

SeniorCare July 2024 Regular HDM Menu

| Monday | | | Tuesday | | | Wednesday | | | Thursday | | | Friday | | |
|--|--------------------|-------------------|--|--------------------|-------------------|--|--------------------|-------------------|---|--------------------|-------------------|--|--------------------|-------------------|
| 1 American Chop Suey (310) Zucchini (5) Garlic Roll (240) Mandarins (10) | | | 2 Breaded Fish (330) Rice Pilaf (40) MG Bread (150) Coleslaw (45) Fruit Crisp (105) | | | 3 Turkey Pot Pie (415) Mshd Potato (110) Vienna Bread(180) Fresh Fruit (5) | | | 4 Independence Day Holiday No Meals Served | | | 5 BBQ Chicken*(550) Corn&Peppers (5) Potato Salad (75) Roll (250) Gelatin Parfait(10) | | |
| Cal 635 | Carb 85 | Na 690 | Cal 825 | Carb 100 | Na 800 | Cal 650 | Carb 90 | Na 835 | | | | Cal 750 | Carb 115 | Na 1015 |
| 8 Pork (290) w/mushrooms Sweet Potato (70) Cauliflower (15) WW Roll (240) Applesauce (20) | | | 9 Pasta & Meatballs (305) Capri Blend (20) Vienna Brd (180) Pineapple (5) | | | 10 Pot Roast (195) Broccoli (10) Scalloped Potatoes (280) WW Bread (165) Fresh Fruit (5) | | | 11 Special: Chicken Salad (170) Egg Salad (175) Orzo Salad (315) Coleslaw (45) Shortcake (290) Finger Rolls (240) | | | 12 Vegetarian Chili*(670) Brown Rice (5) Cornbread (180) Pudding (190) | | |
| Cal 895 | Carb 100 | Na 765 | Cal 560 | Carb 70 | Na 715 | Cal 555 | Carb 70 | Na 785 | Cal 835 | Carb 115 | Na 1370 | Cal 725 | Carb 115 | Na 1175 |
| 15 Lasagna (455) w/Meat Sauce Zucchini & S.Squash (10) WW Bread (165) Mandarins (10) | | | 16 Sausage (420) Peppers&Onions Tater Tots (310) Butternut (20) Roll (250) Applesauce (20) | | | 17 Marry Me Chicken*(740) Couscous (5) Green Beans (5) Roll (260) Fresh Fruit (5) | | | 18 Salmon(65) Mshd Potato (110) Crmd Spinach(210) MG Bread (150) Yogurt (75) Juice (0) | | | 19 Cold: Tortellini Salad w/Peas(125) Garden Salad(150) Brownie (60) Oat Bread (150) | | |
| Cal 720 | Carb 85 | Na 875 | Cal 675 | Carb 90 | Na 1150 | Cal 960 | Carb 110 | Na 1140 | Cal 720 | Carb 60 | Na 670 | Cal 675 | Carb 90 | Na 615 |
| 22 Hawaiian Chicken (335) Rice (5) Veg Blend (10) Chilled Fruit (5) Roll (260) | | | 23 Macaroni & Cheese*(815) Stwd Tomato(30) Oat Bread (150) Chilled Fruit (5) | | | 24 Chilled: Tuna Salad (205) 3 Bean Salad (325) Garden Salad (35) WW Bread (330) Fruit Whip (5) | | | 25 BBQ Pulled Pork* (530) Sweet Potato (30) Kale (45) Cake (175) Bun (250) | | | 26 Meatloaf (340) Mshd Potato (110) Peas (60) Vienna Bread(180) Fresh Fruit (5) | | |
| Cal 685 | Carb 105 | Na 740 | Cal 660 | Carb 110 | Na 1145 | Cal 700 | Carb 90 | Na 1025 | Cal 725 | Carb 110 | Na 1160 | Cal 760 | Carb 100 | Na 820 |
| 29 Turkey w/ Gravy* (765) Mshd Potato(110) Carrots (45) LS WW Bread(0) Applesauce (15) | | | 30 Omelet (270) Sausage (280) Rstd Potatoes (5) Ratatouille (115) Fruit Loaf (160) Yogurt(75), Juice | | | 31 Hot Dog*(540) Baked Beans (370) Warm Apples (10) Coleslaw (45) Roll (250) | | | Total Calories, Na and Carb include: Entrée, sides, dessert, fruit, bread, milk & margarine. Sodium (Na): Milligrams in parenthesis. *High sodium item (>500mg) Shading = High sodium meal (>1200mg) | | | Menu Subject to Change Without Notice | | |
| Cal 490 | Carb 65 | Na 1065 | Cal 735 | Carb 90 | Na 905 | Cal 790 | Carb 100 | Na 1485 | | | | | | |

To Cancel Meals please call 978-281-1750 at least 2 days before service.

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