

## SENIORCARE CONGREGATE MEALS - DECEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>2 **Salisbury Steak</b> w/ Gravy 459 Mashed Potato 109 Lentil Soup 358 Fresh Fruit 2 Oatmeal Bread 142 Cal: 985 / Na: 1303**	<b>3 Oven Fried Chicken</b> 440 Mac & cheese 142 Southern Greens 86 Mandarin Oranges 10 Hearty Wheat Bread 138 Cal: 732 / Na: 972	<b>4 **Ham &amp; Broccoli-</b> Bake 551 Broccoli 32 Corn Chowder 159 Pear Halves 5 Snack n Loaf 160 Cal: 896 / Na:1119	<b>5 Stuffed Pepper</b> 175 Rustic Tomato Sauce 183 Au Gratin Potato 142 Jell-O 64 Scali Bread 129 Cal: 762 / Na: 848	<b>6 Braised Pork</b> w/ Apples & onions 161 Roasted Winter Squash 129 Brussel Sprouts 7 Apple Spice Cake- DB Angel Food 273 Rye Bread 171 Cal: 748 / Na: 887
<b>9 Turkey Pot Pie</b> 439 Whipped Sweet Potato 70 Applesauce 14 Multigrain Bread 138 Cal: 661 / Na: 816	<b>10 Spinach &amp; Cheese-</b> Frittata 428 Crumb Top Tomatoes 166 Kale & white Bean Soup 14 Blondie/ DB Brownie 175 Hearty Wheat Bread 115 Cal: 951 / Na: 1110	<b>11 Beef Stew</b> 117 Mashed Potatoes w/ Chives 109 Fresh Fruit 2 Soda Bread 140 Cal: 780 / Na: 522	<b>12 **Hot Dog*</b> 540 Mustard/Relish 40/81 Baked Beans 140 Coleslaw 167 Mandarin Oranges 8 Hot Dog Roll 200 Cal: 831 / Na:1400**	<b>13 Chicken</b> 324 w/ Honey Mustard 89 Potato Wedges 200 Peas 58 Yogurt & Juice (NO Milk) 90 Oatmeal Bread 130 Cal: 737 / Na: 1031
<b>16 **Ribeque</b> 410 Honey Golden BBQ sauce 295 Rustic Cut Potatoes 200 Southern Greens 47 Pineapple 1 Hearty Wheat Bread 138 Cal: 665 / Na: 1247**	<b>17 Stuffed Shells</b> 390 Marinara Sauce 194 Broccoli 62 Spinach salad- w/dressing 62 Fresh Fruit 2 Oatmeal Bread 130 Cal: 807 / Na: 965	<b>18 Chicken Mirabella</b> 284 Rice Florentine 4 Carrots 43 Mandarin Oranges 10 Snack n Loaf 160 Cal: 891 / Na: 656	<b>19 Winter Special</b> Ham w/ Brown - Sugar Glaze Au Gratin Potato Green Beans Cheesecake w/ Sauce Parker House Roll Cal: / Na:	<b>20 Sloppy Joe</b> 288 Mixed Vegetable 24 Cauliflower Cheddar Soup 103 Chocolate Mousse- DB Vanilla Pudding 155 WW Burger Roll 254 Cal: 892 / Na: 1016
<b>23 Chicken Scampi</b> 399 Rotini 20 Broccoli 32 Fresh Fruit 2 Oatmeal Bread 142 Cal: 698 / Na: 750	<b>24 **Meat Ball Sub</b> 210 w/ Marinara 194 Sweet Potato Fries 170 Minestrone Soup 216 Cantaloupe 7 Cal: 725 / Na: 1257**	<b>25</b> NO SERVICE Happy Holidays Cal: / Na:	<b>26 Chicken Cordon Blu</b> 764 w/ Supreme Sauce 18 Roasted Red Bliss 5 Roasted Tomatoes 32 Yogurt & Juice (No Milk) 90 Whole Wheat Bread 115 Cal: 802 / Na: 2278	<b>27 Beef Burgundy</b> 199 Whipped Potato 109 Green Beans 2 Choc Chip Cookie/ DB Lemon 109 Hearty White Bread 122 Cal: 696 / Na: 872
<b>30 Lasagna</b> 190 w/ Marinara Sauce 194 Roasted Cauliflower 32 Garden Salad w/ House vinegarette 62 Applesauce 14 Oatmeal Bread 130 Cal: 731 / Na: 877	<b>31 Turkey A la King</b> 184 Green Beans 5 Brown Rice 100 Mandarin Oranges 10 Snack n Loaf 160 Cal: 800 / Na: 600	<b>1</b> NO SERVICE Cal: / Na:	<b>2 Meatloaf</b> 314 w/ Gravy 56 Cheddar Whipped Potatoes 136 Tomato Veggie Soup 129 Peach Crisp- DB Fruit cups 10 Pull Apart Roll 210 Cal: 827 / Na: 1067	<b>3 Boneless Chicken</b> 212 Tangy Cranberry 8 RSTD Sweet Potato 104 Brussel Sprouts 12 Chocolate Pudding/ DB Vanilla 190 Whole Wheat Bread 138 Cal: 548 / Na: 664

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: 110 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