

SENIORCARE CONGREGATE MEALS - APRIL 2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
1 Meatball Stroganoff (Chix)	250	2 Hoisin Chicken Stir-Fry	533	3 Salisbury Steak	403	4 Lasagna	484	5 Baked Fish or Pork w Apples/Onions	300
Fresh Mushrooms	250	Fried Rice	116	Whipped Potato	109	Marinara Sauce	194	Roasted Red Bliss	59
Steamed Beets	83	Asian Veg Blend	10	Corn	1	Broccoli	32	Tomato Soup	148
Buttered Noodles	11	Chilled Pineapple	1	Vanilla Pudding/DB Chocolate	170	Kale & White Bean Soup	14	Fruit Crisp	4
Cantaloupe	7	Whole Wheat Roll	105	Hearty White Bread	121	Raisins	4	DB Baked	94
Oatmeal Bread	142					Vienna Bread	94	Hearty Wheat Bread	
Cal:615 / Na: 606		Cal: 605 / Na: 1034		Cal: 688 / Na: 928		Cal: 688 / Na: 843		#1Cal: 763 Na: 812 #2Cal:618 Na:571	
8 Chicken Mirabella W/Prunes	284	9 RED SOX OPENING DAY Hot Dog*	540	10 Chicken Cordon Bleu W/Supreme Sauce	700	11 Spring Celebration Seafood Bake w/ Newburg Sauce		12 Stuffed Shells	390
Red Cabbage	99	Mustard/Relish 55/81		Roasted Potatoes	121	Rice W/Peas & Tumeric		Marinara Sauce	194
Rustic Baked Potatoes	9	Carrots	65	Vegetable Orzo Soup	136	Zucchini & Squash Blend		Roasted Cauliflower	32
Brownie		Baked Beans	140	Cantaloupe	7	White Choc Mousse		Minestrone Soup	216
DB Angel Cake	175	Hot Dog Rolls	210	Wheat Roll	105	Pull Apart Roll		Chilled Peaches	5
Oatmeal Bread	142							Wheat Bread	138
Cal: 966 / Na: 864		Cal:767 / Na: 1256**		Cal: 743 / Na: 1263**		Cal: / Na:		Cal: 547 / Na: 914	
15		16 Chicken W/ Winter Vegetables	213	17 American Chop Suey	315	18 Roasted Turkey W/ Gravy	449	19 Broccoli & Cheese Bake	436
Patriot's Day NO SERVICE		Au jus Sauce	304	Marinara Sauce		Cranberry Sauce	8	Red Bliss Potatoes	5
		Roasted Potatoes	121	Garlic Spinach	112	Whipped Potatoes	38	Maple Glazed Carrots	124
		Strawberry Cup		Mandarin Oranges	10	Butternut Squash Soup	38	Yogurt & Juice (NO MILK)	80
		DB Chilled Fruit		Dinner Roll	170	Marble Cake		Raisin Bread	105
		Hearty Wheat Bread	138			Oatmeal Bread	142		
Cal: / Na:		Cal: 732 / Na: 930		Cal: 741 / Na: 763		Cal: 882 / Na: 1116		Cal: 874 / Na: 905	
22 Meatloaf w/Gravy	370	23 Meatball Sub (chix)	190	24 Chicken Pot Pie* w/Peas & Carrots	570	25 Pot Roast w/Gravy	168	26 Balsamic Chicken	462
Herbed Zucchini	10	Marinara Sauce	194	Red Bliss Potatoes	5	Mashed Potatoes	109	Rice Pilaf	93
Whipped Potatoes	109	Sweet Potato Wedges	187	Yogurt & Juice (NO MILK)	80	Barley & Veggie Soup	93	Peas	68
Applesauce	14	Cauliflower Cheddar Soup	103	Snack & Loaf	160	Lemon Square		Chilled Fruit	10
Parker House Roll	70	Fresh Fruit	2			DB Lemon Cookie	110	Oatmeal Bread	142
		Wheat Sub Roll	320			Multigrain Bread	138		
Cal: 645 / Na: 828		Cal: 839 / Na: 1184		Cal: 841 / Na: 970		Cal:741 / Na: 740		Cal: 684 / Na: 905	
29 Honey Rosemary Pork	168	30 Cranberry Orange Glazed Chicken	233	1 Pulled Pork	410	2 Stuffed Pepper	175	3 Omelette	210
Rst Sweet Potato	104	Wild Rice Blend	148	w/Golden BBQ Sauce	169	Rustic Tomato Sauce	194	Ketchup	82
Mushroom Soup	215	Mixed Vegetable	24	Sweet Potato Wedges	187	Au Gratin Potatoes	142	Roasted Potatoes	121
Applesauce	14	Pineapple	1	Corn Chowder	159	Coconut Cake/DB Angel Food Cake	227	Baked Apple w/ Cinn & Raisins	10
Multigrain Bread	138	Oatmeal Bread	142	Honeydew	15	WW Dinner Roll	127	Yogurt & Juice (NO MILK)	80
				White Bread	121			Snack & Loaf	160
Cal:429 / Na: 483		Cal: 610 / Na: 615		Cal: 667 / Na: 1216**		Cal: 866 / Na: 1061		Cal: 755 / Na: 817	

Menu Subject to Change Without Notice. Please let us know if you have any food allergies.

Sodium(Na) values listed in Parentheses. Sodium in milk (100 mg), Margarine (30 mg), Tartar Sauce (97) & 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.