

SENIORCARE CONGREGATE MEALS - NOVEMBER 2018 (To Cancel Please Call 978-281-1750)

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
29 Beef Stew	117	30 Stuffed Shells	390	31 Shepherd's Pie	201	1 Ribecue	340	2 Chicken Lemon	
Peas/Carrots		Marinara Sauce	194	Chicken Pot Pie *		Honey Golden BBQ sauce	295	Picatta	181
Mashed Potatoes	109	Broccoli	32	Mashed Potato		1/2 Baked Sweet Potato	22	Rice	4
Chocolate Mousse	135	Caesar Salad	392	Carrots	43	Cauliflower Cheddar Soup	103	Roasted Tomatoes	32
Corn Bread	236	Strawberry Cups	0	Halloween Baked Good	273	Chilled Fruit	8	w/ Garlic & Herbs	
		Vienna Bread	97	DB Choco Chip		Hearty Wheat Bread	138	Fresh Fruit	2
				Whole Wheat Roll	105			Multigrain Bread	130
Cal: 864 / Na: 751		Cal: 657 / 1190		Cal: 647 / Na: 777		Cal: 753 / Na: 1118		Cal: 682 / Na: 504	
5 Turkey Divan		6 Lasagna	290	7 Baked Ham	390	8 Beef & Broccoli	337	9 Chicken Pot Pie *	
w/ Red Peppers	270	Marinara	194	w/Pinneapple Sauce	75	Fried Rice	116	W/ Peas & Carrots	570
Cheese Sauce/Brd Crmbs	137	Garlic Spinach	112	Potato Leek Soup	68	Mandarin Blend	15	Parslied Steamed Potato	5
Rotini	20	Mixed Greens		Pearl Onions & Peas	68	Chilled Pinneapple	1	Yogurt & Juice (NO MILK)	80
Broccoli	32	w/ Italian Dressing	121	Oatmeal Raisin Cookie	90	White Bread	121	Snack & Loaf	160
Fresh Fruit	1	Mandarin Oranges	10	DB Choc Chip					
Oatmeal Bread	142	Whole Wheat Bread	138	Whole Wheat Roll	127				
Cal: 868 / Na: 677		Cal: 583 / Na: 1037		Cal: 601 / Na: 912		Cal: 976 / Na: 762		Cal: 848 / 987	
12		13 Boneless Chicken	320	14 Meatloaf	314	15 Thanksgiving Special**		16 Bento Box	
		Tangy Cranberry Sauce	4	Gravy	56	Roasted turkey w/ Gravy	487	Greek Style Chicken	161
NO SERVICE		Rstd Sweet Potato	104	Cheddar Whipped Potato	136	Stuffing	212	Cucumber slices	2
		Brussels Sprouts	17	Hearty Veg Soup	220	Whipped potato	109	Quinoa Tabbouleh	231
		Chocolate Pudding	190	Fresh Fruit	1	Butternut squash	24	Pita Bread	215
		DB Vanilla		Whole Wheat Roll	127	Apple Pie	264	Strawberry Cup	0
		Whole White Bread	138			Dinner roll	127		
Cal: / Na:		Cal: 681 / Na: 945		Cal: 796 / Na: 1084		Cal: 1040 / Na: 1398**		Cal: 683 / Na: 764	
19 Sweet & Sour		20 Yankee Pot Roast	112	21 *Hot Dog**	540	22		23 American Chop Suey	315
Meatballs	415	Gravy	56	Mustard/Relish 55/81				Rstd Cauliflower	32
Fried Rice	116	Butternut Squash	20	Baked Beans	206	THANKSGIVING		Garden Salad	
Cabbage & Carrots	187	Mashed Potatoes	109	Coleslaw	167	NO SERVICE		w/ House Vinn	62
Pineapple	1	Banana Tea Cake	162	Cantaloupe	7			Apple Sauce	14
Multigrain Bread	138	DB Angel food Cake		Hot Dog Roll	210			Whole Wheat Bread	138
		Whole Wheat Bread	138						
Cal: 758 / Na: 1013		Cal: 746 / Na: 751		Cal: 741 / Na: 1391**		Cal: / Na:		Cal: 891 / Na: 717	
26 Braised Pork	161	27 Baked Haddock or	220	28 *Oven Fried		29 Salisbury Steak	403	30 Stuffed Pepper	175
w/Apples & Onions		Turkey & Cheese Croissant	469	Chicken**	700	Gravy	56	Rustic Tomato Sauce	194
Roasted Sweet Potato	104	Lemon Wedges		Mac & Cheese	142	Mashed Potatoes	109	Au Gratin Potato	142
Brussels Sprouts	17	Buttered Bliss Potato	5	Southern Greens	86	Mixed Vegetables	24	Mushroom Soup	215
Apple Spice Cake	273	Tomato Soup	148	Mandarin Oranges	10	Raisins	4	Fruit	10
DB Angel Food		Jell-O	64	Hearty White Bread	121	WW Dinner Roll	105	Snack & Loaf	160
Rye Bread	227	Oatmeal Bread	142	Honey Mustard Sauce	89				
Cal:762 / Na: 954		Cal#1 525 Na:819#2 Cal 746 Na: 1038		Cal:815 / Na: 1215**		Cal:658 / Na: 856		Cal: 923 / Na: 1107	

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)., Cranberry Sauce(4 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.