

## SeniorCare July 2022 Regular HDM Menu

| Monday                                                                                                                                                                                                                                                                                                                                                                                                                                     |             |           | Tuesday                                                                                                      |             |            | Wednesday                                                                                                  |            |            | Thursday                                                                                                                    |             |            | Friday                                                                                              |             |            |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------|-----------|--------------------------------------------------------------------------------------------------------------|-------------|------------|------------------------------------------------------------------------------------------------------------|------------|------------|-----------------------------------------------------------------------------------------------------------------------------|-------------|------------|-----------------------------------------------------------------------------------------------------|-------------|------------|
| Total Calories, Na and Carb include: Entrée, sides, dessert, fruit, bread, milk & margarine.<br>Sodium (Na): Milligrams noted in parenthesis<br>Milk: 100 calories, 12 carbs & 110 mg sodium, Margarine: 30 cal, 0 carbs & 30 mg Na<br>*High sodium item (>500mg), Shading = High sodium meal (>1200mg)<br><br><b>Menu Subject to Change Without Notice</b><br><b>To Cancel Meals please call 978-281-1750 by 10:30 am the day before.</b> |             |           |                                                                                                              |             |            |                                                                                                            |            |            |                                                                                                                             |             |            | 1 Tuna Salad (420)<br>Beets (365)<br>Orzo Salad (260)<br>Pita Bread (170)<br>Pineapple Whip(5)      |             |            |
|                                                                                                                                                                                                                                                                                                                                                                                                                                            |             |           |                                                                                                              |             |            |                                                                                                            |            |            |                                                                                                                             |             |            | Cal<br>840                                                                                          | Carb<br>95  | Na<br>1365 |
| 4<br><br>No Meals Served<br>4 <sup>th</sup> of July                                                                                                                                                                                                                                                                                                                                                                                        |             |           | 5 Sausage, Onions & Peppers (440)<br>Tater Tots (310)<br>Mixed Veg (55)<br>Roll (210)<br>Chilled Fruit (10)  |             |            | 6 Turkey & Cran Salad (110)<br>Garden Salad (150)<br>S.Potato Salad(220)<br>WW Bread (255)<br>Cookie (125) |            |            | 7 Chicken Teriyaki* (680)<br>Rice (5)<br>Veg Blend (25)<br>WW Roll (180)<br>Ambrosia (20)                                   |             |            | 8 American Chop Suey (400)<br>Creamed Spinach (220)<br>Garlic Roll (240)<br>Fresh Fruit (5)         |             |            |
|                                                                                                                                                                                                                                                                                                                                                                                                                                            |             |           | Cal<br>670                                                                                                   | Carb<br>90  | Na<br>1215 | Cal<br>765                                                                                                 | Carb<br>95 | Na<br>965  | Cal<br>745                                                                                                                  | Carb<br>95  | Na<br>1055 | Cal<br>945                                                                                          | Carb<br>115 | Na<br>1125 |
| 11 Balsamic Chicken (310)<br>Spinach Rice (60)<br>Carrots (65)<br>WW Roll (180)<br>Fresh Fruit (5)                                                                                                                                                                                                                                                                                                                                         |             |           | 12 BBQ Pulled Pork (290)<br>Swt Potatoes (30)<br>Collards (85)<br>Burger Bun (200)<br>Pudding (160)          |             |            | 13 Ravioli w/Marinara (370)<br>Zucchini (5)<br>MG Bread (150)<br>Chilled Fruit (10)                        |            |            | 14 Special Chicken Salad (150)<br>Egg Salad (180)<br>Potato Salad (75)<br>Coleslaw (170)<br>Fruit Salad (15)<br>Rolls (520) |             |            | 15 Baked Fish (270)<br>Rstd Potatoes (5)<br>Corn&Red Peppers (15)<br>WW Bun (200)<br>Cookie (125)   |             |            |
| Cal<br>660                                                                                                                                                                                                                                                                                                                                                                                                                                 | Carb<br>100 | Na<br>770 | Cal<br>965                                                                                                   | Carb<br>105 | Na<br>875  | Cal<br>570                                                                                                 | Carb<br>85 | Na<br>800  | Cal<br>740                                                                                                                  | Carb<br>100 | Na<br>1200 | Cal<br>900                                                                                          | Carb<br>115 | Na<br>815  |
| 18 Meatloaf w/Gravy (175)<br>Br. Sprouts (20)<br>Mshd Potato(110)<br>WW Bread (130)<br>Chilled Fruit (10)                                                                                                                                                                                                                                                                                                                                  |             |           | 19 Grilled Chicken (325)<br>Swt Tater Tots (270)<br>Garden Salad (150)<br>Burger Bun (200)<br>Warm Pears (5) |             |            | 20 Hot Dog (340)<br>Bakd Beans (140)<br>Coleslaw (170)<br>Roll (210)<br>Berry Cobbler (30)                 |            |            | 21 Meatballs w/Marinara (405)<br>Pasta (5)<br>Broccoli (30)<br>WW Roll (130)<br>Gelatin (65)                                |             |            | 22 Turkey Chef Salad (420)<br>Chickpea Salad (105)<br>WG Pita (170)<br>Fresh Fruit (5)              |             |            |
| Cal<br>750                                                                                                                                                                                                                                                                                                                                                                                                                                 | Carb<br>75  | Na<br>590 | Cal<br>635                                                                                                   | Carb<br>90  | Na<br>1135 | Cal<br>730                                                                                                 | Carb<br>85 | Na<br>1125 | Cal<br>735                                                                                                                  | Carb<br>95  | Na<br>960  | Cal<br>630                                                                                          | Carb<br>75  | Na<br>990  |
| 25 Frittata (180)<br>Ratatouille (115)<br>Rstd Potatoes (5)<br>Fruit Loaf (170)<br>Yogurt (75)<br>Juice (0)                                                                                                                                                                                                                                                                                                                                |             |           | 26 Chicken Salad (350)<br>Quinoa Salad(230)<br>Cucumber Salad(70)<br>Roll (210)<br>Fresh Fruit (5)           |             |            | 27 Spinach Alfredo Lasagna (400)<br>Carrots (65)<br>Oat Bread (150)<br>Chilled Fruit (10)                  |            |            | 28 Fish Piccata (420)<br>Rice Pilaf (95)<br>Mixed Veg (55)<br>WW Roll (180)<br>Choc Cake (160)                              |             |            | 29 Cheeseburger (445)<br>Tater Tots (310)<br>Green Beans (5)<br>WG Roll (200)<br>Chilled Fruit (10) |             |            |
| Cal<br>705                                                                                                                                                                                                                                                                                                                                                                                                                                 | Carb<br>110 | Na<br>675 | Cal<br>675                                                                                                   | Carb<br>80  | Na<br>870  | Cal<br>595                                                                                                 | Carb<br>80 | Na<br>890  | Cal<br>800                                                                                                                  | Carb<br>120 | Na<br>1060 | Na<br>870                                                                                           | Carb<br>80  | Na<br>1160 |

A \$2.00 confidential donation is suggested per meal. Donation letters are mailed monthly

**Nutrition Questions?** Please contact Deb Davidson, Nutritionist 978-865-3571