

SENIORCARE CONGREGATE- MARCH 2020

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 Apple Glazed-Pork Loin 184 Brussel Sprouts 12 Lentil Soup 358 Applesauce 14 Corn Bread 236	3 Chicken Pot Pie * 570 w/ Peas & Carrots Whipped Potatoes 109 Chilled Fruit 10 Hearty Wheat Bread 0	4 American Chop Suey 316 Marinara Sauce Garlic Spinach 112 Honey Dew Melon 5 Wheat Bread 138	5 Roasted Turkey w/ Gravy 487 Cranberry Sauce 8 Green Beans 2 Butternut Squash Soup 38 Coconut Cake-DB Angel food cake 277 Oatmeal Bread 142	6 Broccoli & Cheese-Egg Bake 436 Maple Glazed Carrots 124 Red Bliss Potatoes 5 Yogurt & Juice (No Milk) 90 Raisin Bread 98
Cal: 853 / Na:889	Cal: 678 / Na: 982	Cal :692: / Na: 736	Cal: 804 / Na: 1165	Cal: 899 / Na: 908
9 Meatloaf 314 w/ Gravy 56 Mashed Potatoes 109 Pearl Onions & Peas 58 Chilled Pears 5 Multigrain Bread 138	10 Meatball Sub (Chix) 210 Marinara Sauce 194 Broccoli 32 Cauliflower Cheddar Soup 103 Applesauce 14 Wheat Sub Roll 254	11 Chicken w/Winter vegetables 213 Rice 4 Yogurt & Juice (No Milk) 90 Snack'n Loaf 160	12 St.Patrick's Day Special Corn Beef & Cabbage Potatoes Carrot & Turnip Crème de Menth Bar -DB Brownie Marble Rye Bread	13 Egg Salad Plate 295 Greek Chickpea Salad 160 Tomato & Basil Salad 19 Jell-O 64 WW Pita Bread (1/2) 340
Cal: 691 / Na: 835	Cal: 672 / Na:1019	Cal: 891 / Na: 622	Cal: / Na:	Cal: 923 / Na: 656
16 Honey Rosemary-Pork Loin 204 Rst Sweet Potatoes 187 Brussel Sprouts 5 Applesauce 14 Multigrain Bread 138	17 Cranberry Orange-Chicken 220 Cheddar Whipped Potato 136 Mixed Vegetables 24 Vanilla Pudding/DB Chocolate 170 Oatmeal Bread 142	18 Stuffed Pepper 175 Rustic Tomato Sauce 183 Au Gratin Potato 142 Marble Cake-DB Angel Food cake 159 WW Dinner Roll 127	19**Beef Hot Dog* 540 Mustard/Relish 55/81 Baked Beans 140 Coleslaw 140 Mandarin Oranges 8 Hot dog roll 270	20 Mac & cheese 285 Stewed Tomatoes 32 Hearty Veg Soup 129 Peaches 10 Snack & Loaf 160
Cal: 679 / Na: 694	Cal: 691 / Na: 848	Cal: 884 / Na: 941	Cal: 800 / Na: 1385**	Cal: 770/ Na: 827
23 Chicken Cacciatore* 515 w/ peppers & Onions Pasta 20 Spinach& Egg Drop Soup 91 Chilled Pears 5 Scali Bread 97	24 Beef Burgundy 361 Mashed Potatoes 109 Green Beans 5 Brownie-DB Oatmeal Cookie 175 Whole Wheat Roll 127	25 Rib-Q 410 w/ BBQ Sauce 169 Roasted Cauliflower 32 Sweet Potato Wedges 187 Peaches 10 Multigrain Bread 115	26 Balsamic Glazed-Chicken* 510 Rst Butternut Squash 20 Mushroom Soup 215 Chocolate Pudding-DB Vanilla 190 Oatmeal Bread 142	27 Frittata 436 Ketchup 82 Roasted Potatoes 121 Baked Apple w/Cinnamon Raisin 9 Honey Dew Melon 15 Raisin Bread 110
Cal:737 / Na: 938	Cal: 749/ Na 932	Cal: 585 / Na: 1048	Cal: 703/ Na: 1123	Cal: 838 / Na: 928
30 Hoisin Chicken-Stir Fry* 609 Fried Rice 116 Asian Vegetable Blend 15 Pineapple 1 Wheat Roll 127	31 Lasagna 383 Meat Sauce Broccoli 32 Kale & White Bean Soup 14 Chilled Pears 5 Vienna Bread 97	1 Salisbury Steak 403 w/ Gravy 56 Whipped Potato 109 Green Beans 5 Tapioca Pudding-DB Chocolate 161 Hearty Wheat Bread 138	2 Red Sox Opening Day **Beef Hot Dog* 540 Mustard/Relish 55/81 Baked Beans 140 Coleslaw 140 Pineapple 1 Hot dog roll 270	3 **Turkey Gobbler Sandwich 418 Cranberry Sc and Stuffing 212 Butternut Squash Salad 10 Tomato& White Bean Salad 71 Fruit Crisp 10 Oatmeal bread (2) 260
Cal: 645 / Na: 1023	Cal: 598 / Na: 686	Cal: 697 / Na: 1011	Cal: 829 / Na: 1464**	Cal: 1008 / Na: 1231**

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.