

SeniorCare September 2023 Regular Menu

Monday	Tuesday	Wednesday	Thursday	Friday																														
Totals include entrée, sides, dessert, fruit, bread, milk & margarine. Sodium (Na): Milligrams noted in parenthesis. *High sodium item (>500mg) Shading = High sodium meal (>1200mg)				1 Crab Cake*(510) Rstd Potatoes (5) Green Beans (5) WW Bread (165) Orange (0)																														
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 style="width: 33%;">Cal</th> <th style="width: 33%;">Carb</th> <th style="width: 33%;">Na</th> </tr> <tr> <td style="text-align: center;">730</td> <td style="text-align: center;">85</td> <td style="text-align: center;">1070</td> </tr> </table>	Cal	Carb	Na	730	85	1070																								
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4 Labor Day No Meals Served	5 Sausage, Peppers & Onions (420) Swt Tater Tots (230) Cauliflower (15) Roll (250) Yogurt(75) Juice(0)	6 Chicken Pot Pie* (570) Mshd Potato (110) WW Roll (180) Fresh Fruit (5)	7 Teriyaki Salmon (380) Brown Rice (5) Asian Veg (10) MG Bread (150) Cookie (60)	8 Macaroni & Cheese* (650) Stewed Tomatoes (30) Rye Bread (150) Pears (5)																														
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11 Hot Dog*(540) Baked Beans(370) Mixed Veg (55) Roll (250) Mandarins (10)	12 Lasagna w/Marinara (470) Broccoli (10) WW Bread (165) Applesauce (15)	13 Special: Aloha Chicken*(520) Fried Rice (110) Warm Rhubarb Strawberries (0) Cabbage Slaw(20) Roll (260)	14 Chilled: Steak Salad*(525) Pesto Pasta Salad (30) WW Pita(170) Apple (5)	15 Swedish Meatballs (250) Mshd Potato (110) Beets (140) MG Bread (150) Gelatin (65)																														
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18 American Chop Suey (310) Veg Blend (45) MG Bread (150) Fruit (10)	19 Breaded Chicken w/Gravy*(625) Sweet Potato (55) Green Beans (5) Corn Bread (235) Pineapple (5)	20 Turkey w/Gravy*(765) Mshd Potato (110) Honey Carrots (80) LS WW Bread (0) Fresh Fruit (0)	21 Pork Marsala (330) Rice Pilaf (70) Br. Sprouts (15) WW Bread (165) Cake (175)	22 Broc & Cheese Egg Bake (340) Rstd Potato (5) Garden Salad (150) Onion Roll (240) Warm Berries (5)																														
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25 Chicken Alfredo w/Pasta (435) Broccoli (30) Garlic Roll (240) Fruit (10)	26 Turkey White Bean Chili (450) Corn (5) MG Bread (150) Mandarins (5)	27 Rosemary Veal (360) Carrots (65) Mshd Potato (110) Applesauce (5) Biscuit (280)	28 Fish w/Crumb Topping (430) Rice (5) Crmd Spinach(220) Oat Bread (150) Cookie (60)	29 Chilled Tortellini & Pea Salad (125) Tomato & Cuke Salad (280) WW Bread (165) Yogurt(75) Juice (0)																														
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To cancel a meal, please call 978-281-1750 by 10 am the day before.