

SeniorCare May Regular HDM Menu 2024

eMonday	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)		1 Sloppy Joe (195) Berry Crisp (105) Corn (5) Garden Salad (150) Burger Bun (250)			2 Breaded Fish (225) Rice Pilaf (45) Br. Sprouts (15) Bun (330) Apple Slices (10)			3 Macaroni and Cheese*(815) Peas & Carrots (60) Oat Bread (150) Fresh Orange (0)							
		Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na					
Menu Subject to Change Without Notice		725	90	830	790	110	1020	725	125	1200					
6 Apricot Meatballs (220) Couscous (5) Beets (140) Vienna Brd (140) Pineapple (5)		7 Ravioli w/Marinara* (510) Zucchini & (10) Summer Squash WW Bread (165) Mandarins (5)			8 Cold: Chicken Salad (340) Spinach Salad (25) Tabouli (125) MG Bread (300) Yogurt (75) Juice (0)			9 Special: Crustless Quiche (305) Au gratin Potatoes (145) Honey Carrot (80) Fruit Salad (5) Coffee Cake (135)			10 Beef Stew (245) Mshd Potato(110) WW Roll (180) Fresh Fruit (5)				
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na				
680	95	680	645	85	980	605	90	865	905	105	825	715	90	715	
13 Beef Fajita (305) Black Beans (140) Spanish Rice (260) Tortilla (190) Cookie (70)		14 Turkey w/Gravy*(765) Mshd Potato (110) Carrots (45) LS Wheat Bread(0) Applesauce (15) Cranberries (5)			15 Chicken Parmesan *(615) Pasta (5) Zucchini (5) WW Bread (165) Fresh Orange (5)			16 BBQ Pulled Pork* (530) Sweet Tater Tots (230) Corn (5) Burger Bun (250) Mandarins (5)			17 Lentil Stew (300) Br. Sprouts (15) WW Roll (180) Yogurt (75) Juice (0)				
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	
865	115	1135	580	90	1110	780	100	960	650	100	1150	650	125	620	
20 Chicken Stir Fry* (555) Brown Rice (25) Vienna Brd (140) Pineapple (5)		21 Mediterranean Fish (420) Rstd Potato (5) Crmd Spinach(220) WW Roll (180) Fresh Fruit (5)			22 Hot Dog* (540) Bkd Beans (370) Warm Apples(10) Coleslaw (45) Roll (250)			23 Egg Salad (135) Pasta Salad (320) Garden Salad (35) Oat Bread (260) Cake (175)			24 Beef Burgundy (190) Egg Noodles (5) Broccoli (10) MG Bread (150) Gelatin (40)				
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	
835	125	895	795	105	1085	780	100	1485	710	110	940	780	75	580	
27 No Meals Memorial Day		28 Stuffed Shells w/Marinara*(570) Broccoli (10) Dinner Roll (260) Applesauce (15)			29 Chicken Kiev (435) Rice Pilaf (45) Beets (140) MG Bread (150) Pineapple (5)			30 Meatloaf w/Gravy (210) Mshd Potato (110) Peas (60) Oat Bread (150) Pudding (190)			31 Cheese Omelet (270) Rstd Potatoes (5) Ratatouille (115) Orange (0) Fruit Loaf (240)				
		Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb
		665	95	1145	775	85	950	785	95	895	690	90	810		

To Cancel Meals call 2 day prior 978-281-1750.

Donation letters are mailed monthly.