

SeniorCare June 2024 Regular Menu

Monday			Tuesday			Wednesday			Thursday			Friday		
3 Shepherd's Pie (340) Biscuit (345) Pudding (190)			4 Sausage (420) Peppers & Onions Tater Tots (310) Butternut (20) Roll (250) Applesauce (20)			5 Chilled: Turkey & Cheese*(620) Garden Salad (35) 3 Bean Salad (325) LS Wheat Brd (0) Fresh Fruit (5)			6 Chicken Alfredo w/Pasta*(775) Broccoli (15) WW Roll (240) Chilled Fruit (5)			7 Tuscan Salmon (170) Orzo (30) Capri Blend (15) MG Bread (150) Cookie (60)		
Cal 700	Carb 80	Na 940	Cal 660	Carb 85	Na 1150	Cal 500	Carb 80	Na 1110	Cal 845	Carb 105	Na 1160	Cal 910	Carb 85	Na 565
10 Turkey Tetrazzini (255) w/mushrooms Carrots (5) Oat Bread (150) Gelatin (105)			11 Balsamic Chicken (340) Mshd Potato(110) Garlic Kale (45) Cornbread (235) Chilled Fruit (5)			12 Special: BBQ Beef (485) Macaroni & Cheese (325) Corn (5) Coffee Cake (295) Roll (260)			13 Breaded Fish (330) Rice Pilaf (40) Br Sprouts (15) MG Bread (150) Chilled Fruit (5)			14 Cheese Ravioli w/Marinara (385) Zucchini & (10) Summer Squash WW Bread (165) Mandarins (5)		
Cal 590	Carb 75	Na 640	Cal 770	Carb 110	Na 810	Cal 980	Carb 135	Na 1495	Cal 630	Carb 85	Na 670	Cal 565	Carb 80	Na 805
17 Beef Stew (385) Mshd Potato (110) WW Roll (240) Cookie (60)			18 Hot Dog*(540) Bakd Beans(370) Warm Apples(10) Coleslaw (45) Roll(250)			19 No Meals Served Juneteenth Emancipation Day			20 Macaroni and Cheese*(815) Peas (60) Oat Bread (150) Fresh Orange (0)			21 Chilled: Chicken Salad (340) Spinach Salad (25) Tabouli (75) MG Bread (300) Yogurt (75) Juice (0)		
Cal 765	Carb 85	Na 925	Cal 810	Carb 100	Na 1485				Cal 735	Carb 125	Na 1150	Cal 595	Carb 85	Na 965
24 BBQ Pulled Pork*(530) Sweet Potato Tots (230) Corn (5) Burger Bun (250) Mandarins (10)			25 Turkey w/Gravy*(765) Mshd Potato(110) Carrots (45) LS WW Bread(0) Applesauce (20) Cranberries (5)			26 Chicken Parmesan w/Pasta*(785) Zucchini (5) WW Bread (165) Fresh Orange (5)			27 Beef Fajita (305) Black Beans (140) Spanish Rice (270) Tortilla (170) Cupcake (175)			28 Lentil Stew (300) Green Beans (5) WW Roll (240) Yogurt (75) Juice (0)		
Cal 670	Carb 105	Na 1150	Cal 580	Carb 90	Na 1070	Cal 750	Carb 95	Na 1085	Cal 680	Carb 95	Na 1190	Cal 660	Carb 120	Na 620

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)

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

Menu Subject to Change Without Notice

To cancel meals, call the Nutrition Office 2 days prior to service at 978-281-1750