

## SeniorCare August 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) Shading = High sodium meal (>1200mg)	<b>1</b> Steak w/Peppers & Onions (360) Swt Tater Tots (230) Cauliflower (15) Sub Roll (330) Applesauce (20)	<b>2</b> Crab Cake (510) Tartar Sc (85) Rstd Potatoes (5) Capri Veg (15) WW Roll (180) Cookie (60)	<b>3</b> Ground Turkey Taco Salad* (515) Black Beans & Tomatoes (75) Tortilla Chips (45) Pudding (190)	<b>4</b> BBQ Pulled Pork (290) Butternut (15) Corn (5) WW Bun (250) Fresh Fruit (5)																														
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<b>7</b> Stuffed Shells w/Marinara*(585) Broccoli (30) WW Roll (180) Mixed Fruit (10)	<b>8</b> Hamburger (340) Potatoes O'Brien (30) Zucchini (10) Roll (250) Fresh Fruit (5)	<b>9</b> Chicken Kiev (460) Rice Pilaf (70) Green Beans (5) MG Bread (150) Pineapple (5)	<b>10</b> Salmon  w/Dill Sauce (90) Parm Risotto (110) Br. Sprouts (15) White Bread (140) Cookie (60)	<b>11 COLD:</b> Turkey Cran Salad (635) Quinoa Salad (230) Spinach Salad(40) WW Bread (330) Yogurt(75) Juice(0)																														
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<b>14</b> Beef Burgundy (100) Egg Noodles (5) Capri Veg (15) WW Bread (165) Fruit Whip (5)	<b>15</b> Turkey w/Gravy* (765) Mshd Potato(110) Peas & Onions(70) LS WW Bread (0) Mixed Fruit (10)	<b>16 Special:</b> Seafood Salad (480) Garden Salad (35) Chips (80) White Bread(280) Applesauce (20)	<b>17</b> Chicken Parmesan*(615) Pasta (5) Green Beans (5) MG Bread (150) Fresh Fruit (5)	<b>18</b> Hot Dog*(540) Baked Beans (370) Warm Peaches (5) Coleslaw (45) Roll (250)																														
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<b>21</b> Meatballs w/Gravy (330) Mshd Potato (110) Green Beans (5) Biscuit (280) Mixed Fruit (10)	<b>22</b> Macaroni & Cheese*(650) Peas & Carrots (60) WW Roll (180) Pineapple (5)	<b>23</b> Smothered Pork (290) Corn (5) Br.Sprouts (15) Oat Bread (150) Gelatin (65)	<b>24 B-Day:</b> Egg Salad (195) Garden Salad (150) Sweet Potato Salad (220) Bulkie Roll (330) B-day Cake (175)	<b>25</b> Mediterranean Cod (420) Orzo (190) Creamed Spinach (220) WW Bread (165) Fresh Fruit (5)																														
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<b>28</b> Pesto Ravioli (450) Capri Veg (15) WW Roll (180) Applesauce (20)	<b>29</b> Frittata (140) Rstd Potatoes (5) Vegetables (20) Muffin (190) Yogurt (75) Juice (5)	<b>30 Cold:</b> Asian Chicken Sld (325) Rice Salad (205) Pita Bread (215) Mandarins (5)	<b>31</b> Meatloaf w/Gravy (460) Mshd Potato (110) Beets (140) White Bread (140) Cookie (60)	A \$2.00 confidential donation is suggested per meal. Donation letters are mailed monthly. <b>Menu Subject to Change Without Notice</b>																														
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**To cancel meals please call 978 281 1750 by 10 am day before**  
 Nutrition questions contact Deb Davidson, Nutritionist 978 281-1750 x571  
 Alternative for fish is available.