

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

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY							
3 NO SERVICE LABOR DAY		4 Stuffed Shells 390 Marinara Sauce 194 Broccoli 32 Graden Salad w/Dressing 68 Chilled Pears 5 Vienna Bread 97	5 Roast Beef 54 Mixed Green Salad 6 tomato & cucumbers 4 Veggie Pasta Salad 24 Dressing 60 Chilled Pinneapple 1 Wheat Bread 138	6 LITTLE ITALY Chicken Parmesan 232 Fettuccini Noodles 20 Zucchni &summer Squash Parm Cheese 108 Tiramisu 260 Garlic Bread 152	7 Rib-Q BBQ Sauce* 579 Whipped Potato 109 Seasoned Carrots 43 Jell-O 64 WW Hamburger Roll 254	Cal: / Na:		Cal: 736 / Na: 941		Cal: 977 / Na:438		Cal: 890 / Na: 955		Cal: 639 / Na: 1174	
10 Breaded Fish or 270 Pulled Pork 292 Macaroni & Cheese 164 Broccoli 32 Raisins 4 Multigrain Bread 138	11 Turkey w/Gravy 487 Cranberry Sauce 4 Whipped Potato 109 Carrots 65 Apple Crisp 10 Scali Bread 97	12 Deviled Egg Salad 310 Lettuce Leaf Chicken Noodle Soup 136 Tomato & Cuke Salad 19 Honey Dew 15 Hot Dog Roll 210	13 Meatball Sub 210 w/Marinara Sauce 194 Sweet Potato Fries 170 Garden Salad 2 House Vinaigrette 60 Chilled Pineapple 1 WW Sub Roll 127	14 Chicken Fajita 55 w/ pepper& onion 2 Corn 1 Salsa 182 Flan Style Pudding 170 DB Choc Pudding Whole Grain Tortilla 220	#1Cal:757 Na: 840, #2 Cal 906/ Na 864		Cal: 606 / Na: 926		Cal: 616 / Na: 901		Cal: 803 / Na: 919		Cal: 719 / Na: 1037		
17 Hamburger 320 w/Ketchup 80 Potato Wedges 200 Peas 68 Yogurt & Juice 75 WW Hamburger Bun 254	18 Tarragon Chicken Salads 192 Quiona Taboule Salad 231 Coleslaw 167 Apple Sauce 19 Hot Dog Roll 210	19 Baked Haddock 296 or Salisbury Steak/Gravy 475 Whipped Potato 109 Caesar Salad w/ Dressing 322 Snack n Loaf 160 Multigrain Bread 138	20 Lasagna 290 Marinara Sauce 194 Green Beans 5 Kale & White Bean Soup 14 Cantaloupe 7 Oatmeal Bread 142	21 Polynesian Pineapple Chicken 105 Fried Rice 116 Carrots 65 Chilled Pinneapple 1 White bread 121	Cal: 875 / Na: 1152		Cal: 659 / Na: 973		#Cal 690/ Na:1190 #2 Cal 866 Na:1359		Cal: 631 / Na: 864		Cal: 782 / Na: 564		
24 Beef Stew 117 w/Peas & Carrots Whipped Potatoes 109 Brownie 175 DB Choc Chip Cookie WW Roll 127	25 Teriyaki Chicken Meatballs 499 Jasmine Rice 4 Mandarin Veggie Blend 10 Mandarin Oranges 10 Vienna Bread 97	26 Turkey & Cheese Sandwich 393 Pasta Salad 24 Tomato Soup 148 Cantaloupe 7 Wheat Bread (2) 260	27 Orange Bourbon Chicken 329 Whipped Potatoes 109 Green Beans 5 Jell-O 64 White Bread 121	28 American Chop Suey 316 Broccoli 43 Mixed Green salad 2 Ranch Dressing 300 Raisins 4 WW Dinner Roll 127	Cal: 835 / Na: 683		Cal: 627 / Na: 774		Cal: 790 / Na: 1076		Cal: 607 / Na: 783		Cal: 841 / Na: 956		

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), Mayo (64mg).

*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.