

SeniorCare June Regular HDM Menu 2022

Monday	Tuesday	Wednesday	Thursday	Friday																														
Total Calories, Na and Carb include Entrée, sides, dessert, fruit, bread, milk & margarine Sodium (Na): Milligrams in parenthesis Milk: 100 cal, 12 carbs & 110 mg Na Margarine: 30 cal, 0 carbs & 30 mg Na *High sodium item (>500mg), **High sodium meal (>1200mg)		1 Balsamic Chicken (310) Spinach Rice (60) Carrots (65) WW Roll (180) Fresh Fruit (5)		2 Egg Salad (350) Butternut Salad (10) Garden Salad (15) w/Dressing (135) MG Bread (255) Yogurt (75) Juice (0)																														
Nutrition Questions? Call Deb Davidson, Nutritionist 978-865-3571		<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th>Cal</th> <th>Carb</th> <th>Na</th> </tr> <tr> <td style="text-align: center;">660</td> <td style="text-align: center;">100</td> <td style="text-align: center;">770</td> </tr> </table>	Cal	Carb	Na	660	100	770	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th>Cal</th> <th>Carb</th> <th>Na</th> </tr> <tr> <td style="text-align: center;">715</td> <td style="text-align: center;">80</td> <td style="text-align: center;">885</td> </tr> </table>	Cal	Carb	Na	715	80	885	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th>Cal</th> <th>Carb</th> <th>Na</th> </tr> <tr> <td style="text-align: center;">620</td> <td style="text-align: center;">90</td> <td style="text-align: center;">790</td> </tr> </table>	Cal	Carb	Na	620	90	790												
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6 Pulled Pork (290) Swt Potatoes (30) Collards (85) Cornbread (235) Gelatin (65)		7 Grilled Chicken (325) Tater Tots (310) Garden Salad w/Dressing (150) Burger Bun (200) Warm Pears (5)		8 Pesto Salmon (260) Rice Pilaf (95) Mixed Veg (20) Garlic Roll (240) Cookie (110)																														
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th>Cal</th> <th>Carb</th> <th>Na</th> </tr> <tr> <td style="text-align: center;">945</td> <td style="text-align: center;">95</td> <td style="text-align: center;">860</td> </tr> </table>	Cal	Carb	Na	945	95	860	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th>Cal</th> <th>Carb</th> <th>Na</th> </tr> <tr> <td style="text-align: center;">635</td> <td style="text-align: center;">80</td> <td style="text-align: center;">1130</td> </tr> </table>	Cal	Carb	Na	635	80	1130	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th>Cal</th> <th>Carb</th> <th>Na</th> </tr> <tr> <td style="text-align: center;">750</td> <td style="text-align: center;">100</td> <td style="text-align: center;">880</td> </tr> </table>	Cal	Carb	Na	750	100	880	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th>Cal</th> <th>Carb</th> <th>Na</th> </tr> <tr> <td style="text-align: center;">765</td> <td style="text-align: center;">75</td> <td style="text-align: center;">635</td> </tr> </table>	Cal	Carb	Na	765	75	635	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th>Cal</th> <th>Carb</th> <th>Na</th> </tr> <tr> <td style="text-align: center;">585</td> <td style="text-align: center;">65</td> <td style="text-align: center;">990</td> </tr> </table>	Cal	Carb	Na	585	65	990
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13 Cheeseburger (445) Swt Tater Tots (270) Green Beans (5) WG Roll (200) Chilled Fruit (10)		14 Spinach Alfredo Lasagna* (640) Carrots (65) Oat Bread (150) Chilled Fruit (10)		15 Tarragon Chick Salad (105) Quinoa Salad(230) Tomato Cuke Salad (40) Roll (210) Fresh Fruit (10)																														
