


SENIORCARE CONGREGATE MEALS - OCTOBER 2017

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2 Stuffed Shells	390	3 Boneless Chicken	95	4 **Hot Dog*	540	5 Meatloaf	314	6 #1 Potato Crusted Fish	270
Marinara Sauce	194	Cranberry Sauce	8	Mustard/	55	Gravy	56	Tartar Sauce	130
Roasted Zucchini	15	Rice Pilaf	93	Relish	81	Cheddar Whipped Potato	136	#2 Grilled Chicken	324
Mandarin Oranges	10	Brussel Sprouts	12	Baked Beans	206	Peas	58	Red Bliss Potato	5
Oatmeal Bread	142	Chocolate Pudding/ DB Vanilla	190	Coleslaw	167	Apple Spice Cake /	273	Vegetable Soup	220
		Whole Wheat Bread	138	Fresh Orange	0	DB Baked Apples		Chilled Fruit	10
				Hot Dog Roll	210	Whole Wheat Roll	105	Hamburger Bun	248
Cal: 561 / Na: 881		Cal: 775 / Na: 665		Cal: 715 / Na: 1289		Cal: 784 / Na: 1073		Cal:(1)859(2)720/Na:(1)1095(2)1019	
		10 Roast Beef	28	11 **Pulled Pork	292	12 Chicken Pot Pie	135	13 Stuffed Pepper	175
		Gravy	56	w/ BBQ Sauce	254	Gravy + puff pastry square		Rustic Tomato Sauce	194
		Beets	83	Roasted Sweet Potato	104	Peas & Carrots in Pot Pie		Au Gratin Potato	142
		Golden Mashed Potatoes	107	Vegetable & Rice Soup	220	Parslied Steamed Potato	5	Kale & White Bean Soup	14
		Cantaloupe	7	Banana Tea Cake /	162	Fresh Fruit	2	Pudding / DB Chocolate	250
		Snack & Loaf	115	DB Angel food Cake		Dinner Roll	127	Bread Stick	230
				Hamburger Roll	248				
NO SERVICE		Cal: 576 / Na: 526		Cal: 1135 / Na: 1383		Cal: 572 / Na: 398		Cal: 926 / Na: 1100	
16 American Chop Suey	316	17 #1 Baked Fish	270	Roasted Chicken	84	19 Autumn Fest	106	20 Turkey a la King	184
Tossed Salad w/Dressing	68	Tartar Sauce	130	Mac & Cheese	142	Roast pork w/Apple Compote	7	Mushroom & Red Pepper	220
Shredded Cheddar	187	Mashed Potatoes	107	Sauteed Greens	86	Parsnips & Brussel Sprouts	42	Rice	199
Fresh fruit	2	Minestrone Soup	216	Raisins	4	Pumpkin Pie/	398	Broccoli	22
Oatmeal Bread	142	#2 Dijon Crusted pork	223	Hearty Wheat Bread	138	DB Butterscotch pudding		Apple Sauce	14
		Jell-O	64			Sourdough Roll	165	Wheat Bread	138
		Snack & Loaf	115						
Cal: 1047 / Na: 859		Cal:(1)864(2)846 /Na:(1)1219(2)1172		Cal: 684 / Na: 565		Cal: 1036 / Na: 996		Cal: 661 / Na: 697	
23 Salisbury Steak	403	24 Broccoli Cheddar Bake	436	25 Turkey/Gravy	449	26 **Ribecue	410	27 Chicken Parmesan	232
Gravy	56	Breakfast Potatoes	194	Cranberry Sauce	8	Light BBQ Sce	169	Marinara Sauce	194
Mashed Potatoes	107	Stewed Tomatoes	37	Stuffing	212	Potato Wedges	200	Pasta	20
Vegetable Soup	129	Yogurt & Juice (NO MILK)	75	Roasted Winter Squash	20	Cauliflower Cheddar Soup	103	Spinach Salad w/Dressing (2)	119
Fruit	10	White Bread	121	Cantaloupe	7	Blondie / DB Brownie	175	Chilled Pineapple	10
Dinner Roll	127			Multigrain Bread	138	Hearty Wheat Bread	138	Breadstick	230
Cal: 692 / Na: 1026		Cal: 889 / Na: 1000		Cal: 668 / Na: 971		Cal: 784 / Na: 1390		Cal: 901 / Na: 755	
30 Beef Stew	117	31 Pasta w/ Meat Sauce	189	1 Chicken Picatta	202	2 #1 Baked Haddock	220	3 Swedish Meatballs	375
Peas/Carrots	72	Caesar Salad (2) w/Dressing	320	Baked Tomato	166	Lemon Wedge		Gravy	53
Mashed Potatoes	107	Carrot Cake/DB Grahams	273	Barley & Greens Soup	93	Roasted Potato	121	Mashed Potato	107
Fresh Fruit	2	Vienna Bread	97	Chilled Pineapple	1	Capri Blend	5	Beets	83
Biscuit	330			Multigrain Bread	138	#2 BBQ Pulled Pork	292	Banana Pudding / DB Vanilla	250
						Mandarin Oranges	8	Rye Bread	171
						Whole Wheat Roll	127		
Cal: 808 / Na: 783		Cal: 848 / Na: 1018		Cal: 680 / Na: 794		Cal: (1)621(2)843 / Na:(1)628(2)700		Cal: 743 / Na: 1176	

Menu Subject to Change Without Notice

Sodium(Na) values listed in Parentheses. Sodium in milk (100 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.