

## SeniorCare April Regular Menu 2025

Monday	Tuesday	Wednesday	Thursday	Friday																														
<b>Menu Subject to Change Without Notice</b>	<b>1 Turkey A La King (490)</b> Mshd Potato(110) Green Beans (5) MG Bread(150) Pineapple (0)	<b>2 Citrus Fennel Chicken*(730)</b> Risotto (110) Broccoli (10) Cookie (60) Oat Bread (150)	<b>3 Beef &amp; (385)</b> Vegetable Stew Potatoes (25) MG Bread (150) Pudding (160)	<b>4 Eggplant Parm &amp; Pasta*(1050)</b> Veg Blend (15) LS Bread (0) Mandarins (5)																														
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<b>7 Chicken Parm &amp; Pasta * (790)</b> Veg Blend (35) MG Bread (150) Pineapple (0)	<b>8 Breaded Fish (270)</b> Corn (5) Br. Sprouts (15) Burger Bun (250) Chilled Fruit (10)	<b>9 Beef &amp; Peppers (305)</b> Black Beans (140) Rice (270) Tortilla (170) Rice Pudding(115)	<b>10 Special: Ham &amp; Pineapple*(950)</b> Potato (130) Apple Crisp (110) Caesar Salad (145) LS Bread (0)	<b>11 Macaroni &amp; Cheese (815)</b> Peas (60) WW Bread(165) Fresh Fruit (0)																														
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<b>14 Turkey w/Gravy*(765)</b> Mshd Potato (110) Carrots (65) LS WW Bread (0) Applesauce (15)	<b>15 Beef Burgundy &amp; Noodles (450)</b> Broccoli (10) WW Bread (165) Chilled Fruit (10)	<b>16 Chilled: Egg Salad (135)</b> Quinoa Salad(230) Beets (195) Gelatin (105) Pita (215)	<b>17 Broccoli &amp; Cheese Cken(465)</b> Sweet Potato (55) Berry Crisp (105) Garden Salad (35) Oat Bread (150)	<b>18 Mediterranean Fish (420)</b> Rice Pilaf (40) Crm Spinach (210) WW Roll (240) Fresh Fruit (5)																														
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<b>21</b>  <b>Holiday No Meals Served</b>	<b>22 Egg &amp; Cheese Bake (340)</b> Rsted Potato (5) Carrots (65) Fruit Loaf (170) Yogurt (75), Juice	<b>23 Hot Dog*(540)</b> Bkd Beans (370) Apples (10) Coleslaw (15) Bun (250)	<b>24 Birthday Meatloaf (335)</b> Mshd Potato(110) Green Beans (5) MG Bread (150) Cake (175)	<b>25 Sweet n'Sour Chicken Stir Fry (485)</b> Brown Rice (25) Pineapple (0) Oat Bread (150)																														
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<b>28 Shepherd's Pie Beef &amp; Gravy(230)</b> Mshd Potato (110) Corn (5) Biscuit (280) Pudding (190)	<b>29 Balsamic Chicken (435)</b> Butternut (15) Garlic Kale (45) WW Roll (240) Chilled Fruit (5)	<b>30 Chilled: Turkey &amp; Swiss (455)</b> Spinach Salad(35) 3 Bean Salad(325) LS Bread (0) Fresh Fruit (0)	Totals include entrée, sides, dessert, fruit, bread, milk & margarine.  *Higher sodium item (>500 mg), Shading = High sodium meal (>1200 mg). Cal = Total Calories, Pro = Total Protein, Na = Total Sodium (also in parentheses)																															
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**To Cancel Meals Please Call 978-281-1750 at least 2 Days Before Service**

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