

SeniorCare April Cardiac Menu 2024

Monday			Tuesday			Wednesday			Thursday			Friday		
1 Chicken Meatballs(210) Mshd Potato(110) Carrots (45) LS WW Bread(0) Applesauce (15)			2 Stuffed Shells w/Marinara*(585) Cauliflower (15) LS WW Bread(0) Chilled Fruit (5)			3 Steak, Onions & Peppers (305) Black Beans (140) Spanish Rice (260) LS WW Bread(0) Fresh Fruit (5)			4 Special: Chicken Supreme(375) Sweet Potato (55) Fruit Crisp (110) Salad w/ Dressing LS WW Bread(0)			5 Lentil Vegetable Stew (300) Green Beans (5) LS WW Brd(0) Yogurt (75) Juice (0)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
595	70	675	545	98	785	780	120	840	780	120	840	650	120	605
8 Chicken & Veg Stir Fry*(560) Brown Rice (5) LS WW Brd(0) Pineapple (5)			9 Dijon Pork(430) Corn (5) LSWW Brd(0) Warm Apples (5)			10 Beef Burgundy (445) Noodles (5) Broccoli (30) LS WW Brd(0) Cupcake (175)			11 Chilled: Egg Salad (145) Quinoa Salad(230) Garden Salad (150) LS WW Brd(0) Gelatin (65)			12 Mediterranean Fish (420)  Rstd Potatoes (5) Green Beans(5) LS WW Brd(0) Fresh Fruit (5)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
715	105	740	625	60	615	665	80	815	570	70	605	590	85	705
15 No Meals Served Patriots Day			16 Broccoli Egg Bake (340) Rstd Potatoes (5) Carrots (45) Fruit Loaf Yogurt (75) Juice (0)			17 Chicken Piccata & Pasta (430) Zucchini (5) LS WW Brd(0) Pineapple (5)			18 Meatloaf w/Gravy (210) Mshd Potato(110) Peas (60) LS WW Brd(0) Fresh Fruit (5)			19 Apple Pork Roast (220) Swt Potato (55) Cauliflower (15) Corn Bread (210) Graham Cracker(70)		
			Cal	Carb	Na	Cal	Carb	**Na	Cal	Carb	Na	Cal	Carb	Na
			665	90	600	720	90	1115	730	95	560	835	100	745
22 Shepherd's Pie (360) Broccoli(30) LS WW Bread(0) Pudding (190)			23 Balsamic Chicken (345) Risotto (105) Kale (45) LS WW Brd(0) Chilled Fruit (5)			24 Chilled: Turkey & Swiss (335) Garden Salad (35) 3 Bean Salad (325) LS WW Brd(0) Fresh Fruit (5)			25 BBQ Pulled Pork (530) Cauliflower (5) Rst Sweet Pot(55) LS WW Bread(0) Applesauce (15)			26 Tuscan  Salmon (185) Orzo (40) Capri Veg (15) LS WW Brd(0) Cookie (60)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	**Na	Cal	Carb	Na	Cal	Carb	Na
680	65	645	720	100	680	600	80	880	545	75	740	935	90	630
29 Chicken (435) Alfredo w/Pasta Broccoli (30) LS WW Brd(0) Chilled Fruit (5)			30 Turkey & Rice Casserole (400) Green Beans (5) LS WW Brd(0) Gelatin (65)			Total Calories, Na and Carb include: Entrée, sides, dessert, fruit, bread, milk & margarine. Sodium (Na): Milligrams noted in parenthesis *High sodium item (>500mg) **= High sodium meal (>850mg) Nutrition Questions? Deb Davidson 978 281-1750								
Cal	Carb	Na	Cal	Carb	Na									
642	75	630	784	105	640									

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

Menu Subject to Change Without Notice

plant-forward eating

GOOD
FOR YOU
AND THE
PLANET

Are you looking to eat less meat and other animal products but concerned about not getting enough protein? Whether you skip or limit, your protein requirements can be easily met with a variety of plant-based foods and proper meal planning.

PROTEIN REQUIREMENTS

Most people eat more protein than they need. To help preserve muscle mass, adults 65 years of age and older should consume 1.0 – 1.3 gm of protein per kilogram (kg) of body weight. (Divide body weight in pounds by 2.2 to get kg). Examples: A person who weighs 180 pounds needs 82 – 106 gm protein per day and a person who weighs 130 pounds needs 59 – 77 gm protein per day.

PLANT-BASED PROTEIN MEETS PROTEIN NEEDS

All plant food sources provide protein and will add to total protein intake throughout the day. Bonus: plants provide other key nutrients like fiber and antioxidants and less unhealthy fats compared to animal foods.

EXAMPLE OF PROTEIN WITHIN A PLANT-BASED DIET	PROTEIN (GM)
Breakfast: 2 tbsp peanut butter + 1 small banana on whole grain toast + 8 oz glass of soy milk	23
Lunch: Salad with 2 cups spinach, ½ cup broccoli, ½ cup kidney beans, 1 oz almond slices, 1 cup quinoa, 2 tbsp dressing, + apple	29
Snack: ¼ cup hummus + ½ cup raw vegetables + 1 oz roasted pumpkin seeds	15
Dinner: Stir-fry with 4 oz tofu + 1.5 cup veggies + 1 cup soba noodles + 1 oz peanuts	30
Total:	97 gm

GETTING STARTED

- **Include a variety of plant proteins within a balanced diet**, such as legumes, nuts, seeds, whole grains, tofu, tempeh, and edamame. While it is not necessary to combine specific plant foods at one meal, including a variety of plant protein sources over the day helps ensure you get all essential amino acids.
- **Consult a registered dietitian nutritionist (RDN)** to help you plan a well-balanced plant-based diet that meets your individual nutritional needs.

