

SeniorCare August Regular HDM Menu 2025

Monday			Tuesday			Wednesday			Thursday			Friday					
Totals include entrée, sides, dessert, fruit, bread, milk & margarine. *Higher sodium item (>500 mg), Shading = High sodium meal (>1200 mg). Cal = Total Calories, Pro = Total Protein, Na = Total Sodium (also in parentheses) A \$2.00 confidential donation is suggested per meal. Donation letters are mailed monthly. Menu Subject to Change Without Notice Bolded items: description on the menu back												1 Chicken Piccata (430) Rice Pilaf (40) Broccoli (10) WW Bread (165) Pudding (190)					
Cal 650			Na 960			Pro 40											
4 Hamburger (415) Sweet Potato (55) Beets (140) WW Roll (250) Gelatin (15)			5 Breaded Fish (330) 🐟 Mixed Veg (5) Mshd Potato(110) Roll (260) Cookie (60)			6 Chicken Teriyaki* (735) Green Beans (5) Veggie Rice (85) MG Bread (150) Pineapple (5)			7 Turkey & Cheese Chef Salad*(520) Bean Salad (230) Fresh Fruit (5) Pita Bread (160)			8 Eggplant Parmesan*(1050) Pasta (5) Veg Blend (15) LS WW Brd (0) Mandarins (10)					
Cal 675			Na 1095			Pro 30			Cal 675			Na 890			Pro 25		
Cal 615			Na 1005			Pro 40			Cal 460			Na 910			Pro 30		
11 Greek Chicken*(520) Risotto (105) MG Bread (150) Chilled Fruit (5)			12 American Chop Suey (350) Broccoli (10) WW Garlic Roll (240) Fresh Fruit (5)			13 Tuna Salad (240) 🐟 3 Bean Salad(325) Garden Salad (35) WW Bread (330) Pineapple (5)			14 Special: BBQ Pork* (510) Peach Cobbler (40) Green Beans (5) Potato Salad(100) Roll (250)			15 Broc & Cheese Egg Bake (340) Potatoes (25) Carrots (65) Fruit Loaf (170) Yogurt(75)Juice(0)					
Cal 655			Na 915			Pro 40			Cal 730			Na 735			Pro 40		
Cal 570			Na 1060			Pro 35			Cal 955			Na 1030			Pro 40		
Cal 815			Na 765			Pro 25											
18 Smothered Pork w/Mushrooms(290) Sweet Potatoes(30) Cauliflower (15) WW Roll (240) Applesauce (20)			19 Pasta & Meatballs (395) Veg Blend (15) Oat Bread (150) Mandarins (10)			20 Omelet (310) Tky Sausage(280) Rstd Potatoes (5) Ratatouille (115) Bread (180) Fruit Whip (5)			21 Chicken Salad (395) Quinoa Salad (135) Carrot Slaw (70) MG Bread (300) Cookie (60)			22 Pot Roast*(565) Beets (140) Butternut (15) Biscuit (280) Fresh Fruit (5)					
Cal 850			Na 725			Pro 45			Cal 660			Na 805			Pro 35		
Cal 805			Na 1025			Pro 35			Cal 930			Na 1090			Pro 45		
Cal 600			Na 1130			Pro 35											
25 Thai Beef & Peppers (230) Broccoli (10) Brown Rice (25) WW Bread (165) Chilled Fruit (5)			26 Hot Dog*(540) Baked Beans(370) Warm Apples(10) Coleslaw (15) Roll (250)			27 Tortellini Salad w/Peas (310) Cucumber & Tomato Salad (220) Fruit (5) Oat Bread (150)			28 Marry Me Chicken*(740) Couscous (5) Green Beans (5) Cupcake (175) Roll (260)			29 Lemon Garlic Fish (60) 🐟 Corn (5) Spinach (210) MG Bread (150) Gelatin (15)					
Cal 700			Na 570			Pro 35			Cal 830			Na 1455			Pro 30		
Cal 775			Na 810			Pro 30			Cal 975			Na 1310			Pro 110		
Cal 635			Na 565			Pro 35											

To Cancel Meals Please Call 978-281-1750 at Least 2 Days Prior to Service



meal prep

A GUIDE TOWARDS HEALTHY EATING



Planning and preparing nutritious meals ahead of time is a great way to stay on track to meet your healthy eating goals throughout the week!

Benefits of Meal Prepping

- ▶ Reduces Food Waste
- ▶ Promotes Healthier Choices
- ▶ Saves Money & Time
- ▶ Reduces Stress

Steps for Meal Prepping

Step 1: Plan Your Menu

- Find appealing, healthy recipes (cookbooks, websites)
- Include vegetables, fruits, lean protein, whole grains, legumes, and dairy or alternatives
- Follow the balanced plate: ½ veggies and fruits, ¼ protein, ¼ whole grains
- Plan 3 meals + 2 snacks daily
- Scale recipes for needed portions

Step 2: Create Shopping List

- Check your pantry and fridge for ingredients to use before buying more
- Make a list or use an app
- Review sales before shopping
- Stock up on spices, condiments, herbs
- Keep staple items on hand, such as fruits, vegetables, proteins, and whole grains

3: Prioritize Time

- Dedicate time to prepping food, even if only 5 minutes at a time
- Wash/chop produce; cook grains/proteins
- Make extra of staple ingredients for future use, such as whole grains or cooked chicken breast
- Portion food for the week

Step 4: Store Meals Properly

- Use clean, airtight containers with dates
- Refrigerate within 2 hours or freeze
- Reheat to 165°F minimum
- Most leftovers last 3–4 days (fridge), 2–3 months (freezer)
- When in doubt, throw it out!

Resources: <https://www.eatright.org/food/planning/smart-shopping/3-strategies-for-successful-meal-planning>
<https://www.eatright.org/food/home-food-safety/safe-food-storage/leftover-safety>

ELIOR NORTH AMERICA



Meal Descriptions

Greek Chicken: Chicken, Spinach, Peppers, Feta Cheese & Olives

Thai Beef & Peppers: Ground Beef, Soy Sauce, Basil, Oyster Sauce, Garlic & Onions