

SeniorCare March 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 noted in parenthesis. *High sodium item (>500mg) ** High sodium meal (>1200mg)		1 Mac & Cheese*(650) Peas (60) WW Roll (180) Fruit Whip (5)	2 Turkey & Sweet Potato Chili*(530) Br. Sprouts (15) Cornbread (235) Mixed Fruit (10)	3 Salmon (90) Mshd Potato (110) Carrots (45) Vienna Bread (140) Mixed 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;">875</td> <td style="text-align: center;">130</td> <td style="text-align: center;">1055</td> </tr> </table>	Cal	Carb	Na	875	130	1055	<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;">965</td> </tr> </table>	Cal	Carb	Na	660	100	965	<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;">580</td> <td style="text-align: center;">75</td> <td style="text-align: center;">565</td> </tr> </table>	Cal	Carb	Na	580	75	565												
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6 Broc & Cheese Chicken (460) Rice Pilaf (70) Peas (60) MG Bread (150) Mixed Fruit (10)	7 Stuffed Shells w/ Marinara*(585) Cauliflower (15) Vienna Brd (140) Mixed Fruit (10)	8 Meatloaf w/Gravy (460) Mshd Potato(110) Garden Salad (150) Oat Bread (150) Berry Cobbler(105)	9 Crab Cakes w/Sauce* (690) Orzo Pilaf (40) Mixed Veg (55) WW Roll (180) Fresh Fruit (5)	10 Lentil Stew (190) Brown Rice (25) Veg Blend (20) Roll (260) 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;">715</td> <td style="text-align: center;">90</td> <td style="text-align: center;">925</td> </tr> </table>	Cal	Carb	Na	715	90	925	<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;">625</td> <td style="text-align: center;">90</td> <td style="text-align: center;">1030</td> </tr> </table>	Cal	Carb	Na	625	90	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;">855</td> <td style="text-align: center;">90</td> <td style="text-align: center;">1145</td> </tr> </table>	Cal	Carb	Na	855	90	1145	<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;">965</td> <td style="text-align: center;">115</td> <td style="text-align: center;">1132</td> </tr> </table>	Cal	Carb	Na	965	115	1132	<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;">815</td> <td style="text-align: center;">135</td> <td style="text-align: center;">840</td> </tr> </table>	Cal	Carb	Na	815	135	840
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13 BBQ Boneless Pork Rib* (695) Butternut (25) Corn (5) Roll (250) Applesauce (20)	14 Baked Chicken w/Gravy*(570) Mshd Potato(110) Green Beans (5) WW Roll (180) Peaches (5)	15 Chilled: Egg Salad (350) Swt Potato (220) Garden Salad (35) WW Bread (330) Yogurt (75) Juice (0)	16 Special: Corned Beef & Cabbage*(740) Carrot&Turnip(30) Potatoes (5) Rye Bread (150) Mint Bar (160)	17 Ravioli (395) w/Garlic Sauce Zucchini (5) Oat Bread (150) Mixed 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;">670</td> <td style="text-align: center;">100</td> <td style="text-align: center;">1115</td> </tr> </table>	Cal	Carb	Na	670	100	1115	<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;">690</td> <td style="text-align: center;">90</td> <td style="text-align: center;">1040</td> </tr> </table>	Cal	Carb	Na	690	90	1040	<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;">780</td> <td style="text-align: center;">100</td> <td style="text-align: center;">1010</td> </tr> </table>	Cal	Carb	Na	780	100	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;">950</td> <td style="text-align: center;">105</td> <td style="text-align: center;">1460</td> </tr> </table>	Cal	Carb	**Na	950	105	1460	<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;">80</td> <td style="text-align: center;">840</td> </tr> </table>	Cal	Carb	Na	790	80	840
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To Cancel Meals please call 978-281-1750 by 10am the day before.

Menu Subject to Change Without Notice

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