

## SeniorCare April Carb-modified Menu 2024

| Monday                                                                                             |      |     | Tuesday                                                                                               |      |     | Wednesday                                                                                                                                                                                                  |      |     | Thursday                                                                                                    |      |     | Friday                                                                                                                                                                       |      |     |
|----------------------------------------------------------------------------------------------------|------|-----|-------------------------------------------------------------------------------------------------------|------|-----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|-----|-------------------------------------------------------------------------------------------------------------|------|-----|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------|-----|
| <b>1</b> Meatballs & Gravy (330)<br>Mshd Potato(110)<br>Carrots (45)<br>LS WW Bread(0)             |      |     | <b>2</b> Stuffed Shells w/Marinara*(585)<br>Cauliflower (15)<br>Roll (120)                            |      |     | <b>3</b> Steak, Onions & Peppers (305)<br>Rice&Beans (200)<br>Zucchini (5)<br>Tortilla (220)                                                                                                               |      |     | <b>4</b> Chicken Supreme (375)<br>Sweet Potato (55)<br>Warm Berries & Rhubarb (5)<br>MG Bread (150)         |      |     | <b>5</b> Lentil Vegetable Stew (270)<br>Green Beans (5)<br>No Bread<br>Juice (0)                                                                                             |      |     |
| Cal                                                                                                | Carb | Na  | Cal                                                                                                   | Carb | Na  | Cal                                                                                                                                                                                                        | Carb | Na  | Cal                                                                                                         | Carb | Na  | Cal                                                                                                                                                                          | Carb | Na  |
| 530                                                                                                | 60   | 660 | 470                                                                                                   | 65   | 900 | 525                                                                                                                                                                                                        | 70   | 860 | 520                                                                                                         | 65   | 740 | 400                                                                                                                                                                          | 70   | 320 |
| <b>8</b> Chicken & Rice (520)<br>Capri Veg (15)<br>Oat Bread (150)                                 |      |     | <b>9</b> Dijon Pork (430)<br>Corn (5)<br>Warm Apples(10)<br>WW Bread (165)                            |      |     | <b>10</b> Beef Burgundy (445)<br>Noodles (5)<br>Broccoli (15)<br>MG Bread (150)                                                                                                                            |      |     | <b>11 Chilled:</b> Egg Salad (145)<br>Quinoa Salad(230)<br>Garden Salad (35)<br>WW Bun (250)                |      |     | <b>12</b> Mediterranean Fish (420) <br>Rstd Potatoes (5)<br>Green Beans (5)<br>Roll (120) |      |     |
| Cal                                                                                                | Carb | Na  | Cal                                                                                                   | Carb | Na  | Cal                                                                                                                                                                                                        | Carb | Na  | Cal                                                                                                         | Carb | Na  | Cal                                                                                                                                                                          | Carb | Na  |
| 610                                                                                                | 70   | 860 | 645                                                                                                   | 70   | 780 | 565                                                                                                                                                                                                        | 65   | 790 | 525                                                                                                         | 65   | 790 | 495                                                                                                                                                                          | 65   | 725 |
| <b>15</b><br><br><b>No Meals Served Patriots Day</b>                                               |      |     | <b>16</b> Broccoli Egg Bake (340)<br>Rstd Potatoes (5)<br>Carrots (65)<br>WW Bread (165)<br>Juice (0) |      |     | <b>17</b> Chicken Piccata & Pasta (430)<br>Zucchini (5)<br>MG Bread (150)<br>Pineapple (5)                                                                                                                 |      |     | <b>18</b> Meatloaf w/Gravy (210)<br>Mshd Potato(110)<br>Broccoli (15)<br>Oat Bread (150)<br>Fresh Fruit (5) |      |     | <b>19</b> Apple Pork Roast (220)<br>Swt Potato (55)<br>Cauliflower (15)<br>Roll (120)                                                                                        |      |     |
|                                                                                                    |      |     | Cal                                                                                                   | Carb | Na  | Cal                                                                                                                                                                                                        | Carb | Na  | Cal                                                                                                         | Carb | Na  | Cal                                                                                                                                                                          | Carb | Na  |
|                                                                                                    |      |     | 595                                                                                                   | 70   | 605 | 460                                                                                                                                                                                                        | 55   | 760 | 605                                                                                                         | 70   | 660 | 615                                                                                                                                                                          | 70   | 585 |
| <b>22</b> Beef, Gravy & Mixed (375)<br>Vegetables<br>Mshd Potato(110)<br>Oat Bread (150)           |      |     | <b>23</b> Garlic & Herb Chicken (350)<br>Risotto (105)<br>Zucchini (5)<br>WW Roll (180)               |      |     | <b>24 Chilled:</b> Turkey & Swiss (335)<br>Garden Salad (35)<br>3 Bean Salad (325)<br>LS Bread (0)                                                                                                         |      |     | <b>25</b> Pulled Pork (320)<br>Sweet Potato (55)<br>Roll (250)                                              |      |     | <b>26</b> Tuscan <br>Salmon (185)<br>Orzo (40)<br>Capri Veg (15)<br>MG Bread (150)      |      |     |
| Cal                                                                                                | Carb | Na  | Cal                                                                                                   | Carb | Na  | Cal                                                                                                                                                                                                        | Carb | Na  | Cal                                                                                                         | Carb | Na  | Cal                                                                                                                                                                          | Carb | Na  |
| 640                                                                                                | 70   | 685 | 630                                                                                                   | 70   | 820 | 495                                                                                                                                                                                                        | 60   | 825 | 590                                                                                                         | 70   | 765 | 820                                                                                                                                                                          | 70   | 570 |
| <b>29</b> Chicken (435)<br>Alfredo w/Pasta<br>Broccoli (15)<br>MG Bread (150)<br>Chilled Fruit (5) |      |     | <b>30</b> Turkey & Rice Casserole (400)<br>Green Beans (5)<br>No Bread                                |      |     | <p>Totals include entrée, sides, bread, milk &amp; margarine.<br/>Sodium (Na): Milligrams noted in parenthesis.</p> <p><b>Nutrition Questions?</b> Please contact dietitian Deb Davidson, 978 281-1750</p> |      |     |                                                                                                             |      |     |                                                                                                                                                                              |      |     |
| Cal                                                                                                | Carb | Na  | Cal                                                                                                   | Carb | Na  |                                                                                                                                                                                                            |      |     |                                                                                                             |      |     |                                                                                                                                                                              |      |     |
| 575                                                                                                | 60   | 775 | 620                                                                                                   | 70   | 580 |                                                                                                                                                                                                            |      |     |                                                                                                             |      |     |                                                                                                                                                                              |      |     |

**To Cancel Meals please call 978-281-1750 2 days before date of service.**

**Menu Subject to Change Without Notice**

A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly.

*A snack or fruit is sent with each meal containing less than 20g of carbohydrates, between 50–100 calories and under 100mg of sodium, to be eaten between meals.*