

## SENIORCARE CONGREGATE MEALS - AUGUST 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
30 Meatball Sub	210	31 Turkey w/Gravy	456	1 Egg Salad**	320	2 Chicken Fajita	55	3 Cold Turkey Gobbler Sandwich	
w/Marinara Sauce	194	Cranberry Sauce	4	Lettuce Leaf		w/Pepper & Onion	2	Turkey	319
Sweet Potato Fries	170	Whipped Potato	109	Potato Salad	311	Corn	1	Cranberry Sauce	8
Spinach	112	Carrots	65	Tomato Florentine Soup	148	Seasoned Black Beans	293	Broccoli Slaw	117
Peach Cobbler	20	Chilled Pears	5	Honeydew	14	Flan Style Pudding	170	Stuffing	212
DB Baked Peaches		Snack n Loaf	160	Hot Dog Roll	210	DB Choc Pudding		Raisins	4
WW Sub Roll	165					Whole Grain Tortilla 6"	220	Multigrain Bread	276
Cal: 693 / Na: 967		Cal: 690 / Na: 984		Cal: 603 / Na: 1206**		Cal: 666/Na: 729		Cal: 794 / Na: 1091	
6 Hamburger	320	7 Tarragon	192	8 Baked Haddock	296	9 Lasagna	290	10 Polynesian	
w/Ketchup	80	Chicken Salad		Lemon Wedge		Marinara Sauce	194	Pinneapple Chicken	105
Roasted Potato	121	Lettuce Leaf		Whipped Potato	109	Garlic zucchini	15	Fried Rice	116
Peas	58	Quinoa Tabouleh Salad	231	Garden Salad w/Ranch	322	Kale & white Bean Soup	14	Carrots	65
Yogurt & Juice	80	Coleslaw	167	Salsbury Steak**	403	Fresh Seasonal Fruit	2	Chilled Pinneapple	1
WW Hamburger Bun	254	Cantaloupe	7	Lemon Square	255	Oatmeal Bread	130	Snack n Loaf	160
		Hot Dog Roll	210	Multigrain Bread	130				
Cal: 864 / Na: 1067		Cal: 629 / Na: 962		#1Cal: 682/Na 1267#2Cal: 796/Na 1430		Cal: 707 / Na: 856		Cal: 826 / Na: 528	
13 Beef Stew	117	14 Teriyaki		15 American Chop Suey	316	16 Sandwich:Roast Beef	64	17 Orange Bourbon	
w/Peas & Carrots		Chicken Meatballs	499	Onions & Peppers		Mustard & Lettuce	55	Chicken	329
Whipped Potatoes	109	Jasmine Rice	4	Spinach	113	Coleslaw	167	Whipped Potatoes	109
Brownie	175	Mandarin Veggie Blend	10	Mixed green Salad	2	Pasta Salad	215	Peas	58
DB Choc Chip Cookie		Mandarin Oranges	10	Vinaigrette Dressing	60	Burger Roll	254	Jell-O	64
White Bread	121	Snack n Loaf	160	Raisins	4	Lobster Roll Special	NA	WW Roll	105
				WW Dinner Roll	210	Watermelon	1		
Cal: 833/ Na: 677		Cal: 756 / Na: 838		Cal: 998 / Na: 860		#1Cal: 856 / Na: 910		Cal: 511 / Na: 705	
20 Sweet & Sour Pork	377	21 BBQ Chicken	264	*Hot Dog**	540	23 Beef Taco Salad	134	24 Chicken w/Lemon	324
over Jasmine Rice	4	Potato Salad	311	Mustard/Relish	55	w/ lettuce, diced tomato	4	Piccatta Sauce	86
Cabbage & Carrots	187	Southern-Style Greens	86	Baked Beans	206	Cheddar Cheese	190	Pasta	3
w/ Sesame Oil		Oatmeal Raisin Cookie	90	Coleslaw	43	Black bean salad	293	Tossed Salad	4
Yogurt & Juice	80	DB Choc		Mandarin Oranges	10	Honey Dew melon	15	French Dressing	250
Hearty Wheat Bread	138	Biscuit	330	Hot Dog Roll	210	WG 6" Tortilla	220	Chilled Peaches	5
								Wheat Bread	138
Cal: 912 / Na: 942		Cal: 649 / Na: 1082		Cal: 796 / Na: 1271**		Cal: 713 / Na: 981		Cal: 665 / Na: 743	
27 Baked Potato Fish or	300	28 Rib-Q	340	29 Chef Salad	187	30 Chicken Scampi	324	31 Meatloaf w/Gravy	370
Calypso Sauce	10	w/ BBQ Sauce	169	Turkey, Egg, Cheese		Tomatoes & Olives	187	Whipped Potato	109
Sweet Potato Hash	304	Whipped Potato	109	Veg Minestrone Soup	220	over noodles	3	Peas	58
Summer Squash	11	Peas & Carrots	51			Spinach Salad	3	Lemon Cake	255
Chicken fingers	81	Cantaloupe	7	Dressing	60	Dressing	60	DB Angel Food	
Chocolate Pudding / DB Vanilla	190	Corn Bread	236	Fresh Fruit	1	Mandarin Orange	10	Multigrain Bread	138
Oatmeal Bread	142			White Bread	122	Wheat Bread	138		
#1Cal: 868 Na1002 #2Cal: 677Na 882		Cal: 681 / Na: 1067		Cal: 749 / Na: 802		Cal: 885 / Na: 964		Cal: 823 / Na: 1077	

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).

\*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.