


SENIORCARE CONGREGATE MEALS - DECEMBER 2017

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
27 American Chop Suey	316	28 #1 Potato Fish	300	29 Roasted Chicken*	573	30 Dijon Crusted Pork	223	1 Turkey a la King	184
Cauliflower	14	Tartar Sauce	97	Mac & Cheese	142	Gravy	46	Mushroom & Red Pepper	
w/ Shredded Cheddar	187	Mashed Potatoes	107	Sauteed Kale & Spinach	108	Roasted Sweet Potato	187	Rice	199
Tossed Salad w/ House Vin	60	Minestrone Soup	216	Raisins	4	Veggie Noodle Soup	136	Green Beans & Carrots	23
Fresh Fruit	2	#2 Meatloaf (314) w/gravy	56	Hearty Wheat Bread	138	Apple Sauce	19	Mandarin Oranges	10
Snack n Loaf	115	Jell-O	64			Rye Bread	171	Wheat Bread	138
		Oatmeal Bread	142						
Cal: 915 / Na: 763		(1)Cal:809 Na:1149 (2)Cal:731 Na:1089		Cal: 694 / Na: 1096		Cal: 861 / Na: 1042		Cal: 675 / Na: 683	
4 Broccoli Cheddar Bake	436	5 Chili w/Beef & Veggies	455	6 Salisbury Steak	403	7 Turkey (418) w/Gravy	31	8 Chicken Parmesan	232
Breakfast Potatoes	194	Cheddar Garnish	91	Gravy	56	Cranberry Sauce	8	Marinara Sauce	194
Stewed Tomatoes	37	1/2 Baked Potato	4	Mashed Potatoes	107	Stuffing	212	Pasta	20
Yogurt & Juice (NO MILK)	75	Cilantro/ Sour Cream	13	Vegetable Soup	220	Roasted Winter Squash	20	Green Beans w/Red Pepper	6
Hearty Wheat Bread	138	Cantaloupe	7	Diced pears	5	Blondie / DB Brownie	175	Fresh Fruit	2
		Corn Bread	236	Whole Wheat Dinner Roll	127	Multigrain Bread	130	Snack & Loaf	160
Cal: 889 / Na: 1017		Cal: 706 / Na: 944		Cal: 708 / Na: 1113		Cal: 876 / Na: 1131		Cal: 884 / Na: 751	
11 Stuffed Shells	390	12 Chicken w/	320	13 Beef Stew	117	14 Winter Holiday		15 Swedish Meatballs	375
Marinara Sauce	194	Lemon Picatta Sauce	86	Peas/Carrots	51	Roasted Lamb (196) w/Gravy	56	Gravy	25
Spinach Salad w/Dressing	119	Au Gratin Potato	142	Mashed Potatoes	107	Roasted Red Bliss Potato	121	Mashed Potato	107
Chilled Fruit	10	Split Pea Soup	104	Raisins	4	Garlic Green beans	100	Beets	83
WW Dinner Roll	127	Mandarin Oranges	10	Biscuit	330	Berry Cheesecake	260	Ban. Pudding/ DB Vanilla	250
		Bread Stick	303			DB: Cheese Cake		Rye Bread	171
						Parker House Roll	170		
Cal: 516 / Na: 957		Cal: 750 / Na: 1158		Cal: 818 / Na: 746		Cal: 828 / Na: 1030		Cal: 756 / Na: 1148	
18 #1 Potato Fish	300	19 American Chop Suey	316	20 Boneless Pork Chop	70	21 Chicken Pot Pie	135	22 Turkey Divan	97
Tartar Sauce	97	w/ Marinara Sauce		Cider & Onion Gravy	24	w/Peas & Carrots		Cheese Sauce/Brd Crumbs	137
Corn Chowder	159	Cauliflower Cheddar Soup	103	Tomato Kale & Bean Soup	14	Parslied Potatoes	5	Rotini	20
Sweet Potato Wedges	187	Chilled Fruit	10	Whipped Golden Potato	107	Yogurt & Juice (NO MILK)	75	Broccoli	10
SC: #2 BBQ chicken	380	Bread Stick	230	Chilled Pears	4	WW Dinner Roll	127	Fruit Crisp / DB Baked Crisp	28
Fresh Fruit	1			Snack n Loaf	160			Oatmeal Bread	142
Whole Wheat Bread	138								
(1)Cal:860 Na:1064 (2)Cal:667 Na:1164		Cal: 848 / Na: 845		Cal: 779 / Na: 572		Cal: 630 / Na: 471		Cal: 736 / Na: 422	
		26 Grilled Chicken	320	27 **Hot Dog*	540	28 Meatloaf	158	29 **Lasagna	290
		Cranberry Sauce	8	Mustard (55)/Relish	81	Gravy	56	Cheddar Cheese Garnish	187
		Rice Pilaf	93	Baked Beans	206	Cheddar Whipped Potato	136	Marinara Sauce	194
		Brussels Sprouts	12	Coleslaw	167	Cream of Broccoli Soup	183	Green Beans & Red Pepper	167
		Choc. Pudding / DB Vanilla	190	Mandarin Oranges	6	Apple Spice Cake	158	Hearty Vegetable Soup	220
		Whole Wheat Bread	138	Hot Dog Roll	210	DB Baked Apples		Chilled Fruit	10
						Whole Wheat Roll	127	Bread Stick	303
Cal: 725 / Na: 890		Cal: 691 / Na: 1296		Cal: 807 / Na: 1120		Cal: 873 / Na: 1397			

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.