

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
29 Honey Rosemary-Pork 62 Rst Sweet Potato 104 Brussel Sprouts 5 Applesauce 62 Multigrain Bread 139	30 Cranberry Orange Glazed Chix 233 Wild Rice Blend 148 Mixed Vegetables 24 Pineapple 1 Oatmeal Bread 142	1 Rib-Q or Pulled Pork 410 w/Golden BBQ Sauce 169 Zucchini 10 Sweet Potato Wedges 187 Honeydew 15 Burger Roll 248	2 Stuffed Pepper 175 Rustic Tomato Sauce 194 Au Gratin Potatoes 142 Coconut Cake/ DB Angel Food Cake 227 WW Dinner Roll 127	3 Cheese Omelette 201 Ketchup 82 Roasted Potatoes 121 Baked Apples w/ Cinn & Raisin 10 Yogurt & Juice (NO MILK) 80 Snack & Loaf 160
Cal:429 / Na: 483	Cal: 610 / Na: 615	Cal: 675 / Na: 1194	Cal: 866 / Na: 1061	Cal: 755 / Na: 817
6 Chicken Caccitore w/ red & Green Peppers & Onions 290 Pasta 20 Spinach 113 Applesauce 14 Whole Wheat Roll 127	7 Mac & Cheese 285 Stewed tomatoes 32 Capri Veg Blend 22 Yogurt & Juice 90 Oatmeal Bread 142	8 Hot Dog* 540 Mustard/Relish 55/81 Baked Beans 140 Zucchini 10 Mandarin Oranges 10 Hot Dog Roll 210	9 **Mothers Day Special Broccoli & Cheese-Stuffed Chicken 520 Roasted Carrots w/Dill 65 Scallion Whipped Potato 109 Strawberry Shortcake 332 Multigrain Bread 138	10 Beef Stew w/ Peas & Carrots 117 Mashed Potatoes 109 Fresh Fruit- Banana 1 Pull Apart Roll 210
Cal: 722 / Na: 719	Cal: 565 / Na: 606	Cal: 716 / Na:1171	Cal: 823 / Na: 1319**	Cal: 720/ Na: 591
13 Chicken Meatball Stroganoff w/ Mushrooms 250 Steamed Beets 83 Buttered Noodles 11 Cantaloupe 7 Snack'n Loaf 160	14 Hoisin Chicken 533 Fried Rice 116 Asian Veg Blend 10 Pineapple 1 Wheat Dinner Roll 105	15 Beef Pot Pie W/ Carrots and Peas 219 Whipped Potatoes 109 Chocolate Pudding/ DB Vanilla 190 Oatmeal Bread 142	16 Lasagna 290 Marinara Sauce 194 Broccoli 32 Raisins 2 Vienna bread 97	17 Baked Fish 300 Tartar Sauce 85 Roasted Red Bliss 121 Peas 68 Fruit Crisp/DB Baked 10 Hearty Wheat Bread 138
Cal: 724 / Na:666	Cal: 600 / Na:920	Cal: 751 / Na: 814	Cal: 497 / Na: 770	Cal: 834 Na:877
20 Lemon Chicken-Picatta 410 Fruit Compote 21 Pasta 0 Strawberry cup/ DB Chilled Fruit 0 Oatmeal Bread 142	21 Meatloaf w/Gravy 214 Roasted Carrots 65 Whipped Potatoes 109 Jell-O 64 Snack'n Loaf 160	22 Chicken Cordon Blu* 764 Supreme Sauce 18 Green Beans 5 Steamed Potatoes 5 Cantaloupe 7 Vienna Bread 97	23 Beef Shephard's pie w/ Mashed Potatoes 201 Corn, Peas 20 Rst. Butternut Squash 20 Chocolate Cake/ DB Angel Food Cake 159 Whole Wheat Bread 138	24 Stuffed Shells 390 Marinara Sauce 194 Roasted Cauliflower 32 Chilled Peaches 5 Wheat Dinner Roll 127
Cal: 691 / Na: 813	Cal: 776 / Na: 767	Cal: 700 / Na: 1050	Cal:744 / Na: 672	Cal: 549 / Na: 903
27 NO SERVICE Memorial Day	28 Egg Salad Roll 310 Lettuce Leaf Traditional Potato Salad 281 Garden Salad w/ Dressing 62 Honey Dew 15 Hot Dog Roll 210	29 American Chop Suey W/ Marinara Sauce 316 Garlic Spinach 112 Yogurt & juice 90 Wheat Bread 138	30 **BBQ Pulled Pork 461 Sweet Potato Wedges 187 Braised Red Cabbage 99 Brownie/ DB Choc chip cookie 175 Burger Roll 248	31 Roasted Turkey W/ Gravy 449 Cranberry Sauce 8 Peas 68 Whipped Potatoes 109 Chilled Fruit 10 Oatmeal Bread 142
Cal: / Na:	Cal: 956 / Na: 1034	Cal: 802 / Na: 811	Cal:874 / Na:1341**	Cal: 700 / Na: 941

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.

If you are not going to be home please call 978-281-1750 before 11:00 am the day before delivery