


SENIORCARE CONGREGATE MEALS - APRIL 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Beef Stew 117 w/ Peas & Carrots Mashed Potatoes 107 Chocolate Mousse 135 Biscuit 330 Cal: 840 / Na: 862	3 Chicken 116 (Lemon Thyme) Garden Salad/Dressing 60 Rst. Potatoes 121 Fruit Crisp / DB Baked 10 Dinner Roll 127 Cal: 837 / Na: 603	4 Sweet & Sour 395 Chix Meatballs Fried Rice 116 Mandarin Veggie Blend Pineapple 1 Oatmeal Bread 142 Cal: 767 / Na: 829	5 *Hot Dog** 540 Mustard/Relish 136 Baked Beans 206 Carrots 65 Mandarin Oranges 10 Hot Dog Rolls 210 Cal: 846 / Na: 1271**	6 Stuffed Shells 390 Marinara Sauce 194 Roasted Cauliflower 32 Minestrone Soup 216 Cantaloupe 1 Hearty Wheat Bread 122 Cal: 576 / Na: 1163
9 Beef Shephard's pie 201 w/ Mashed Potato 107 Corn, Peas Rst. Butternut Squash 20 Chocolate Cake 159 DB Angel Food Cake Whole Wheat Bread 138 Cal: 744 / Na: 642	10 Chicken Marsala 320 w/ Fresh Mushrooms 59 Roasted Carrots 43 Rice 4 Mandarin Oranges 10 Oatmeal Bread 142 Cal: 631 / Na: 731	11 American Chop Suey 316 Marinara Sauce 194 Broccoli 32 Caesar Salad w/ dressing 322 Chilled Fruit 6 Snack & Loaf 160 Cal: 912 / Na: 990	12 *Chicken Pot Pie 570 w/ Peas & Carrots Red Bliss Potatoes 5 Yogurt & Juice 75 Dinner Roll 162 Cal: 752 / Na: 967	13 Baked Fish or 270 Garlic chicken 130 Mac & Cheese 142 Tomato Soup 148 Cantaloupe 1 Whole Wheat Bread 138 1#Cal 724Na:1032 #2Cal:523/Na:998
16 PATRIOT'S DAY NO SERVICE  Cal: / Na:	17 Spaghetti & Chicken Meatballs 230 Marinara Sauce 194 Roasted Cauliflower 32 Apple Sauce 14 Scali Bread 129 Cal: 696 / Na: 754	18 Honey Rosemary Pork 73 Rst. Sweet Potato 104 Mushroom Soup 215 Coconut Cake & 277 DB Angel Food Cake Multigrain Bread 130 Cal: 809 / Na: 1019	19 SPRING CELEBRATION Seafood Bake (Fish, Scollop, Shrimp) Paella Style Rice w/ Peas & turmeric Zucchini & Summer Squash Blend Strawberry Mousse & Whipped Topping Pull Apart Roll Cal: 829 / Na: 871	20 Broccoli & Cheese 436 Egg bake Red Bliss Potatoes 5 Maple Glazed Comm Carrots 124 Mandarin Oranges 10 Oatmeal Bread 142 Cal: 829 / Na: 871
23 Stuffed Pepper 175 Rustic Tomato Sauce 33 Au Gratin Potatoes 142 Barley & Veggie Soup Raisins 4 Snack & Loaf 160 Cal: 984 / Na: 818	24 BBQ Chicken 328 Green Beans 5 Baked Potato 9 Sour Cream 13 Mandarin Oranges 10 Corn Bread 236 Cal: 710 / Na: 756	25 Baked Haddock 220 Lemon Wedge Rice Pilaf 93 Broccoli & Cheddar Soup 183 SC#2 Balsamic Glazed 374 Chilled Pineapple 1 Multigrain Bread 130 #1 Cal:715/Na: 846 #2 cal *893/Na *962	26 Roasted Turkey w/ Gravy 418 Cranberry Sauce 8 Peas 68 Whipped Potatoes 107 Fruit Crisp/DB Baked 10 Whole Wheat Roll 105 Cal: 661 / Na: 922	27 Salisbury Steak w/ Gravy 403 Sweet Potatoes 70 Corn & Red Pepper Mix 5 Jello 64 Whole Wheat Bread 138 Cal: 705 / Na: 864
30 Lasagna 256 Marinara Sauce 194 Peas Caesar Salad w/ Dressing 324 Cantaloupe 7 Whole Wheat Roll 105 Cal: 619 / Na: 1166	1 Cranberry Orange 411 Glazed Chix Rice Pilaf 93 Brussel Sprouts Fruits 10 Oatmeal Bread 142 Cal: 632 / Na: 816	2 *Hot Dog ** 540 Mustard/ Relish 136 Baked Beans 206 Carrots 65 Mandarin Oranges 10 Hot Dog Roll 270 Cal: 746 / Na: 1271**	3 Pot Roast 112 Gravy 56 Mashed Potatoes 109 Green Beans 2 Chocolate Pudding DB Vanilla Dinner Roll 162 Cal: 652 / Na: 786	4 Breaded Fish 300 or Pulled Pork Whipped Sweet Potato 70 Corn Chowder 159 Oatmeal Raisin Cookie DB Choco Chip 124 Rye Bread 171 #1Cal:1037 / Na:1249* #2Cal: 1079/Na:1068

Menu Subject to Change Without Notice

Sodium(Na) values listed in Parentheses. Sodium in milk (125mg), Margarine (30 mg), Tartar Sauce (85) & Crackers (56 mg). Tartar Sauce (85mg)

*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.