

SENIORCARE HOME DELIVERED MEALS - APRIL 2019

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
| 1 Meatball Stroganoff (Chix) 250 Fresh Mushrooms 250 Steamed Beets 83 Buttered Noodles 11 Cantaloupe 7 Oatmeal Bread 142 Cal: 615 / Na: 606 | 2 Hoison Chicken Stirfry* 533 Fried Rice 116 Asian Veg Blend 10 Chilled Pineapple 1 Whole Wheat Roll 105 Cal: 571 / Na: 890 | 3 Salisbury Steak 403 Whipped Potato 109 Corn 1 Vanilla Pudding 170 DB Chocolate 121 Hearty White Bread 121 Cal: 688 / Na: 928 | 4 Lasagna 484 Marinara Sauce 32 Broccoli 4 Raisins 129 Vienna Bread 129 Cal: 536 / Na: 774 | 5 Baked Fish 300 Tartar Sauce 85 Roasted Red Bliss 5 Peas 68 Fruit Crisp/Db Baked 10 Hearty Wheat Bread 138 Cal: 756 / Na: 731 |
| 8 Chicken Mirabella W/ Prunes 284 Red Cabbage 99 Rustic Baked Potatoes 9 Brownie/DB Angel Food Cake 175 Oatmeal Bread 142 Cal: 966 / Na: 864 | 9 RED SOX OPENING DAY Hot Dog* 540 Mustard/Relish 55/81 Carrots 65 Baked Beans 140 Hot dog Roll 210 Cal: 767 / Na: 1256** | 10 Chicken Cordon Bleu w/Supreme Sauce 700 Green Beans 5 Rice Pilaf 93 Cantaloupe 7 Wheat Roll 105 Cal: 719 / Na: 1034 | 11 Spring Celebration Newburg Style Haddock Rice w/ Peas & Tumeric Zucchini & Squash Blend White Chocolate Mousse Pull Apart Roll Cal: / Na: | 12 Stuffed Shells 390 Marinara Sauce 194 Roasted Cauliflower 32 Chilled Peaches 5 Wheat Bread 138 Cal: 547 / Na: 914 |
| 15 Patriot's Day NO SERVICE Cal: / Na: | 16 Chicken w/ Winter Vegetables 213 Au Jus 304 Roasted Potatoes 121 Strawberry Cup/ DB 0 Chilled Fruit Hearty Wheat Bread 138 Cal: 732 / Na: 930 | 17 American Chop Suey 315 Garlic Spinach 112 Mandarin Oranges 10 Dinner Roll 170 Cal: 741 / Na: 763 | 18 Roasted Turkey w/ Gravy 449 Cranberry Sauce 8 Peas 68 Whipped Potatoes 109 Marble Cake DB Angel Food Cake 159 Cal: 833 / Na: 1090 | 19 Broccoli & Cheese Bake 436 Red Bliss Potatoes 5 Maple Glazed Carrots 124 Yogurt & Juice (NO MILK) 105 Raisin Bread 105 Cal: 874 / Na: 905 |
| 22 Meatloaf w/Gravy 370 Herbed Zucchini 10 Whipped Potatoes 109 Applesauce 10 Parker House Roll 70 Cal: 645 / Na: 828 | 23 Meatball Sub (chix) 190 Marinara Sauce 194 Sweet Potato Wedges 187 Broccoli 32 Fresh Fruit 2 Wheat Sub Roll 320 Cal: 839 / Na: 1184 | 24 Chicken Pot Pie* w/Peas & Carrots 570 Red Bliss Potatoes 5 Yogurt & Juice (NO MILK) 80 Snack & Loaf 160 Cal: 841 / Na: 970 | 25 Pot Roast w/Gravy 168 Mashed Potatoes 109 Roasted Winter Squash 20 Lemon Square DB Lemon Cookie 110 Multigrain Bread 138 Cal: 741 / Na: 740 | 26 Balsamic Chicken 462 Rice Pilaf 93 Peas 68 Chilled Fruit 10 Oatmeal Bread 142 Cal: 684 / Na: 905 |
| 29 Honey Rosemary Pork 62 Rst Sweet Potato 104 Brussel Sprouts 5 Applesauce 62 Multigrain Bread 138 Cal: 429 / Na: 483 | 30 Cranberry Orange Glazed Chix 233 Wild Rice Blend 148 Mixed Vegetables 24 Pinneapple 1 Oatmeal Bread 142 Cal: 610 / Na: 615 | 1 Pulled Pork 410 w/Golden BBQ Sauce 169 Zucchini 10 Sweet Potato Wedges 187 Honeydew 15 Burger Roll 248 Cal: 675 / Na: 1194 | 2 Stuffed Pepper 175 Rustic Tomato Sauce 194 Au Gratin Potatoes 142 Coconut Cake DB Angel Food Cake 277 WW Dinner Roll 127 Cal: 866 / Na: 1061 | 3 Cheese Omelette 210 Ketchup 82 Roasted Potatoes 121 Baked Apple w/ Cinn & Raisins 10 Yogurt & Juice (NO MILK) 80 Snack & Loaf 160 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), & 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.