

SeniorCare April 2023 Regular Menu

| Monday | | | Tuesday | | | Wednesday | | | Thursday | | | Friday | | |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------|------------|---------------------------------------------------------------------------------------------------------------------------------|-------------|------------|--------------------------------------------------------------------------------------------------------------|-------------|------------|--------------------------------------------------------------------------------------------------------------------------------|-------------|------------|---------------------------------------------------------------------------------------------------------------------|-------------|------------|
| 3 Beef Burgundy (360) Noodles (5) Veg Blend (15) WW Bread (165) Cookie (60) | | | 4 BBQ Boneless Pork Rib* (695) Butternut (15) Corn (5) WW Bun (250) Applesauce (20) | | | 5 Breaded* (570) Chicken Bites Rstd Potatoes(5) Green Beans (5) Roll (180) Peaches (5) | | | 6 Chilled: Salmon Salad (90) Garden Salad (150) Quinoa Salad (230) Oat Bread (300) Yogurt (75) Juice (0) | | | 7 Veggie Lasagna* (540) Cauliflower (15) Garlic Roll (240) Fresh Fruit (5) | | |
| Cal 655 | Carb 75 | Na 780 | Cal 650 | Carb 100 | Na 1100 | Cal 885 | Carb 110 | Na 1170 | Cal 585 | Carb 90 | Na 845 | Cal 655 | Carb 95 | Na 1080 |
| 10 Honey Garlic Chicken (330) Rice (5) Asian Veg (10) WW Roll (180) 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) MG Bread (150) Mixed Fruit (10) | | | 13 Special: Baked Ham* (955) Potatoes Au Gratin (145) Peas (60) Cake (170) LS Bread (0) | | | 14 Turkey&Sweet Potato Chili* (615) Br. Sprouts (15) Corn Bread (235) Mixed Fruit (10) | | |
| Cal 640 | Carb 95 | Na 695 | Cal 675 | Carb 105 | Na 660 | Cal 590 | Carb 75 | Na 655 | Cal 865 | Carb 135 | Na 1500 | Cal 705 | Carb 105 | Na 1050 |
| 17 No Meals Served Patriot's Day | | | 18 Broccoli & Cheese Stuffed Chicken (460) Rice Pilaf (70) Green Beans (5) MG Bread (150) Mandarins (10) | | | 19 Macaroni & Cheese * (650) Peas (60) Vienna Brd (140) Gelatin (65) | | | 20 Meatloaf w/Gravy (460) Mshd Potato (110) Garden Salad (35) Oat Bread (150) Berry Crisp (105) | | | 21 Mediterranean Cod (420) Rstd Potatoes (5) Creamed Spinach (220) WW Roll (180) Fresh Fruit (5) | | |
| | | | Cal 685 | Carb 85 | Na 865 | Cal 720 | Carb 120 | Na 1085 | Cal 840 | Carb 90 | Na 1030 | Cal 785 | Carb 105 | Na 1080 |
| 24 Turkey w/Gravy* (790) Mshd Potato (110) Carrots (45) LS Bread (0) Mixed Fruit (10) | | | 25 Swedish Meatballs (250) Orzo (40) Green Beans (5) Oat Bread (150) Cupcake (175) | | | 26 Hot Dog* (540) Baked Beans (370) Coleslaw (50) Roll (250) Warm Pears (5) | | | 27 Chicken Parmesan* (615) Pasta (100) Zucchini (10) Garlic Roll (240) Mixed Fruit (10) | | | 28 Lentil Stew (190) Brown Rice (25) Veg Blend (20) Roll (260) Pudding (170) | | |
| Cal 525 | Carb 75 | Na 1125 | Cal 730 | Carb 95 | Na 785 | Cal 800 | Carb 100 | Na 1470 | Cal 785 | Carb 95 | Na 1200 | Cal 815 | Carb 135 | Na 840 |
| 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 10am the day before.
Menu Subject to Change Without Notice**