Bread 130
Cal: 868 Na:1002/Cal:719 Na: 1026	Cal: 741 / Na: 1391**	Cal: 925 / Na: 969	Cal: 1004 / Na: 854	Cal: 823 / Na: 1077
11 Chicken Meatballs 210 Country Gravy 27 Cheddar Whipped Potatoes 136 Corn 1 Strawberry Mousse 24 Oatmeal Bread 142	12 Stuffed Shells 390 Marinara Sauce 194 Broccoli 32 Garden Salad w/Dressing 68 Fresh Fruit 2 Whole Wheat Dinner Roll 127	13 Steak (Julienned Roast Beef) 54 Mixed Green Salad 2 tomato & cucumbers 4 Veggie Pasta Salad 215 Dressing 60 Chilled Pineapple 1 Wheat Bread 138	14 Fathers Day Special Pulled Pork 292 Macaroni & Cheese 142 Baked Beans 206 Peach & Blueberry Crisp/DB Crisp 10 White Dinner Roll 127	15 Chicken 324 w/ Lemon Citrus Sauce 26 Wild Rice Pilaf 148 Seasoned Carrots 43 Mandarin Oranges 10 Raisin Bread 98
Cal: 703 / Na: 695	Cal: 787 / Na: 968	Cal: 930 / Na:629	Cal: 992 / Na: 968	Cal: 566 / Na: 804
18 #1 Breaded Fish 300 Tartar Sauce 85 Macaroni & Cheese 285 Broccoli 32 #2 SC: BBQ Chicken 169 Raisins 4 Multigrain Bread 130	19 Turkey w/Gravy 456 Cranberry Sauce 4 Whipped Potato 109 Carrots 65 Diced Pears 5 Snack n Loaf 160	20 Deviled Egg Salad 310 Lettuce Leaf Potato Salad 311 Tomato Florentine soup 148 Peach Cobbler/DB Baked Peaches 29 Hot Dog Roll 210	21 Meatball Sub** 187 w/Marinara Sauce 194 Sweet Potato Fries 170 Caesar Salad w/ dressing 324 Honeydew 15 WW Sub Roll 320	22 Chicken Fajita 55 w/Pepper & Onion Spanish Rice 13 Black Bean & Corn Salad 293 Flan Style Pudding/DB Choc Pudding 115 Whole Grain Tortilla 220
Cal:804 Na:857 /Cal:677 Na:1050	Cal: 690 / Na: 984	Cal: 709 / Na: 1219**	Cal: 736 / Na: 1366*	Cal: 793 / Na: 850
25 Hamburger 320 w/Ketchup 80 Roasted Potato 121 Peas 68 Yogurt & Juice 80 WW Hamburger Bun 254	26 Tarragon Chicken Salad 192 Lettuce Leaf Quinoa Taboule Salad w/ fresh mint 250 Coleslaw 167 Cantaloupe 7 Hot Dog Roll 210	27 #1 Baked Haddock 296 Lemon Wedge Whipped potatoes 109 Garden Salad w/Dressing 62 #2 SC: Smothered Pork 298 Lemon Square/DB Grahams 142 Multigrain Bread 130	28 Lasagna 290 Marinara Sauce 194 Green Beans & Red Pepper 6 Kale & White Bean Soup 14 Fresh Seasonal Fruit 1 Oatmeal Bread 142	29 Pineapple Chicken 105 Fried Rice w/Garlic, Ginger 116 Soy Sauce, Peas, Scallions, Egg 10 Carrots 65 Chilled Pineapple 1 Snack & Loaf 160
Cal: 873 / Na: 162	Cal: 595 / Na: 980	Cal:712/Na 743 #2 862/Na745	Cal: 596 / Na: 788	Cal: 812 / Na: 601

Menu Subject to Change Without Notice

Sodium(Na) values listed in Parentheses. Sodium in milk (125 mg), Margarine (30 mg), Tartar Sauce (97) & Crackers (56 mg).

*High Sodium Entrée contains more than 500mg. **Indicates higher sodium meal having more than 1200 mg.

Requested Voluntary Confidential Donation: \$2.00 per meal. All donations go to providing meals.