

SeniorCare January Regular HDM Menu 2022

Monday			Tuesday			Wednesday			Thursday			Friday		
3 Ribecue* (750) Swt Tater Tots (270) Corn & Red Pepper (5) Burger Bun (200) Jell-O (65)			4 Pesto Chicken (450) Orzo (40) Carrots (65) WW Bread (130) Mixed Fruit (10)			5 Mac & Cheese (285) Peas (70) Rye Bread (330) Mixed Fruit (10)			6 Beef Stuffed Pepper w/Tomato Sauce (165) Au Gratin Potatoes (145) Vienna Bread (140) Pineapple (5)			7 Salmon w/Cream Sauce (190) Rstd Potato (5) Broccoli (30) Oat Bread (150) Cookie (230)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
790	120	1480	750	85	810	815	120	850	795	85	605	1180	130	775
10 Spinach & Chz Frittata (180) Home Fries (5) Mixed Veg (55) Snack&Loaf (160) Yogurt (75) Juice (0)			11 Turkey w/Gravy* (550) Mshd Potato (110) Green Beans (5) MG Bread (150) Applesauce (15)			12 Hot Dog (340) Baked Beans (205) Beets (140) Roll (210) Mandarins (5)			13 SPECIAL: Pot Roast w/ Jardiniere Gravy (150) Mshd Potato (25) PEI Veg Blend(20) Roll (240) Berry Crisp (10)			14 Curry Chicken (415) Wild Rice (100) Br Sprouts (20) Oat Bread (150) Fresh Fruit (0)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
700	105	605	605	90	995	670	90	1195	680	85	600	935	85	84
17 No Meals Served MLK Day			18 Stuffed Shells w/Marinara* (585) Zucchini w/Red Pepper (5) Vienna Brd (140) Pears (5)			19 BBQ Chicken* (545) Rice & Beans (80) Garden Salad (15) Cornbread (235) Peach Crisp (10)			20 Dijon Pork (340) Cabbage (100) Swt Potato (105) Rye Bread (330) Mixed Fruit (5)			21 Sloppy Joe (285) Tater Tots (310) Broccoli (30) WW BurgerBun(255) Pudding (190)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
530	80	880	815	110	1155	810	95	1035	975	100	1310			
24 Salisbury Steak w/Gravy (460) Mshd Potato (110) Brussel Sprouts(20) Biscuit (280) Cookie (60)			25 Pork Teriyaki (370) Veg Lo Mein (50) Veg Blend (15) WG Roll (105) Pineapple (5)			26 Broccoli & Cheese Stuffed Chicken (430) Squash (15) Green Beans (5) Oat Bread (150) Jell-O (65)			27 Beef Stew (245) Mshd Potato (110) WG Roll (180) Peaches (5)			28 Baked Fish (270) Rice Pilaf (95) Corn (5) WW Burger Bun (255) Mandarins (5)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
705	80	1080	685	70	695	660	85	810	710	90	715	865	115	1040
31 Eggplant Parm* (544) Pasta w/Sauce (195) Cauliflower (20) Vienna Brd (140) Pears (5)			Total Calories, Na and Carb include: Entrée, sides, dessert, fruit, bread, condiments, milk & margarine. Sodium (Na): Milligrams noted in parentheses. Milk: 100 calories, 12 carbs & 110 mg sodium Margarine: 30 cal, 0 carbs & 30 mg Na *High sodium item (>500mg), Shading = High sodium meal (>1200) Nutrition Questions? Please contact Deb Davidson, dietitian at 978 865-3571 A \$2.00 confidential donation is suggested per meal. Donation letters are mailed monthly.											
Cal	Carb	Na	For cancellations, please call: 978-281-1750 before 11am day before											
740	105	1165												