

SeniorCare February Regular Menu 2025

Monday			Tuesday			Wednesday			Thursday			Friday		
3 Chicken & (550) Sausage Gumbo White Rice (5) Biscuit (280) Cookie (60)			4 Pot Roast w/Gravy (550) Carrots (65) Mshd Potato (110) WW Bread (165) Fruit (5)			5 Tuna Noodle Casserole with Peas (230) Capri Veg (15) WW Roll (240) Mandarins (5)			6 Turkey&White Bean Chili (450) Green Beans (5) MG Bread (150) Applesauce (15)			7 Broccoli (340) Cheese Egg Bake Potatoes (5) Beets (140) Muffin (170) Yogurt (75) Juice (0)		
Cal 715	Pro 40	Na 1025	Cal 630	Pro 35	Na 1025	Cal 695	Pro 35	Na 625	Cal 480	Pro 35	Na 750	Cal 835	Pro 25	Na 815
10 Beef Burgundy w/Mushrooms(105) Mshd Potato (110) Broccoli (20) MG Bread (150) Mixed Fruit (5)			11 Hot Dog*(540) Bakd Beans (370) Apples (10) Slaw (15) Roll (250)			12 Chilled: Turkey & Cranberry Salad* (570) Garden Salad(35) Butternut (10) Pita Bread (160) Fresh Fruit (0)			13 Special: Chicken Scampi w/Pasta (445) Capri Veg (15) Chocolate Berry Mousse (165) Garlic Roll (240)			14 Pasta Fagioli w/Beans (430) Cauliflower (15) Oat Bread (150) Cookie (230)		
Cal 560	Pro 40	Na 525	Cal 830	Pro 30	Na 1455	Cal 445	Pro 30	Na 910	Cal 790	Pro 45	Na 1105	Cal 910	Pro 35	Na 1060
17 No Meals Served President's Day			18 Turkey A la King (565) w/mushrooms Risotto (110) Corn (5) MG Bread (150) Pineapple (5)			19 Citrus Fennel Chicken*(730) Swt Potatoes (55) Broccoli (10) LS Bread (0) Pudding (160)			20 Guinness Beef Stew (385) Mshd Potato (110) Biscuit (280) Cupcake (175)			21 Eggplant Parmesan*(1050) Pasta (5) Zucchini (5) WW Roll (240) Mandarins (5)		
			Cal 810	Pro 40	Na 955	Cal 820	Pro 40	Na 1085	Cal 755	Pro 35	Na 1080	Cal 785	Pro 25	Na 1430
24 Turkey & Gravy*(765) Mshd Potato (110) Green Beans (5) LS WW Bread (0) Applesauce (15)			25 Omelet (310) Trky Sausage(280) Potatoes (5) Honey Carrot(80) Muffin (190) Yogurt (75) Juice (0)			26 American Chop Suey (395) Zucchini (5) WW Roll (240) Mandarins (5)			27 Cken Cordon Bleu *(510) Butternut (15) Beets (140) MG Bread (150) Fresh Orange (0)			28 Breaded Fish (330) Mixed Veg (20) Fruit Crisp (105) Burger Bun (250) Garden Salad(15)		
Cal 500	Pro 35	Na 1025	Cal 790	Pro 30	Na 1025	Cal 735	Pro 40	Na 775	Cal 610	Pro 40	Na 945	Cal 690	Pro 30	Na 865

Totals include entrée, sides, dessert, fruit, bread, milk & margarine.

*High sodium item (>500mg), Shading = High sodium meal (>1200mg).

Nutrition Questions? Contact Deb Davidson 978 281-1750 x 571

Menu Subject to Change Without Notice

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

To Cancel Meals Please Call 978-281-1750 2 days Before Service

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

AMERICAN
HEART
HEALTH
MONTH

fast food for a Healthy Heart



When we think of American Heart Health Month we do not usually think of “fast food.” When we hear “fast food” typically the words that come to mind are “unhealthy,” “convenient,” and “cheap.” Many fast-food restaurants now offer healthier options or allow for customization to create more balanced meals. Prioritizing lean proteins, whole grains, and plenty of vegetables can make fast food part of a healthy diet in moderation. Follow these tips and tricks to put a healthy spin on your next fast-food order.

- **Grilled over Fried.** Select grilled chicken or fish instead of fried or breaded versions.
- **Salads with Caution.** Choose salads with plenty of vegetables, lean protein, and a vinaigrette (oil and vinegar-based) or light dressing. Avoid or limit high-calorie toppings like croutons, cheese, and creamy dressings.
- **Portion Control.** Choose smaller portion sizes or kids’ meals to manage calorie intake.
- **Skip the Extras.** Avoid adding extra cheese, bacon, or mayonnaise. Instead, ask for extra veggies in sandwiches, salads, pizzas, and wraps.
- **Drink Smart.** Opt for water, unsweetened iced tea, or other low-calorie beverages instead of sugary sodas.
- **Dressings On the Go.** Order dressing and sauces on the side, so you can control how much is added.
- **Share Dessert.** Split with the table, choose the smallest size, or order fresh fruit instead.
- **Come Prepared.** Read the menu before you go, so you have time to make a healthy choice.
- **Be Mindful of Nutrition Facts & Ingredients.** Look for each of these:
 - ✓ **Calories** – Choose lower-calorie, nutrient-dense foods like vegetables and fruits, whole grains, and lean proteins.
 - ✓ **Sodium** – Aim for less than 2,300 mg of sodium daily.
 - ✓ **Fat** – Choose items that have more heart healthy unsaturated fatty acids, such as avocados, nuts, seeds, and olive oil. Choose less saturated fats like butter, fried food, full fat dairy products, baked goods, and processed foods.
 - ✓ **Added Sugar** – Aim for less than 10% of your daily calories from added sugars.
 - ✓ **Whole Foods** – Look for menu items that include more whole foods rather than highly processed ones.
 - ✓ **Whole Grains** – Swap white bread for whole grain bread for more heart healthy fiber.
 - ✓ **Lean Meats** – Choose lean meats, such as chicken, turkey, or seafood over fattier meats, such as beef, pork, and bacon. Or select a plant-based protein like beans or a veggie burger.
 - ✓ **Vegetables and Fruits** – Add extra fruits and vegetables to your next to-go salad or sandwich for more vitamins and minerals in your diet.

Resources: <https://www.nhlbi.nih.gov/health/educational/healthdisp/pdf/tipsheets/Tips-for-Eating-Out.pdf>
https://www.dietaryguidelines.gov/sites/default/files/2020-12/Dietary_Guidelines_for_Americans_2020-2025.pdf

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