

SeniorCare August 2024 Regular HDM

Monday	Tuesday	Wednesday	Thursday	Friday																														
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) Nutrition Questions? Contact Deb Davidson 978 281-1750 x 571			1 Chilled: Roast Beef & Cheese (200) Potato Chips (80) Garden Salad (35) MG Bread (300) Orange (0)	2 Chicken Piccata (530) WW Spaghetti(5) Broccoli (10) WW Roll (240) Cookie (60)																														
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5 Macaroni & Cheese (815) Capri Veg (20) WW Roll (240) Mandarins (10)	6 Chicken Teriyaki* (640) Asian Veggies (25) Veg Rice (85) MG Bread (150) Pineapple (5)	7 Hamburger (425) Potato O'Brien(25) Beets (140) WW Bun (250) Gelatin (15)	8 Seafood Salad (480) Garden Salad (35) Tabouli (70) Cookie (60) Vienna Brd (360)	9 BBQ Pulled Pork* (530) Sweet Potato(25) Spinach (145) Apple (5) Bun (250)																														
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12 Frittata (180) Ratatouille (116) Rstd Potato (5) Fruit Loaf (170) Chilled Fruit (5)	13 American Chop Suey (495) Broccoli (10) WW Garlic Roll (240) Cookie (60)	14 Special Chicken Caesar Salad *(645) Pasta Salad (180) WW Pita (170) Fruit Whip (5)	15 Vegetarian Chili* (835) Brown Rice (5) Cornbread (180) Mandarins (10)	16 Turkey Pot Pie (415) Mshd Potato(110) Vienna Brd(180) Fresh Fruit (5)																														
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19 Pasta & Meatballs (305) Capri Blend (20) Oat Bread (130) Mandarins (10)	20 Pork (290) w/Mushrooms Sweet Potato (70) Cauliflower (15) Roll (260) Applesauce (20)	21 Pot Roast (195) Mshd Potato (110) Beets (140) WW Bread (165) Fresh Fruit (5)	22 Turkey & Cranberry Salad (275) Quinoa (230) Spinach Salad (40) Vienna Brd (360) Cupcake (175)	23 Breaded Fish (330) Butternut (15) Rice Pilaf (40) MG Bread (150) Yogurt (75) Juice (0)																														
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26 Marry Me Chicken* (740) Couscous (5) Green Beans (5) Roll (260) Pineapple (5)	27 Garlic & Lemon Fish (220) Rstd Potato (5) Crmd Spinach (210) MG Bread (150) Pudding (190)	28 Tortellini Salad w/Peas (310) Garden Salad (150) Brownie (230) Oat Bread (150)	29 Hot Dog* (540) Bkd Beans (370) Warm Apples(10) Coleslaw (45) Roll (250)	30 Lasagna (455) w/Meat Sauce Zucchini & S.Squash (10) WW Bread (165) Fresh Fruit (5)																														
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