

SENIORCARE HOME DELIVERED MEALS - MARCH 2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
25 Chicken Mirabella	284	26 BBQ Pulled Pork	292	27 Lazy Chicken		28 Shepards Pie		1 Stuffed Shells	390
Roasted Carrots	65	Rustic Cut-		Cordon Blu	342	w/ Mashed Potato	201	Marinara Sauce	194
Rice Pilaf	93	Sweet Potatoes	170	Supreme Sauce		RSTD Butternut Squash	20	Garlic Broccoli &	
Mandarin Oranges	8	Braised Red Cabbage	99	Green Beans	2	Chocolate Cake	159	Cauliflower	32
Oatmeal Bread	130	Jell-O	64	Roasted Potatoes	121	DB Angel Food Cake		Mixed Fruit	10
		Burger Roll	248	Cantaloupe	7	Whole Wheat Bread	138	Vienna Bread	129
		Wheat Roll	127						
Cal: 850 / Na: 734		Cal: 940 / Na: 999		Cal: 528 / Na: 753		Cal: 715 / Na: 842		Cal: 533 / Na: 878	
4 Meatloaf w/Gravy	370	5 Chicken Pot Pie *	570	6 Breaded Fish	60	7 Roasted Turkey		8 Broccoli & Cheese	
Herbed Zucchini	56	w/ Peas & Carrots		Lemon Wedge		w/ Gravy	449	Egg Bake	436
Whipped Sweet Potatoes	10	Red Bliss Potatoes	5	Mac & Cheese	142	Cranberry Sauce	8	Home Fries	294
Parsley Garnish		Strawberry Cup	0	Mixed Veg	24	Peas	58	Maple Glazed Carrots	124
Chilled fruit	10	DB Chilled Fruit	0	Honey Dew	15	Whipped Potatoes	109	Yogurt & Juice (NO MILK)	80
Corn Bread	236	Hearty Wheat Bread	138	Oatmeal Bread	142	Marbel Cake	159	Raisin Bread	105
						Wheat Bread	138		
Cal: 780 / Na: 851		Cal: 693 / Na: 885		Cal:484 / Na: 539		Cal: 803 / Na: 1076		Cal: 782 / Na: 938	
11 American Chop Suey	316	12 Chicken Meatball	250	13 Cranberry Orange		14 St. Patrick's Day Special		15 Grilled Salmon	69
Marinara Sauce		Stroganoff		Glazed Chicken	155	Corned Beef Au Jus*	533	w/ creamy dill sauce	17
Garlic Spinach	112	Fresh Mushroom		Cheddar Whipped		Potatoes & Cabbage	12	Mashed Potatoes	109
Chilled Pineapple	1	Buttered Noodles	20	Potatoes	136	Carrot & Turnip Blend	65	PEI Blend	24
Parker House Roll	170	Peas	68	Mixed Veg	24	Crème de Menthe Bar/	175	Jell-O	64
		Applesauce	14	Raisins	4	DB Brownie	0	Oatmeal Bread	142
		WW Dinner Roll	127	Snack & Loaf	160	Marble Rye	227		
Cal: 805 / Na: 754		Cal: 772 / Na: 635		Cal: 737 / Na: 784		Cal: 970 / Na: 1129		Cal: 707 / Na: 580	
18 Apricot Chicken	146	19 Pot Roast	112	20 Pulled Pork	340	21 Meatball Sub		22 Omelette	312
Whipped Sweet Potato	163	Gravy	56	w/ BBQ Sauce	169	(Chicken)	190	Ketchup	9
Brussels Sprouts	12	Mashed Potatoes	109	Corn	1	Marinara Sauce	194	Roasted Potatoes	131
Coconut Cake	277	Roasted Winter Squash	24	Southern Greens	86	Sweet Potato Wedges	187	Baked Apples w/	4
DB Angel Food Cake		Mixed Fruit	6	Strawberry Cup		Broccoli	32	Cinn & Raisins	
Multigrain Bread		Oatmeal Bread	142	DB Mandarins Oranges	8	Applesauce	19	Yogurt & Juice (NO MILK)	80
				White Burger roll	248	WW Sub Roll	105	Snack & Loaf	180
Cal: 737 / Na: 983		Cal: 668 / Na: 604		Cal: 937 / Na: 952		Cal: 627 / Na: 882		Cal: 821 / Na: 913	
25 Lasagna or	146	26 Beef Stew	117	27 Chicken Mirabella	284	28 **Hot Dog*	540	29 Mac & Cheese	285
Stuffed Shells		w/ Peas & Carrots		Rice Pilaf	93	Mustard/Relish 55/81		CAPRI Veg Blend	22
Marinara	194	Mashed Potatoes	109	Roasted Cauliflower	32	Baked Beans	140	Stewed Tomatoes	22
Broccoli	32	Brownie/		Applesauce	19	Carrots	65	Chocolate Pudding	190
Raisins	4	DB Oatmeal Cookie	175	Multigrain Bread	138	Mandarin Oranges	8	DB Vanilla	
Wheat Bread	138	Pull Apart Roll	210			Hot Dog Roll	210	Oatmeal Bread	142
Cal: 532 / Na: 911		Cal: 762 / Na: 556		Cal: 778 / Na: 720		Cal: 767 / Na: 1256*		Cal: 659 / Na: 826	

Menu Subject to Change Without Notice

Sodium(Na) values listed in Parentheses. Sodium in milk (100 mg), Margarine (30 mg), & Crackers (56 mg).

*High Sodium Entrée contains more than 500mg. **Indicates higher sodium meal having more than 1200 mg.

Requested Voluntary Confidential Donation: \$2.00 per meal. All donations go to providing meals.