

## SENIORCARE CONGREGATE MEALS- JANUARY 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>30 Lasagna</b> 190 <b>w/ Marinara Sauce</b> 94 <b>Roasted Cauliflower</b> 32 <b>Garden Salad w/ House</b> 32 <b>Vinegrette</b> 62 <b>Applesauce</b> 14 <b>Oatmeal Bread</b> 130 <b>Cal: 731 / Na: 877</b>	<b>31 Turkey A la King</b> 5 <b>Green Beans</b> 5 <b>Brown Rice</b> 100 <b>Mandarin Oranges</b> 10 <b>Snack n Loaf</b> 160 <b>Cal: 800 / Na: 600</b>	<b>1</b> <b>NO SERVICE</b> <b>HAPPY NEW YEARS</b> <b>Cal: / Na:</b>	<b>2 Meatloaf</b> 314 <b>w/ Gravy</b> 56 <b>Cheddar Whipped Potatoes</b> 136 <b>Mixed Vegetables</b> 24 <b>Tomato Veg. Soup</b> 129 <b>Peach Crisp/ DB Fruit Crisp</b> 10 <b>Pull Apart Roll</b> 210 <b>Cal: 827 / Na: 1067</b>	<b>3 Boneless Chicken</b> 212 <b>Tangy Cranberry</b> 8 <b>Rstd Sweet Potato</b> 104 <b>Brussel Sprouts</b> 12 <b>Chocolate Pudding/</b> <b>DB Vanilla</b> 190 <b>Whole Wheat Bread</b> 138 <b>Cal: 548 / Na: 664</b>
<b>6 Sweet &amp; Sour -</b> <b>Chicken Meatball</b> 415 <b>Fried rice</b> 116 <b>Cabbage &amp; Carrots w/</b> <b>Sesame oil</b> 187 <b>Pineapple</b> 1 <b>Multigrain Bread</b> 138 <b>Cal: 758 / Na: 1013</b>	<b>7 Yankee Pot Roast</b> <b>w/ Gravy</b> 96 <b>RSTD Zucchini w/</b> <b>tomatoes &amp; onions</b> 15 <b>Golden Mashed Potatoes</b> 109 <b>Chilled Fruit</b> 5 <b>Dinner Roll</b> 162 <b>Cal: 599 / Na: 541</b>	<b>8 Chicken Pot Pie</b> 570 <b>Rstd Sweet Potatoes</b> 187 <b>Yogurt &amp; Juice (No Milk)</b> 90 <b>Dinner Roll</b> 162 <b>Cal: 716 / Na: 1036</b>	<b>9 Monthly Special</b> <b>Honey BBQ Shredded Beef</b> 476 <b>Potatoes w/ Cheese Sauce</b> 212 <b>Green Beans</b> 5 <b>Blueberry Crisp &amp; Topping</b> 10 <b>Yogurt &amp; Blueberry Parfait</b> <b>Knotted Roll</b> 190 <b>Cal: 620 / Na: 868</b>	<b>10 American Chop Suey</b> 316 <b>Garlic Kale &amp; Spinach</b> 47 <b>Chilled Peaches</b> 5 <b>Whole Wheat Bread</b> 138 <b>Cal: 737 / Na: 661</b>
<b>13 Salisbury Steak</b> 403 <b>w/ Gravy</b> 56 <b>Mashed Potatoes</b> 109 <b>Mixed Vegetables</b> 22 <b>Apple Spice Cake/</b> <b>DB Angel Food</b> 180 <b>Oatmeal Bread</b> 142 <b>Cal: 755 / Na: 1160</b>	<b>14 Oven Fried chicken</b> 440 <b>Mac &amp; cheese</b> 142 <b>Southern Greens</b> 86 <b>Mandarin Oranges</b> 10 <b>Hearty Wheat Bread</b> 138 <b>Cal: 732 / Na: 972</b>	<b>15 Baked Fish</b> 270 <b>Tarter Sauce</b> 85 <b>Rice Pilaf</b> 93 <b>Broccoli</b> 32 <b>Fruit</b> 5 <b>Snack n Loaf</b> 160 <b>Cal: 850 / Na: 800</b>	<b>16 Stuffed Pepper</b> 175 <b>Rustic Tomato Sauce</b> 183 <b>Au Gratin Potato</b> 142 <b>Jell-O</b> 64 <b>Scali Bread</b> 129 <b>Cal: 762 / Na: 848</b>	<b>17 Pulled Pork</b> 405 <b>w/ BBQ Sauce</b> 328 <b>Rstd Sweet Potato</b> 104 <b>Brussel Sprouts</b> 5 <b>Fresh Fruit</b> 2 <b>WW Hamburger Roll</b> 254 <b>Cal: 985 / Na: 1158</b>
<b>20</b> <b>NO SERVICE</b> <b>HOLIDAY</b> <b>Cal: / Na:</b>	<b>21 Spinach &amp; Cheese-</b> <b>Frittata</b> 428 <b>Crum Top Tomatoes</b> 166 <b>Kale &amp; White Bean Soup</b> 14 <b>Blondie/ DB Brownie</b> 212 <b>Hearty Wheat Bread</b> 138 <b>Cal: 1327 / Na: 1169</b>	<b>22 Turkey w/ Gravy</b> 440 <b>Cranberry Sauce</b> 89 <b>Whipped Sweet Potato</b> 70 <b>Green Beans</b> 5 <b>Applesauce</b> 14 <b>Dinner Roll</b> 162 <b>Cal: 592 Na: 846</b>	<b>23 Homestyle chicken</b> 324 <b>w/ Honey Mustard</b> 89 <b>Potato Wedges</b> 200 <b>Peas</b> 58 <b>Yogurt &amp; Juice (No Milk)</b> 90 <b>Oatmeal Bread</b> 130 <b>Cal: 791 / Na: 1062</b>	<b>24 **Beef Hot Dog**</b> 540 <b>Mustard/Relish 55/81</b> <b>Baked Beans</b> 140 <b>Carrots</b> 43 <b>Mandarin Oranges</b> 8 <b>Hot Dog Roll</b> 270 <b>Cal: 784 / Na: 1332*</b>
<b>27 Chicken Mirabella</b> 334 <b>Rice Florentine</b> 140 <b>Carrots</b> 43 <b>Mandarin Oranges</b> 8 <b>Snack n Loaf</b> 160 <b>Cal: 897 / Na: 654</b>	<b>28 Stuffed Shells</b> 390 <b>w/ Marinara</b> 194 <b>Broccoli</b> 32 <b>Honey Dew Melon</b> 15 <b>Vienna Bread</b> 129 <b>Cal: 513 / Na: 916</b>	<b>29 **Rib-Q*</b> 410 <b>Honey Golden BBQ Sauce</b> 295 <b>Rustic Cut Potatoes</b> 200 <b>Corn</b> 15 <b>Pineapple</b> 1 <b>Hearty Wheat Bread</b> 138 <b>Cal: 664 / Na: 1215*</b>	<b>30 Beef Stew</b> 117 <b>Mashed Potato w/</b> <b>Chives</b> 109 <b>Pumpkin Square-</b> <b>DB Grahams</b> 236 <b>Rye Bread</b> 227 <b>Cal: 792 / Na: 843</b>	<b>31 Sloppy Joe</b> 288 <b>Mixed Veg</b> 24 <b>Cauliflower Soup</b> 103 <b>Choc Mousse-</b> <b>DB Vanilla</b> 135 <b>WW Burger Roll</b> 254 <b>Cal: 892 / Na: 1016</b>

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.

If you are not going to be home please call 978-281-1750 before 11:00 am the day before delivery