

SeniorCare April 2023 Cardiac Menu

Monday			Tuesday			Wednesday			Thursday			Friday		
3 Beef Burgundy (360) Noodles (5) Veg Blend (15) LS WW Bread(0) Cookie (60)			4 BBQ Boneless Pork Rib* (695) Butternut (15) Corn (5) LS WW Bread(0) Applesauce (20)			5 Breaded*(570) Chicken Bites Rstd Potatoes(5) Green Beans (5) LS WW Bread(0) Peaches (5)			6 Salmon Salad(90) Garden Salad (150) Quinoa Salad (230) LS WW Bread (0) Yogurt (75) Juice (0)			7 Veggie Lasagna* (540) Cauliflower (15) LS WW Bread (0) Fresh Fruit (5)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
625	70	615	590	90	850	680	95	835	565	85	545	570	85	730
10 Honey Garlic Chicken (330) Rice (5) Asian Veg (10) LS WW Bread(0) Pineapple (5)			11 Veggie Frittata (180) Maple Carrots (80) Rstd Potatoes (5) Muffin (190) Yogurt (75) Juice (0)			12 American Chop Suey (310) Broccoli (10) LS WW Bread(0) Mixed Fruit (10)			13 Special: Roast Pork w/ Pineapple Sc(290) Potatoes Au Gratin (145) Peas (60) Cake (170) LS WW Bread (0)			14 Turkey&Sweet Potato Chili*(615) Br. Sprouts (15) LS WW Brd (0) Mixed Fruit (10)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
570	80	515	675	105	670	580	75	505	800	95	815	625	95	815
17 No Meals Served Patriot's Day			18 Broc & Chz Stuffed Chicken (460) Rice Pilaf (70) Green Beans (5) LS WW Bread(0) Mandarins (10)			19 Mac & Cheese *(650) Peas (60) LS WW Brd(0) Gelatin (65)			20 Meatloaf w/Gravy (460) Mshd Potato (110) Garden Salad (35) LS WW Brd(0) Berry Crisp (105)			21 Mediterranean Style Cod (420) Rstd Potatoes (5) Cream Spinach (220) LS WW Brd (0) Fresh Fruit (5)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
675	85	715	525	70	765	850	90	775	580	85	820			
24 Turkey w/ Gravy (510) Mshd Potato (110) Carrots (45) LS WW Bread (0) Mixed Fruit (10)			25 Swedish Meatballs (250) Orzo (190) Green Beans (5) LS WW Brd(0) Cupcake (175)			26 Hot Dog*(540) Carrots (65) Coleslaw (50) LS WW Bread(0) Warm Pears (5)			27 Chicken & Rice(350) Zucchini (10) LS WW Bread(0) Mixed Fruit (10)			28 Lentil Stew (190) Brown Rice (25) Veg Blend (20) LS WW Bread(0) Pudding (170)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
565	70	845	750	100	790	625	60	835	630	80	510	733	122	580

Totals include entrée, sides, dessert, fruit, bread, milk & margarine. Sodium (Na): Milligrams noted in parenthesis.

*High sodium item (>500mg)

Shading = High sodium meal (>1200mg)

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

To cancel a meal, please call 978-281-1750 by 10 am the day before.