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th>Cal</th> <th>Carb</th> <th>Na</th> </tr> <tr> <td style="text-align: center;">950</td> <td style="text-align: center;">95</td> <td style="text-align: center;">1185</td> </tr> </table>	Cal	Carb	Na	950	95	1185	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th>Cal</th> <th>Carb</th> <th>Na</th> </tr> <tr> <td style="text-align: center;">655</td> <td style="text-align: center;">80</td> <td style="text-align: center;">1140</td> </tr> </table>	Cal	Carb	Na	655	80	1140	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th>Cal</th> <th>Carb</th> <th>Na</th> </tr> <tr> <td style="text-align: center;">620</td> <td style="text-align: center;">70</td> <td style="text-align: center;">770</td> </tr> </table>	Cal	Carb	Na	620	70	770	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th>Cal</th> <th>Carb</th> <th>Na</th> </tr> <tr> <td style="text-align: center;">995</td> <td style="text-align: center;">120</td> <td style="text-align: center;">940</td> </tr> </table>	Cal	Carb	Na	995	120	940	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th>Cal</th> <th>Carb</th> <th>Na</th> </tr> <tr> <td style="text-align: center;">640</td> <td style="text-align: center;">95</td> <td style="text-align: center;">700</td> </tr> </table>	Cal	Carb	Na	640	95	700
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20 No Meals Served Juneteenth		21 Lemon Chicken Pasta (370) Broccoli (30) WW Roll (180) Tiramisu (255)		22 Hot Dog (340) Baked Beans (140) Coleslaw (170) Hot Dog Roll (210) Warm Apples (10)																														
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th>Cal</th> <th>Carb</th> <th>Na</th> </tr> <tr> <td style="text-align: center;">790</td> <td style="text-align: center;">95</td> <td style="text-align: center;">1010</td> </tr> </table>	Cal	Carb	Na	790	95	1010	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th>Cal</th> <th>Carb</th> <th>Na</th> </tr> <tr> <td style="text-align: center;">675</td> <td style="text-align: center;">80</td> <td style="text-align: center;">1155</td> </tr> </table>	Cal	Carb	Na	675	80	1155	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th>Cal</th> <th>Carb</th> <th>Na</th> </tr> <tr> <td style="text-align: center;">515</td> <td style="text-align: center;">55</td> <td style="text-align: center;">935</td> </tr> </table>	Cal	Carb	Na	515	55	935	23 Steak Salad (220) Ranch Dressing (320) Corn Salad (85) Wheat bread (130) Fresh Fruit (10)													
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27 Chicken Cordon Bleu*(725) Butternut Sqsh (25) Green Beans (5) Oat Bread (150) Chilled Fruit (10)		28 Sheppard's Pie (345) WW Bread (130) Fresh Fruit (5)		29 Mac and Cheese (285) Peas (70) Cookie (230) Vienna Bread (140)																														
<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th>Cal</th> <th>Carb</th> <th>Na</th> </tr> <tr> <td style="text-align: center;">645</td> <td style="text-align: center;">75</td> <td style="text-align: center;">1070</td> </tr> </table>	Cal	Carb	Na	645	75	1070	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th>Cal</th> <th>Carb</th> <th>Na</th> </tr> <tr> <td style="text-align: center;">630</td> <td style="text-align: center;">70</td> <td style="text-align: center;">625</td> </tr> </table>	Cal	Carb	Na	630	70	625	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th>Cal</th> <th>Carb</th> <th>Na</th> </tr> <tr> <td style="text-align: center;">1020</td> <td style="text-align: center;">140</td> <td style="text-align: center;">880</td> </tr> </table>	Cal	Carb	Na	1020	140	880	<table border="1" style="width: 100%; border-collapse: collapse;"> <tr> <th>Cal</th> <th>Carb</th> <th>Na</th> </tr> <tr> <td style="text-align: center;">560</td> <td style="text-align: center;">80</td> <td style="text-align: center;">1055</td> </tr> </table>	Cal	Carb	Na	560	80	1055	30 Turkey w/Gravy* (560) Mshd Potato (110) Honey Carrots (80) MG Bread (150) Chilled Fruit (10)						
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				A \$2.00 confidential donation is suggested per meal. Donation letters are mailed monthly. Menu Subject to Change without Notice.																														

To cancel meals please, call 978-281-1750 the day before by 10:30am