

SeniorCare February Regular HDM Menu 2023

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 calories, 12 carbs & 110 mg sodium, Margarine: 30 cal, 0 carbs & 30 mg Na. *High sodium item (>500mg) ** High sodium meal (>1200mg)		1 Breaded Fish (330) Honey Carrots (80) Mshd Potato (110) Vienna Brd (140) Cookie (65)	2 BBQ Pork Rib*(720) Sweet Potato (55) Corn (5) Roll (250) Applesauce (20)	3 Beef & Broccoli (410) Rice (5) Veg Blend (10) Oat Bread (150) Mandarins (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;">750</td> <td style="text-align: center;">95</td> <td style="text-align: center;">960</td> </tr> </table>	Cal	Carb	Na	750	95	960	<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;">725</td> <td style="text-align: center;">110</td> <td style="text-align: center;">1150</td> </tr> </table>	Cal	Carb	Na	725	110	1150	<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;">85</td> <td style="text-align: center;">730</td> </tr> </table>	Cal	Carb	Na	950	85	730												
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6 Breaded*(630) Chicken w/Basil Red Pepper Sauce Mshd Potato (110) Veg Blend (15) Oat Bread (150) Mixed Fruit (10)	7 American Chop Suey (310) Zucchini (5) Corn Bread (235) Peaches (10)	8 Roasted (220) Pork w/Apples Butternut (15) Warm Bread Pudding (190) Garden Salad (150) Roll (180)	9 Chilled: Turkey Cran Salad (480) Green Beans (150) Orzo Salad (50) Pita Bread (160) Yogurt (75) Juice (0)	10 Pasta Fagioli (390) Broccoli (10) Onion Bread(140) Fresh Fruit (5)																														
<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;">705</td> <td style="text-align: center;">80</td> <td style="text-align: center;">1070</td> </tr> </table>	Cal	Carb	Na	705	80	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;">85</td> <td style="text-align: center;">720</td> </tr> </table>	Cal	Carb	Na	630	85	720	<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;">860</td> <td style="text-align: center;">125</td> <td style="text-align: center;">860</td> </tr> </table>	Cal	Carb	Na	860	125	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;">600</td> <td style="text-align: center;">90</td> <td style="text-align: center;">915</td> </tr> </table>	Cal	Carb	Na	600	90	915	<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;">100</td> <td style="text-align: center;">700</td> </tr> </table>	Cal	Carb	Na	585	100	700
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13 Hot Dog (540) Baked Beans (370) Corn (5) Roll (210) Pears (10)	14 Special: Chicken Scampi (460) Pasta (5) Capri Veg (15) Garlic Roll (240) Cake (210)	15 Turkey w/Gravy* (765) Mshd Potato(110) Carrots (45) MG Bread (130) Applesauce (15)	16 Macaroni & Cheese (285) Peas (60) Oat Bread (150) Fresh Fruit (10)	17 Meatloaf w/Gravy (385) Sweet Tater Tots (310) Vienna Bread(140) Beets (140) Pudding (170)																														
<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;">785</td> <td style="text-align: center;">105</td> <td style="text-align: center;">1415</td> </tr> </table>	Cal	Carb	Na**	785	105	1415	<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;">870</td> <td style="text-align: center;">90</td> <td style="text-align: center;">1190</td> </tr> </table>	Cal	Carb	Na	870	90	1190	<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;">510</td> <td style="text-align: center;">80</td> <td style="text-align: center;">1170</td> </tr> </table>	Cal	Carb	Na	510	80	1170	<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;">110</td> <td style="text-align: center;">1025</td> </tr> </table>	Cal	Carb	Na	640	110	1025	<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;">740</td> <td style="text-align: center;">100</td> <td style="text-align: center;">1365</td> </tr> </table>	Cal	Carb	Na**	740	100	1365
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20 No Meals President's Day	21 Beef w/onions & Peppers (380) Black Beans(140) Yellow Rice (5) Tortilla (220) Peaches (10)	22 Lasagna & Spinach Alfredo Sauce*(550) Veg Blend (20) WW Roll (180) Fresh Fruit (5)	23 Chicken Marsala (375) Parm Risotto (110) Zucchini (5) Oat Bread (150) Cupcake (175)	24 Frittata (180) Rstd Potatoes (5) Warm Berries (105) Spinach Salad(20) Muffin (190)																														
	<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;">700</td> <td style="text-align: center;">100</td> <td style="text-align: center;">870</td> </tr> </table>	Cal	Carb	Na	700	100	870	<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;">775</td> <td style="text-align: center;">105</td> <td style="text-align: center;">1030</td> </tr> </table>	Cal	Carb	Na	775	105	1030	<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;">90</td> <td style="text-align: center;">960</td> </tr> </table>	Cal	Carb	Na	715	90	960	<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;">910</td> <td style="text-align: center;">80</td> <td style="text-align: center;">735</td> </tr> </table>	Cal	Carb	Na	910	80	735						
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27 Beef Stroganoff w/Mushrooms(110) Noodles (5) Peas (60) WW Bread (165) Cookie (65)	28 Sweet & Sour Meatballs (415) Brown Rice (25) Green Beans (5) MG Bread (150) Mixed Fruit (10)	A \$2.00 confidential donation is suggested per meal. Donation letters are mailed monthly. Menu Subject to Change Without Notice																																
<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;">685</td> <td style="text-align: center;">75</td> <td style="text-align: center;">555</td> </tr> </table>	Cal	Carb	Na	685	75	555	<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;">700</td> <td style="text-align: center;">95</td> <td style="text-align: center;">760</td> </tr> </table>	Cal	Carb	Na	700	95	760																					
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To cancel meals, please call 978-281-1750 by 10am the day before.