

SENIORCARE CONGREGATE MEALS - MAY 2019 (To Cancel Please Call 978-281-1750)

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY |
|---|--|--|--|--|
| 29 Honey Rosemary-Pork 168 Rst Sweet Potato 104 Mushroom Soup 215 Applesauce 14 Multigrain Bread 138 Cal: 429 / Na: 483 | 30 Cranberry Orange-Glazed Chix 233 Wild Rice Blend 148 Mixed Vegetables 24 Pineapple 1 Oatmeal Bread 142 Cal: 610 / Na: 1034 | 1 **Pulled Pork 410 w/Golden BBQ Sauce 169 Sweet Potato Wedges 187 Corn Chowder 159 Honey Dew 15 White Bread 121 Cal: 667 / Na: 1216** | 2 Stuffed Pepper 175 Rustic Tomato Sauce 194 Au Gratin Potatoes 142 Coconut Cake/ DB Angel food Cake 227 WW Dinner Roll 127 Cal: 866 / Na: 1061 | 3 Omelette 210 Ketchup 82 Roasted Potatoes 121 Baked Apples w/ Cinn & Raisins 10 Yogurt & Juice (NO MILK) 80 Snack & Loaf 160 Cal: 755 / Na: 817 |
| 6 Chicken Caccitore w/ Red & Green Peppers & Onions 290 Pasta 20 Spinach 2 Applesauce 62 Whole Wheat Roll 127 Cal: 711 / Na: 719 | 7 Mac & Cheese 285 Stewed tomatoes 32 Hearty Veg Soup 129 Yogurt & juice 90 Oatmeal Bread 142 Cal: 628 / Na: 713 | 8 **Hot Dog** 540 Mustard/Relish 55/81 Baked Beans 140 Coleslaw 167 Mandarin Oranges 10 Hot Dog Roll 210 Cal: 773 / Na: 1328 | 9 ** Mothers Day Special* Broccoli & Cheese-Stuffed Chicken 520 Roasted Carrots 65 Whipped Potatoes 109 Strawberry Shortcake 332 Multigrain Bread 138 Cal: 823 / Na: 1319** | 10 Beef Stew w/ Peas & Carrots 117 Mashed Potatoes 109 Fresh Fruit- banana 1 Pull Apart Roll 210 Cal: 720 / Na: 591 |
| 13 Chicken Meatball Stroganoff w/ Mushrooms 250 Steamed Beets 83 Buttered Noodles 11 Cantaloupe 7 Snack'n Loaf 160 Ca: 724: / Na: 666 | 14 Hoisin Chicken/ Stir- Fry 533 Fried Rice 116 Asian Veg Blend 10 Pineapple 1 Wheat Dinner Roll 105 Cal: 600 / Na: 920 | 15 Beef Pot Pie w/ Carrots and Peas 219 Whipped Potato 109 Parsley Garnish Chocolate Pudding/ DB Vanilla 190 Oatmeal Bread 142 Cal: 751 / Na: 814 | 16 Lasagna 290 Marinara Sauce 194 Broccoli 32 Kale and White Bean soup 14 Raisins 2 Vienna bread 97 Cal: 629 / Na: 841 | 17 Baked Fish OR 300 Seasoned Beef w/ Sauce 288 Red Bliss Potatoes 121 Tomato Soup 148 Fruit Crisp/DB Baked 10 Hearty Wheat Bread 138 #1 Cal: 863 Na: 1025 #2 Cal: 809, Na: 928 |
| 20 Lemon Chicken-Picatta 410 Fruit Compote 21 Pasta 20 Strawberry Cup 0 DB Chilled Fruit 0 Oatmeal Bread 142 Cal: 691 / Na: 813 | 21 Meatloaf w/Gravy 214 Roasted Carrots 65 Whipped Potatoes 109 Parsley Garnish Lentil Soup 358 Jell-O 64 Snack'n Loaf 160 Cal: 1099 / Na: 1181 | 22 Chicken cordon Blu* 764 Supreme Sauce 18 Green Beans 5 Steamed Potatoes 5 Cantaloupe 7 Vienna Bread 97 Cal: 700 / Na: 1050 | 23 Beef Shephard's pie w/ Mashed Potato Corn, Peas 201 Rst. Butternut Squash 20 Chocolate Cake/ DB Angel food Cake 159 Whole Wheat Bread 138 Cal: 744 / Na: 672 | 24 Stuffed Shells 390 Marinara Sauce 194 Roasted Cauliflower 32 Minestrone Soup 216 Chilled Peaches 5 Chilled Peaches 5 Wheat Dinner Roll 127 Cal: 637 / Na: 1175 |
| 27 No Service Memorial Day Cal: / Na: | 28 Egg Salad Roll 310 Lettuce Leaf Traditional Potato Salad 281 Garden salad w/ Dressing 62 Honey Dew 15 Hot Dog Roll 210 Cal: 956 / Na: 1034 | 29 American Chop Suey W/Marinara Sauce 316 Garlic Spinach 112 Yogurt & Juice 90 Wheat Bread 138 Cal: 802 / Na: 811 | 30 BBQ Pulled Pork 461 Sweet Potato Wedges 187 Coleslaw 167 Brownie/ DB Choc Chip Cookies 175 Burger Roll 248 Cal: 874 / Na: 1341** | 31 Roasted Turkey w/ Gravy 449 Cranberry Sauce 8 Whipped Potatoes 109 Butternut Squash Soup 38 Chilled Fruit 10 Oatmeal Bread 142 Cal: 770 / Na: 968 |

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.

Need to cancel your meal? Please call 978-281-1750 (toll free 1-866-927-1050) before 11:00 am the day before delivery