

SENIORCARE CONGREGATE MEALS - JUNE 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Honey balsamic Chicken 331 Rice pilaf 93 Green Beans 5 Strawberry Cup 0 Wheat Bread 138 Cal: 636 / Na: 722	4 Baked Fish or Salisbury Steak w/ Gravy 270/459 Tartar Sauce 85 Sweet Potato Hash 304 Lettuce and Tomato 2 Cantaloupe 7 #1 Burger Roll 248/#2Roll162 Cal: 773 / Na: 1328**	5 *Hot Dog** 540 Mustard/Relish55/81 140 Baked Beans Coleslaw 167 Mandarin Oranges 10 Hot Dog Roll 210 Cal: 773 / Na: 1328**	6 Chicken Pot Pie* 570 w/ peas & carrots Whipped Potato 109 Yogurt & Juice 75 Multigrain Bread 138 Cal: 653 / Na: 922	7 Cobb Salad w/ Chicken ,Egg, Bacon 287 Romaine salad w/ tom dressing 4/60 Minestrone Soup 216 Lemon Cake 255 Oatmeal Bread 140 Cal: 826 / Na: 1165
10 Teriyaki Chicken Meatball 289 Jasmine Rice 4 Mandarin Veggie Blend 10 Chilled Pineapple 1 Snack'n Loaf 160 Cal: 754 / Na:809	11 Stuffed Shells 390 Marinara Sauce 194 Roasted Califlower 32 Garden Salad 4 Dressing 320 Banana 1 Multigrain Bread 138 Cal: 626 / Na:1240**	12 Roast Beef over/ Mixed Green Salad 54/2 Tomato & Cucumber 4 French Dressing 250 Corn Chowder 159 Applesauce 14 Wheat Bread 138 Cal:760 / Na: 832	13 Father's Day Special BBQ Ribs 461 Baked Beans 206 Macaroni & cheese 142 Peach & Blueberry Cobbler 10 White Dinner Roll 162 Cal: 1011 / Na: 1137	14 Lemon Citrus-Chicken w/ Herbs 350 Red Bliss Potatoes 101 Fruit Compote 21 Jello 64 WW Dinner Roll 127 Cal: 614 / Na: 819
17 Meatball Sub(chix)** 187 w/Marinara Sauce 194 Sweet Potato Fries 170 Caesar Salad 322 Honeydew 15 WW Sub Roll 320 Cal: 751 / Na: 1366**	18 Turkey w/Gravy 487 Cranberry Sauce 4 Whipped Potato 109 Peas 68 ChocolateCake DB Angel Food Cake 159 Dinner roll 162 Cal: 760 / Na: 1144	19 Rib-Q 340 Honey BBQ Sauce 295 Rstd Butternut Squash 20 Green Beans 5 Pineapple 1 Multigrain Bread 138 Cal: 706 / Na: 1064	20 Egg Salad 310 Lettuce Leaf Potato Salad 311 Tomato Florentine Soup 148 Chilled Pears 5 Hot Dog Roll 210 Cal: 633 / Na: 1196	21 Chicken Fajita 55 W/ Peppers & Onions Spanish Rice w/ beans 293 Corn & Salsa 183 Vanilla Pudding/ DB Choc Pudding 115 Whole Grain Tortilla 220 Cal: 786 / Na: 684
24 Salmon or Smothered Pork 69/161 Creamy Dill Sauce 85 Whipped Potatoes 109 PEI Blend Veggie 22 Brownie 175 Multigrain Bread 138 Cal: 929 / Na: 811	25 Tarragon Chicken-Salad/ Lettuce Leaf 350 Ditalini Pea Salad 160 Tomato & Cucumber Salad 4 Cantaloupe 7 Hot Dog Roll 210 Cal: 795 / Na: 886	26 Lasagna 270 Marinara Sauce 194 Broccoli 32 Kale & White Bean Soup 14 Fresh Seasonal Fruit 2 Oatmeal Bread 130 Cal: 711/ Na: 874	27 BBQ Chicken 459 Sweet Potatoes 187 Garlic Spinach & Kale 113 Applesauce 14 Snack & Loaf 160 Cal: 738 / Na: 1088	28 Hamburger w/Ketchup 290/82 Roasted Red Bliss 8 Summer Squash blend 11 Yogurt & Juice 90 WW Hamburger Bun 254 Cal: 807 / Na: 668

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

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.

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