

SENIORCARE CONGREGATE MEALS - AUGUST 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Meatball Sub (chix) 190 w/Marinara Sauce 194 Sweet Potato Fries 170 Garlic Spinach 112 Honeydew 15 WW Sub Roll 320	30 Turkey w/Gravy 487 Cranberry Sauce 4 Whipped Potato 109 Peas 68 Sugar Cookie 123 Oatmeal Bread 130	31 *Beef Hot Dog* 540 Mustard 55/Relish 81 Baked Beans 140 Coleslaw 167 Mandarin Oranges 10 Hot Dog Roll 210	1 Egg Salad 310 Lettuce Leaf Chic Pea Salad 79 Tomato Florentine Soup 148 Chilled Pears 5 White bread 242	2 Chicken Fajita 55 Spanish Rice w/ beans 83 Corn 1 Vanilla Pudding/ DB Chocolate Pudding 170 Whole Grain Tortilla 220
Cal: 703 / Na: 1156	Cal: 803 / Na: 1076	Cal: 773 / Na: 1328**	Cal: 564 / Na: 966	Cal: 786 / Na: 684
5 Salmon 67 w/ Creamy Dill Sauce 88 OR Braised Pork Loin 161 Whipped Potato 109 Vegetable Blend 24 Brownie 175 Multigrain Bread 138	6 Tarragon Chicken-Salad 350 Ditalini Pea Salad 160 Tomato & Cucumber 4 Cantaloupe 7 Hot Dog Roll 210	7 Vegetable Pinwheel 470 w/ Marinara Sauce 194 Kale & white Bean Soup 14 Mixed Fruits 10 Oatmeal Bread 130	8 BBQ Chicken 264 Macaroni & Cheese 142 Coleslaw 167 Chilled Pineapple 1 Corn Bread 236	9 Steak & Cheese Sub 456 Sweet Potato Fries 170 Summer Squash Blend 11 Yogurt & Juice (No Milk) 90 WW Sub Roll 254
#1Cal: 726/Na 748 #2 Cal: 760/Na 754	Cal: 795 / Na: 886	Cal: 713 / Na: 973	Cal: 785 / Na: 1078	Cal: 730 / Na: 920
12 Breaded Chicken Drumstick 450 Green Beans 5 Broccoli Cheddar Soup 103 Jell-O 64 Multigrain Bread 130	13 American Chop-Suey 316 Spinach 113 Mised Green salad w/ House Vinegar 62 Fresh Fruit 2 Snack n Loaf 160	14 Seafood Salad* or 535 Chicken Salad Sandwich 253 Pasta Salad 24 Tomato & Chic Pea Salad 71 Cantaloupe 7 Wheat Bread (2) 276	15 Beef Stew w/ peas & carrots 117 Whipped Potatoes 136 Sugar Cookie 123 Biscuit 330	16 Chicken Cordon Blu w/ Supreme Sauce 342 Wild Rice Blend 148 Brussel Sprouts 12 Mandarin Oranges 8 Oatmeal 142
Cal: 650 / Na: 964	Cal: 1052 / Na: 807	#1Cal:932/ Na:1206* #2 Cal: 911/Na: 924	Cal: 904 / Na: 862	Cal: 572 / Na: 805
19 Pulled Pork 307 w/ Mustard BBQ Sauce 89 Mashed Potatoes 109 Southern Greens 86 Coconut Cake 277 Wheat Dinner Roll 127	20 Chicken w/ Lemon Picatta Sauce 406 Pasta 2 Tossed Salad w/ Dressing 69 Chilled Peaches 5 Vienna Bread 97	21 **Stuffed Shells 390 w/ Marinara 194 Tomato Veggie Soup 264 Roasted Cauliflower 32 Yogurt & Juice (No Milk) 90 Oatmeal Bread 142	22 Turkey Cranberry Apple Salad 310 Beet Salad 95 Potato Salad (Vin) 53 Honey Dew 15 WW Pita Bread (1/2) 170	23 Beef & Broccoli 337 Fried Rice 116 Carrots 65 Mandarin Oranges 10 White Bread 122
Cal: 760/ Na:1150	Cal: 814 / Na: 734	Cal: 754 / Na: 1324**	Cal: 572 / Na: 799	Cal: 978 / Na: 804
26 Honey Balsamic-Chicken 349 Rice Pilaf 93 Green Beans 5 Strawberry Cup 0 Wheat Bread 138	27 **Salsbury Steak 403 Gravy 56 Sweet Potato Hash 304 Broccoli 32 Lemon Cake WW Dinner Roll 255	28 Turkey Pot Pie* 570 w/ peas & carrots Whipped Potato 109 Vanilla Pudding 170 Multigrain Bread 138	29 **Beef Hot Dog* 540 Mustard 55/Relish 81 Baked Beans 140 Coleslaw 167 Mandarin Oranges 20 Hot Dog Roll 210 210	30 Turkey Cobb Salad 339 Romaine Salad Dressing 64 Veggie Minestrone Soup 216 Cantaloupe 7 Snack n Loaf 160 160
Cal: 681 / Na: 740	Cal: 874 / Na:1388**	Cal: 653 / Na: 922	Cal:773 / Na: 1328	Cal: 748 / Na: 998

Menu Subject to Change Without Notice. Please let us know if you have any food allergies.

Total Calories and Na include Entrée, sides, dessert, fruit, bread, milk and margarine. Milk: 125 mg sodium, margarine: 35 mg sodium.

*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.

Need to cancel your meal? Please call 978-281-1750 (toll free 1-866-927-1050) before 11:00 am the day before delivery