

SeniorCare January Regular HDM Menu 2025

<i>Monday</i>	<i>Tuesday</i>	<i>Wednesday</i>	<i>Thursday</i>	<i>Friday</i>
Totals include entrée, sides, dessert, fruit, bread, milk & margarine. *High sodium item (>500mg), Shading = High sodium meal (>1200mg) Nutrition Questions? Deb Davidson 978-281-1750 x 571		1 PLEASE HAVE SOMEONE SHOVEL STAIRS & WALKWAYS FOR DRIVERS	2 Pasta Fagioli w/Beans (430) Cauliflower (15) Oat Bread (150) Cookie (230)	3 Hot Dog*(540) Bked Beans (370) Warm Pears (5) Coleslaw (45) Roll (250)
			Cal Pro Na 910 35 1060	Cal Pro Na 830 30 1480
6 Beef Stew (385) Mshd Potato(110) Biscuit (280) Pudding (160)	7 Turkey A la King*(565) Swt Potato (55) Corn (5) MG Bread (150) Pineapple (5)	8 Citrus Fennel Chicken*(730) Risotto (105) Broccoli (10) Cookie (60) Oat Bread (150)	9 Honey Garlic Pork (285) Brown Rice (25) Br. Sprouts (15) Vienna Bd (180) Applesauce (15)	10 Eggplant Parm*(880) Pasta (5) Zucchini (5) LS Bread (0) Mandarins (10)
Cal Pro Na 805 35 1065	Cal Pro Na 745 40 900	Cal Pro Na 830 40 1190	Cal Pro Na 795 45 650	Cal Pro Na 705 30 1190
13 Turkey & Gravy*(765) Mshd Potato(110) Green Beans (5) WW Bread (165) Chilled Fruit (10)	14 Omelet (310) Turk Sausage (280) Rstd Potatoes (5) Carrots (80) Muffin (190) Yogurt(75), Juice	15 Special: Cken Teriyaki* (520) Veg Blend (25) Lo Mein (135) Cake (275) LS Bread (0)	16 American Chop Suey (395) Zucchini (5) Garlic Roll (240) Mandarins (5)	17 Breaded Fish (330) Mixed Veg (20) Fruit Crisp (105) Roll (250) Garden Sld (150)
Cal Pro Na 540 35 1180	Cal Pro Na 790 30 1030	Cal Pro Na 735 35 1085	Cal Pro Na 735 40 775	Cal Pro Na 705 30 980
20 MLK Day No Meals Served	21 Sweet and Sour Pork (250) Green Beans (5) Veg Rice (85) WW Roll (240) Pineapple (5)	22 Meatloaf (335) Mshd Potato (110) Peas (35) Oat Bread (150) Cake (175)	23 Marry Me Chicken*(740) Quinoa (5) Capri Veg (15) Vienna Brd (180) Mandarins (5)	24 Lemon Basil Ravioli (190) Spinach (145) MG Bread (150) Pudding (190)
	Cal Pro Na 750 40 710	Cal Pro Na 735 40 940	Cal Pro Na 855 35 1080	Cal Pro Na 915 35 805
27 Chicken (345) Peppers & Onions Spanish Rice(270) Black Beans(140) Tortilla (170) Chilled Fruit (10)	28 Meatballs w/Marinara (390) Corn (5) Tater Tots (335) Sub Roll (330) Mandarins (5)	29 Salisbury (390) Steak&Mushroom Mshd Potato (110) Beets (140) Cornbread (180) Gelatin (15)	30 Ham*(955) Sweet Potato (25) Warm Bread Pudding (190) LS Bread (0) Garden Salad(35)	31 Macaroni & Cheese (815) Peas (60) Oat Bread (150) Orange (0)
Cal Pro Na 670 40 1060	Cal Pro Na 835 35 1195	Cal Pro Na 640 30 965	Cal Pro Na 845 35 1330	Cal Pro Na 735 30 1150

To Cancel Meals Please Call 978 281-1750 at least 2 days before service.

Menu Subject to Change Without Notice

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

Cal = Total Calories, **Pro** = Total Protein, **Na** = Total Sodium (also in parentheses)

NEW YEAR, NEW YOU NEW YEAR, NEW YOU NEW YEAR, NEW YOU

BE PROACTIVE ABOUT YOUR HEALTH



Optimize your physical and mental well-being by starting the New Year with being proactive about your health. Being proactive requires habits and strategies to maintain or improve your well-being, and contribute to an improved quality of life, reduced health care costs, and overall health.

Habits for Health

- **Consume a Balanced Diet:** Choose nutrient dense food choices which reflect personal preferences, financial means, and cultural traditions. Nutrient dense foods include vegetables, fruits, whole grains, lean meats, poultry, fish, eggs, low-fat dairy, legumes, nuts, seeds, and heart-healthy, plant-based oils.
- **Partake in Regular Physical Activity:** Incorporate at least 150 minutes of moderate-intensity physical activity each week, or 75 minutes of vigorous-intensity activity, or a combination of both. Include two days of strength training per week, plus activities that promote balance.
- **Focus on Mental Health:** Practice mindfulness techniques daily such as deep breathing, meditation, and yoga to reduce stress and anxiety.
- **Prioritize Adequate Sleep:** Aim for 7-9 hours of quality sleep each night to improve mood and boost your immune system. Practice proper sleep hygiene to help with any sleep disturbances.
- **Choose Healthy Relationships:** Stay connected with friends and family who support you and establish boundaries to protect your energy and mental well-being.
- **Engage in New Experiences:** Be open to new ideas and seek help, such as therapy or counseling when you need it.

Strategies for Health

Strive for Progress NOT Perfection.	Delegate Time and Attention.	Review and Adjust Goals.
To see long term success, acknowledge the setbacks and obstacles which cannot be avoided. Set only a few realistic goals at a time to avoid failure and maintain balance.	Schedule routine and structure to prioritize your time. Plan your meals for the week, make a grocery list, and block your calendar for movement into your day.	Identify what is working and what is not to change your goals and improve your success. Reset goals that were set incorrectly, such as being too difficult or too easy to achieve.