

SENIORCARE CONGREGATE MEALS - JULY 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2 Beef Stew w/ Peas & Carrots	117	3 Teriyaki Chicken Meatballs	499	4		5 Orange Bourbon Chicken	325	6 American Chop Suey with fresh onions & peppers	316
Whipped Potatoes	109	Jasmine Rice	4	NO SERVICE		Whipped Potatoes	109	Mixed Green Salad	2
Choc Chip Cookie	124	Mandarin Veggie Blend	10	HAPPY 4th OF JULY!!		Broccoli Cheddar Soup	127	House Vinegar Dressing	60
DB Lemon		Mandarin Oranges	10			Jell-O	64	Fresh Seasonal Fruit	2
White Bread	121	Snack n Loaf	160			WW Roll	105	WW Dinner Roll	127
Cal: 801 / Na: 625		Cal: 756 / Na: 838		Cal: / Na:		Cal: 636 / Na: 997		Cal: 903 / Na: 661	
9 Sweet & Sour Pork over Jasmine Rice	377	10 BBQ Chicken w/ BBQ sauce	264	11 *Hot Dog**	540	12 Shredded Beef Taco	230	13 Chicken w/Lemon Picatta Sauce	410
Napa Cabbage & Carrots	99	Southern-Style Greens	160	Mustard/Relish	136	Black bean salad	162	Pasta	3
Yogurt & Juice	80	Potato Leek Soup	108	Baked Beans	206	Cheddar Cheese	190	Tossed Salad w/ French Dressing	245
Hearty Wheat Bread	138	Coconut Cake	277	Coleslaw	167	Honey-Dew Melon	15	Chilled peaches	5
		DB Angel Food Cake Biscuit	330	Chilled Pinneapple	1	6" Tortilla	220	Wheat Bread	138
Cal: 837 / Na: 849		Cal: 741 / Na: 1178		Cal: 741 / Na: 1385**		Cal: 713 / Na: 981		Cal: 743 / Na: 963	
16 #1 Baked Fish w/ Calypso Sauce	410	17 Rib-Q w/ BBQ Sauce	340	18 Chicken Scampi over noodles	511	19 *Summer Picnic** Turkey Club w/ Bacon Mayo, Lettuce, & Tomato		20 Meatloaf w/Gravy	370
or #2 Chicken Fingers	81	Whipped Potato	109	Spinach Salad w/Dressing	145	Country Potato Salad		Whipped Potato	109
Summer Squash	11	Corn	1	Mandarin Orange	10	Coleslaw		Peas	58
Sweet Potato Hash	304	Cantaloupe	7	Wheat Bread	138	Watermelon		Lemon Cake	255
Yogurt & Juice	80	Corn Bread	236			Kaiser Roll		DB Angel Food	
Oatmeal Bread	142							Multigrain Bread	130
#1 Cal:868/Na:1002 #2Cal:770 Na: 872		Cal: 705 / Na: 1017		Cal: 885 / Na: 969 964				Cal: 823 / Na: 1077	
23 Carolina Pulled Pork	292	24 Stuffed Shells	390	25 Sliced Steak	64	26 Chicken Meatballs		27 Lemon Citrus	
Mustard BBQ sauce	161	Marinara Sauce	194	Mixed Green Salad	2	Coutry Gravy	237	Chicken w/Herbs	350
Potato Wedges	200	Garden Salad	68	tomato & cucumbers	4	Cheddar Whipped Potato	136	Wild Rice Pilaf	148
Green Beans w/ Peppers	6	Fresh Fruit	2	Veggie Pasta Salad	215	Corn	1	Seasoned Carrots	43
Chocolate Cake	159	Vienna Bread	97	Dressing	60	Strawberry Mousse	24	Mandarin Oranges	10
DB Angel Food				Chilled Pinneapple	1	WW Dinner Roll	127	Raisin Bread	98
WW Hamburger Roll	254			Wheat Bread	138				
Cal: 1050 / Na: 1066		Cal: 729 / Na: 905		Cal: 930 / Na: 629		Cal: 689 / Na: 680		Cal: 566 / Na: 804	
30 Meatball Sub w/Marinara Sauce	210	31 Turkey w/Gravy	456	1 Egg Salad	310	2 Chicken Fajita w/Pepper & Onion	55	3 Turkey Sandwich	
Sweet Potato Fries	170	Cranberry Sauce	4	Lettuce Leaf		Corn	2	Turkey	319
Spinach	112	Whipped Potato	109	Potato Salad	311	Seasoned Black Beans	293	Cranberry Sauce	8
Peach Cobbler	29	Carrots	65	Tomato Florentine Soup	148	Flan Style Pudding	170	Broccoli Slaw	117
DB Baked Peaches		Chilled Pears	5	Honeydew	15	Whole Grain Tortilla 6"	220	Stuffing	212
WW Sub Roll	165	Snack n Loaf	160	Hot Dog Roll	210			Raisins	4
Cal: 693 / Na: 967		Cal: 690 / Na: 984		Cal: 578 / Na: 1150		Cal: 666 / Na: 729		Cal: 681 / Na: 1086	

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.