

SeniorCare March HDM Menu 2025

Monday			Tuesday			Wednesday			Thursday			Friday		
3 Sweet and Sour Pork (250) Lo Mein (135) Green Beans (5) Dinner Roll (260) Pineapple (0)			4 Meatloaf (195) Mshd Potato(110) Peas & Pearl Onions (70) Oat Bread (150) Cookie (60)			5 Parmesan Fish (290) Rice Pilaf (40) Br. Sprouts (20) WW Bread (165) Applesauce (15)			6 Marry Me Chicken*(740) Quinoa (5) Capri Veg (20) Vienna Brd (180) Mandarins (10)			7 Ravioli w/Lemon Basil Sauce (190) Spinach (145) MG Bread (150) Pudding (190)		
Cal 770	Na 780	Pro 40	Cal 670	Na 760	Pro 40	Cal 585	Na 655	Pro 35	Cal 880	Na 1085	Pro 35	Cal 915	Na 805	Pro 35
10 Baked Ham*(950) Sweet Potatoes(70) Cauliflower (30) LS WW Bread (0) Chilled Fruit (10)			11 Chicken Fajitas (420) Brown Rice (25) Black Beans (140) Tortilla (170) Gelatin (15)			12 Special: Corned Beef *(895) Turnip&Carrot(75) Potatoes (5) Marble Rye (150) Brownie (160)			13 Meatball Sub Meatballs & Marinara (300) Corn (0) Tater Tots (325) Sub Roll (330) Mandarins (5)			14 Macaroni and Cheese (815) Peas (60) Oat Bread (150) Fresh Orange (0)		
Cal 730	Na 1195	Pro 30	Cal 670	Na 900	Pro 35	Cal 950	Na 1415	Pro 30	Cal 805	Na 1100	Pro 35	Cal 735	Na 1150	Pro 30
17 Turkey & White Bean Chili (450) Green Beans (5) MG Bread (150) Applesauce (15)			18 Chicken (590) Sausage Gumbo* Rice (5) Biscuit (280) Chilled Fruit (5)			19 Tuna (230) Noodle Casserole Capri Blend (15) WW Roll (240) Mandarins (5)			20 Pot Roast (550) Carrots (65) Mshd Potato(110) WW Bread (0) Cake (175)			21 Broc & Chz Egg Bake (340) Potatoes (5) Beets (140) Fruit Loaf (170) Yogurt(75) Juice (5)		
Cal 490	Na 750	Pro 35	Cal 660	Na 1010	Pro 30	Cal 695	Na 625	Pro 35	Cal 700	Na 1195	Pro 35	Cal 835	Na 815	Pro 25
24 Chicken Pot Pie* (650) Mashd Potato(110) Biscuit (280) Chilled Fruit (10)			25 Beef Stroganoff (465) Noodles (5) Broccoli (10) MG Bread (150) Pudding (190)			26 Turkey Cran Salad*(670) Garden Salad(15) Butternut (10) Pita Bread (160) Fresh Fruit (0)			27 Hot Dog*(540) Bkd Beans (370) Warm Apples(10) Coleslaw (15) Roll (250)			28 Pasta Fagioli (Pasta & White Beans) (430) Cauliflower (15) Oat Bread (150) Cookie (230)		
Cal 640	Na 1175	Pro 35	Cal 645	Na 945	Pro 35	Cal 490	Na 1000	Pro 30	Cal 830	Na 1455	Pro 30	Cal 910	Na 1060	Pro 35
31 Honey Garlic Pork (215) Brown Rice (25) Br. Sprouts (15) Vienna Brd (180) Applesauce (15)			Totals include entrée, sides, dessert, fruit, bread, milk & margarine. *High sodium item (>500mg), Shading = High sodium meal (>1200mg). Questions? Contact Deb Davidson, 978 -281-1750 x 571 Menu Subject to Change Without Notice Cal = Calories, Pro = Protein, Na = Sodium (also in parentheses).											
Cal 730	Na 580	Pro 40												

To Cancel Meals, Call 2 Days Before Service 978-281-1750

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



Food Connects Us

2025 NATIONAL NUTRITION MONTH®



Happy National Nutrition Month! Food is a powerful connector. It ties us to our cultures, families, and friends, and sharing a meal becomes a moment of exchange—learning about its preparation, the person who made it, and where the ingredients were sourced. Our relationship with food is shaped by our health, memories, traditions, seasons, and access. While these factors influence the foods we choose, our food choices also play a crucial role in our health and well-being. Here are some simple yet meaningful ways to deepen your connection with food, health, and the people in your life.

CONNECT WITH FOOD

- **Learn Cooking Skills:** Try basic techniques and meal planning for healthier, budget-friendly choices. Attend local cooking classes to advance your skills.
- **Explore Food Origins:** Visit farmers markets and understand where your food comes from to add meaning to each meal.
- **Utilize Community Resources:** Familiarize yourself with programs like SNAP, WIC, and local food banks for nutritious options.

CONNECT WITH A NUTRITION EXPERT

- **Get a Referral:** Ask your doctor about seeing a Registered Dietitian Nutritionist (RDN).
- **Find Your Match:** Look for an RDN who specializes in your needs, like diabetes.
- **Personalized Advice:** Benefit from tailored guidance to meet health goals, such as improved energy or weight management.



EXPLORE THE CONNECTION BETWEEN FOOD AND CULTURE

- **Try New Recipes:** Experiment with global ingredients and techniques to expand your cooking skills, such as a Japanese-style soup with miso or roasted carrots with harissa.
- **Celebrate Cultural Favorites:** Enjoy foods tied to your traditions or discover new global flavors.
- **Eat Together:** Make meals more enjoyable by sharing with family or friends, in person or virtually.



BUILD THE CONNECTION ACROSS ALL STAGES OF LIFE

- **Understand Changing Nutrient Needs:** Nutritional needs vary with age; learn about age-specific requirements or connect with an RDN to assist you.
- **Eat a Variety of Foods:** Include all food groups for balanced nutrition, from fruits and veggies to whole grains and proteins - preferably in their whole, most natural state.
- **Focus on Sustainable Habits:** Reduce food waste by planning meals, using leftovers creatively, choosing seasonal, local produce, and incorporating more plant-based meals to lower your environmental footprint.