

## SeniorCare September Regular Menu 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>Labor Day No Meals Served</b>	<b>3</b> Macaroni and Cheese (815) Stewed Tomato (30) Oat Bread (150) Applesauce (20)	<b>4</b> Meatloaf w/Gravy (335) Mshd Potato(110) Peas (60) Vienna Brd (180) Fresh Fruit (5)	<b>5 Cold:</b> Tuna Salad (205) Bean Salad (335) Garden Salad (35) Wheat Bread(330) Fruit Whip (5)	<b>6</b> BBQ Pulled Pork* (530) Sweet Potato (55) Collards (85) Burger Bun (250) Cookie (60)
	<b>Cal</b> 660 <b>Carb</b> 110 <b>Na</b> 1145	<b>Cal</b> 760 <b>Carb</b> 100 <b>Na</b> 820	<b>Cal</b> 785 <b>Carb</b> 95 <b>Na</b> 1035	<b>Cal</b> 680 <b>Carb</b> 90 <b>Na</b> 1110
<b>9</b> Turkey w/Gravy* (765) Mshd Potato(110) Carrots (45) LS WW Bread (0) Mixed Fruit (10) Cranberries (5)	<b>10</b> Cheese Omelet (270) Trky Sausage (280) Potatoes (25) Beets (140) Fruit Loaf (160) Yogurt(75) Juice(0)	<b>11</b> Hot Dog*(540) Bked Beans (370) Warm Apples (10) Coleslaw (45) Roll (250)	<b>12</b> Chicken Piccata (530) WW Pasta (5) Broccoli (10) WW Roll (240) Cookie (60)	<b>13 Cold:</b> Roast Beef & Cheese (200) Chips (80) Garden Salad (35) MG Bread (300) Fresh Fruit (0)
<b>Cal</b> 595 <b>Carb</b> 95 <b>Na</b> 1060	<b>Cal</b> 685 <b>Carb</b> 85 <b>Na</b> 950	<b>Cal</b> 810 <b>Carb</b> 100 <b>Na</b> 1485	<b>Cal</b> 655 <b>Carb</b> 85 <b>Na</b> 975	<b>Cal</b> 545 <b>Carb</b> 70 <b>Na</b> 800
<b>16</b> Lasagna & Meat Sauce (455) Zucchini & (10) Summer Squash WW Bread (165) Mandarins (10)	<b>17</b> Breaded Fish (330) Sweet Potato (70) Green Beans (5) MG Bread (150) Pudding (190) Raisins (5)	<b>18 Cold:</b> Turkey & Cranberry Salad*(670) Garden Salad (35) Tabouli (70) Fresh Fruit (5) LS WW Bread (0)	<b>19 Special:</b> Aloha Chicken*(520) Fried Rice (115) Pineapple Rhubarb (5) Latin Slaw (115) Dinner Roll (260)	<b>20</b> Hamburger & Au jus (425) Tater Tots (310) Beets (140) WW Bun (250) Applesauce (15)
<b>Cal</b> 720 <b>Carb</b> 85 <b>Na</b> 875	<b>Cal</b> 855 <b>Carb</b> 130 <b>Na</b> 880	<b>Cal</b> 560 <b>Carb</b> 90 <b>Na</b> 905	<b>Cal</b> 785 <b>Carb</b> 105 <b>Na</b> 1140	<b>Cal</b> 725 <b>Carb</b> 75 <b>Na</b> 1350
<b>23</b> Frittata (180) Ratatouille (115) Rstd Potato (5) WW Bread (165) Mixed Fruit (5)	<b>24</b> Vegetarian Chili* (815) Brown Rice (5) Cornbread (180) Mandarins (10)	<b>25</b> BBQ Chicken* (550) Corn&Peppers (5) Potato Salad (75) Burger Bun (250) Gelatin Parfait (10)	<b>26 Birthday:</b> American Chop Suey (310) Broccoli (10) Garlic Roll (240) Baked Good (175)	<b>27</b> Turkey Pot Pie (415) Mshd Potato(110) Vienna Brd (180) Fresh Fruit (5) Cranberries (5)
<b>Cal</b> 595 <b>Carb</b> 80 <b>Na</b> 685	<b>Cal</b> 715 <b>Carb</b> 120 <b>Na</b> 1140	<b>Cal</b> 750 <b>Carb</b> 115 <b>Na</b> 1015	<b>Cal</b> 655 <b>Carb</b> 85 <b>Na</b> 860	<b>Cal</b> 740 <b>Carb</b> 115 <b>Na</b> 835
<b>30</b> Pasta & Meatballs (405) Capri Blend (22) Oat Bread (150) Pineapple (5)	<p>Total Calories, Na and Carb include: Entrée, sides, dessert, fruit, bread, milk &amp; margarine. Sodium (Na): Milligrams noted in parenthesis *High sodium item (&gt;500mg) Shading = High sodium meal (&gt;1200mg)</p> <p style="text-align: center;"><b>Nutrition Questions? Contact Deb Davidson 978 281-1750 x 571</b> <b>Menu Subject to Change Without Notice</b></p>			
<b>Cal</b> 540 <b>Carb</b> 70 <b>Na</b> 685				

**To Cancel Meals: please call 978 281 1750 2 days prior to service**

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