



## SeniorCare April HDM Menu 2024

Monday			Tuesday			Wednesday			Thursday			Friday		
<b>1</b> Turkey w/Gravy* (765) Mshd Potato(110) Carrots (45) LS WW Bread(0) Applesauce (15)			<b>2</b> Stuffed Shells w/Marinara*(585) Cauliflower (15) Vienna Brd (140) Chilled Fruit (5)			<b>3</b> Steak, Onions & Peppers (305) Black Beans (140) Spanish Rice (260) Tortilla (220) Fresh Fruit (5)			<b>4 Special:</b> Chicken Cordon Bleu*(600) Sweet Potato (55) Fruit Crisp (110) Caesar Salad(160) Onion Roll (240)			<b>5</b> Lentil Vegetable Stew (300) Green Beans (5) WW Roll (180) Yogurt (75) Juice (0)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
490	65	1110	605	90	925	870	125	1070	965	105	1360	650	120	605
<b>8</b> Chicken & Veg Stir Fry*(560) Brown Rice (5) Oat Bread (150) Pineapple (5)			<b>9 Fenway Opening Day</b>  Hot Dog*(540) Bkd Beans (370) Coleslaw (45) Roll (250) Warm Apples (5)			<b>10</b> Beef Burgundy (445) Noodles (5) Broccoli (30) MG Bread (150) Cupcake (175)			<b>11 Chilled:</b> Egg Salad (145) Quinoa Salad(230) Garden Salad (150) Roll (330) Gelatin (65)			<b>12</b> Mediterranean Fish (420)  Rstd Potatoes (5) Crmd Spinach(220) WW Roll (180) Fresh Fruit (5)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
725	105	890	780	100	1485	675	80	965	735	105	1050	785	105	1085
<b>15</b>  <b>No Meals Served Patriots Day</b>			<b>16</b> Broccoli Egg Bake (340) Rstd Potatoes (5) Carrots (45) Fruit Loaf (170) Yogurt (75) Juice (0)			<b>17</b> Chicken Parm w/Pasta* (790) Zucchini (5) MG Bread (150) Pineapple (5)			<b>18</b> Meatloaf w/Gravy (210) Mshd Potato(110) Peas (60) Oat Bread (150) Fresh Fruit (5)			<b>19</b> Apple Pork Roast (220) Swt Potato (55) Garden Salad(150) Corn Bread (210) Brd Pudding(190)		
			Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
			845	120	765	720	90	1115	740	95	710	1020	135	1000
<b>22</b> Shepherd's Pie (360) Biscuit (280) Pudding (190)			<b>23</b> Balsamic Chicken (345) Risotto (105) Kale (45) WW Roll (180) Chilled Fruit (5)			<b>24 Chilled:</b> Turkey & Swiss (335) Garden Salad (35) 3 Bean Salad (325) Rye Bread (300) Fresh Fruit (5)			<b>25</b> BBQ Pulled Pork*(530) Swt Tater Tot (230) Cauliflower (5) Roll (250) Applesauce (15)			<b>26</b> Tuscan  Salmon (185) Orzo (40) Capri Veg (15) MG Bread (150) Cookie (60)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
805	85	1005	790	110	860	620	85	1180	605	90	1170	920	85	630
<b>29</b> Chicken (435) Alfredo w/Pasta Broccoli (30) Roll (260) Chilled Fruit (5)			<b>30</b> Turkey & Rice Casserole (400) Green Beans (5) Cornbread (210) 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) Shading = High sodium meal (>1200mg) <b>Nutrition Questions?</b> Deb Davidson 978 281-1750								
Cal	Carb	Na	Cal	Carb	Na									
720	90	890	925	120	855									

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

**Menu Subject to Change Without Notice**

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

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

## 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.

