

SeniorCare December Regular Menu 2024

Monday	Tuesday	Wednesday	Thursday	Friday
2 Turkey w/Gravy*(765) Mshd Potato (110) Green Beans (5) LS Wheat Brd (0) Applesauce (15)	3 Omelet (270) Trky Sausage(280) Rstd Potatoes(5) Carrots (80) Muffin (190) Yogurt(75), Juice	4 Chicken (640) Alfredo & Pasta Broccoli (10) WW Roll (240) Chilled Fruit (10)	5 Hot Dog*(540) Bkd Beans (370) Warm Apples (10) Coleslaw (45) Roll (250)	6 Beef, Onions, & Peppers (305) Rice & Black Beans (75) Tortilla (170) Cookie (60)
Cal 595 Carb 95 Na 1025	Cal 770 Carb 100 Na 980	Cal 810 Carb 95 Na 1035	Cal 810 Carb 100 Na 1485	Cal 595 Carb 65 Na 750
9 Salisbury Steak & Mushrooms(390) Mshd Potato (110) Root Veggies (35) Chilled Fruit (10)	10 Greek Chicken (470) Orzo (30) Veg Blend (15) MG Bread (150) Cookie (60)	11 Special: Ham w/ Apples*(945) Mshd Potato (110) Green Beans & Red Peppers (5) Mousse (165) Roll (120)	12 Stuffed Shells & Marinara (480) Cauliflower (15) Oat Bread (150) Applesauce (15)	13 Tuna Salad (240) Garden Salad(35) Bean Salad (335) Vienna Brd (360) Mixed Fruit (5)
Cal 640 Carb 85 Na 835	Cal 670 Carb 80 Na 860	Cal 695 Carb 90 Na 1475	Cal 595 Carb 80 Na 990	Cal 645 Carb 85 Na 1100
16 Lasagna Alfredo* (540) Zucchini & (10) Summer Squash WW Bread (165) Mandarins (10)	17 Turkey Pot Pie (415) Mshd Potato (110) Vienna Brd (180) Fresh Fruit (5) Cranberries (0)	18 American Chop Suey (395) Br. Sprouts (15) Garlic Roll (240) Gelatin (15)	19 Lemon Pepper Chicken(370) Broccoli (10) Rice Pilaf (40) Baked Good(175) Oat Bread (150)	20 Sausage (420) Onion & Peppers Green Beans (5) Butternut (20) Roll (250) Applesauce (20)
Cal 730 Carb 90 Na 975	Cal 740 Carb 115 Na 835	Cal 725 Carb 90 Na 795	Cal 625 Carb 75 Na 875	Cal 625 Carb 75 Na 1050
23 Deconstructed Sheppard's Pie (320) Biscuit (280) Mixed Fruit (10)	24 Breaded Fish (270) Sweet Potato (25) Apple Crisp(110) Bun (250) Slaw (115)	25 Holiday No Meal	26 Turkey Tetrazzini (220) Carrots (65) WW Roll (240) Fresh Orange (0)	27 Apricot Chicken (325) Rice Pilaf (40) Broccoli (10) Cookie (60) Oat Bread (150)
Cal 745 Carb 85 Na 740	Cal 1000 Carb 115 Na 1155		Cal 655 Carb 85 Na 660	Cal 595 Carb 75 Na 715
30 Swedish Meatballs (255) Brown Rice (5) Green Beans (5) Oat Bread (150) Pineapple (5)	31 Ravioli & Creamy Tomato Sauce* (585) Zucchini Mix (10) Garlic Roll (240) Mandarins (5)	Totals include entrée, sides, dessert, fruit, bread, milk & margarine. Sodium (Na): Milligrams noted in parenthesis. *High sodium item (>500mg), Shading = High sodium meal (>1200mg)		
Cal 660 Carb 85 Na 545	Cal 620 Carb 90 Na 1080	Menu Subject to Change Without Notice		

To cancel meals, call at least 2 days before service at 978-281-1750.

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

KNOW YOUR FOOD LABEL



Organic. Natural. Plant-based. Are you confused by the front-of-the package labeling? Turn the package and look no further than the Nutrition Facts Label. The Nutrition Facts Label is where you can find the information you need to determine if a food item is the best choice for you. Learn more below.

1. Serving Information: Provides number of **servings per container** and the single serving size.

2. Calories: Identifies total calories per serving size and **NOT** the whole container.

3. Nutrients: Identifies the amount of key nutrients in the food item for a single serving. **TIP:** Nutrients to consume more of: fiber, vitamin D, calcium, iron, and potassium. Nutrients to consume less of: saturated fats, cholesterol, sodium, and added sugars.

4. % Daily Values: Provides the percentage of each nutrient in a single serving compared to how much you need in one day. The percentage is based on a 2000 calorie diet. **TIP:** Low is 5% or less: aim low in saturated fat, cholesterol, sodium, and added sugars. High is 20% or more: aim high in vitamins, minerals, and dietary fiber.

5. Ingredient List: Ingredients are listed in descending order based on the weight of the ingredient. **TIP:** Choose items most often that contain whole food ingredients listed first on the label.

6. Food Allergens: Allergens legally required to be on the label are milk, eggs, fish, crustacean shellfish, tree nuts, peanuts, wheat, soybean, and sesame. They can be labeled in three different ways: a “contains” statement, within the ingredient list, or within parentheses.

Nutrition Facts	
1 Bar Serving Size (52 G)	
Amount Per Serving	
Calories	190
	%Daily Value*
Total Fat 7 g	9%
Saturated Fat 1 g	5%
Trans Fat 0 g	
Cholesterol 5 mg	1%
Sodium 140 mg	6%
Total Carbohydrate 24 g	9%
Dietary Fiber 6 g	21%
Total Sugars 14 g	
Includes 0 g Added Sugars	0%
Protein 12 g	22%
Vitamin D 0 mcg 0% Calcium 40 mg 2%	
Iron 1.4 mg 8% Potassium 400 mg 8%	
INGREDIENTS: Dates, Egg Whites, Almonds, Cashews, Strawberries, Natural Flavors.	
CONTAINS EGGS, ALMONDS AND CASHEWS. May contain peanuts and other tree nuts.	

Learn more at FDA's page on Understanding Nutrition Labels: <https://www.fda.gov/food/nutrition-facts-label/how-understand-and-use-nutrition-facts-label>