

## SeniorCare May Regular Menu 2025

Monday			Tuesday			Wednesday			Thursday			Friday		
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) A \$2.00 confidential donation is suggested per meal. Donation letters are mailed monthly. Nutrition Questions? Contact Deb Davidson 978 281-1750 x571									1 BBQ Pork(435) Sweet Tater Tots (230), Cheesy Cauliflower (135) WW Bread (165) Applesauce (20)			2 Lasagna w/Marinara (500) Spinach (145) WW Garlic Roll (240) Cookie (60)		
									Cal 735	Na 1115	Pro 40	Cal 680	Na 1075	Pro 35
5 Chicken Alfredo* (640) Pasta (0) Broccoli (10) WW Roll (240) Chilled Fruit (5)			6 Sausage,Onions & Peppers*(650) Corn (0) Sweet Potato (70) Roll (270) Applesauce (20)			7 Special Crustless Quiche (210) Potatoes (25) Carrots (80) Fruit Salad (5) Coffee Cake(135)			8 Turkey Orzo Casserole*(680) Green Beans (5) Oat Bread (150) Fresh Fruit (0)			9 Pesto Fish (35) Lemon Rice (15) Veg Blend (15) MG Bread (150) Gelatin (105)		
Cal 795	Na 1025	Pro 45	Cal 750	Na 1140	Pro 35	Cal 720	Na 585	Pro 25	Cal 650	Na 965	Pro 35	Cal 665	Na 600	Pro 45
12 Sweet BBQ Meatballs* (525) Rice (5) Beets (140) Vienna Brd (180) Pineapple (0)			13 Ravioli w/Marinara (385) Veg Blend (35) WW Bread (165) Mandarins (5)			14 Chicken Salad (395) Spinach Salad (35) Butternut (10) MG Bread (300) Cookie (60)			15 Cheese Omelet (310) Trky Sausage(280) Rstd Potatoes (5) Tomatoes (30) Muffin (190) Yogurt(75) Juice (5)			16 Beef & Veg Stew (385) Mshd Potato (110) WW Roll (240) Fresh Fruit (0)		
Cal 765	Na 980	Pro 30	Cal 570	Na 830	Pro 30	Cal 600	Na 935	Pro 40	Cal 735	Na 980	Pro 25	Cal 765	Na 865	Pro 40
19 Turkey W/Gravy* (765) Mshd Potato (110) Carrots (65) LS WW Bread (0) Applesauce (15)			20 Breaded Fish (300) 🐟 Corn (0) Br. Sprouts (15) WW Roll (250) Chilled Fruit (10)			21 Beef, Peppers & Onions (305) Beans (140) Rice (135) Tortilla (170) Pudding (40)			22 Chicken*(605) Cordon Bleu Sweet Potato (55) Berry Crisp (105) Caesar Salad(290) Oat Bread (150)			23 Macaroni and Cheese* (815) Peas (60) WW Bread (165) Fresh Fruit (0)		
Cal 505	Na 1090	Pro 30	Cal 720	Na 780	Pro 35	Cal 710	Na 925	Pro 40	Cal 970	Na 1335	Pro 35	Cal 755	Na 1165	Pro 30
26  Memorial Day No Meals			27 Chicken Parmesan* (785) Pasta (5) Veg Blend (35) MG Bread (150) Pineapple (0)			28 Hot Dog* (540) Bkd Beans (370) Apples (10) Latin Slaw (15) Roll (250)			29 Egg Salad (135) Quinoa (230) Garden Salad(35) Cupcake (175) Pita Bread (215)			30 Mediterranean Fish (420) 🐟 Rstd Potatoes (5) Crm Spinach(210) WW Roll (240) Gelatin (15)		
			Cal 760	Na 1100	Pro 35	Cal 830	Na 1455	Pro 30	Cal 645	Na 920	Pro 30	Cal 675	Na 1020	Pro 40

To Cancel Meals Please Call **978-281-1750** at least 2 days prior to Service

Menu Subject to Change Without Notice - **Bolded items:** description on menu back



Mental Health Awareness Month:

## Nourish Your Mind, Body, and Soul

Mental health is deeply connected to our daily habits. By eating well, staying active, and practicing self-care, we can feel more balanced and focused. Here are simple strategies to enhance your emotional well-being:

**Eat Mindfully:** *Mindful eating helps stabilize blood sugar, improve mood, and create a positive relationship with food. Here's how:*

- **Balance Your Plate:** Include grains, fruits, vegetables, proteins, and dairy in each meal.
- **Stay Hydrated:** Drink water regularly; add fruit slices or herbs for flavor.
- **Slow Down:** Engage your senses, chew slowly, and savor flavors.
- **Eliminate Distractions:** Turn off the TV and put away your phone while eating.
- **Listen to Your Body:** Eat when hungry and stop when satisfied.

**Stay Active:** *Physical activity releases endorphins, improving mood, and reducing stress.*

- **Daily Movement:** Aim for 30 minutes of enjoyable activity like walking, dancing, or gardening.
- **Start Small:** Begin with 10-minute sessions and gradually increase time and intensity.
- **Strength Training:** Include exercises to build muscle and support overall health.

**Practice Self-Care:** *Self-care supports emotional balance and reduces stress.*

- **Take Breaks:** Stand or move every hour.
- **Relaxation Techniques:** Try deep breathing, meditation, or journaling.
- **Prioritize Sleep:** Ensure you get restful, consistent sleep every night.

**Stay Connected:** *Meaningful connections strengthen emotional health.*

- **Spend Quality Time:** Engage with loved ones in person, by phone, or video.
- **Open Up:** Share your feelings with trusted friends or family.



### Key Nutrients for Mental Well-Being

- **Omega-3s** (salmon, walnuts): Boost mood and brain health.
- **B Vitamins** (leafy greens, eggs): Support brain function.
- **Magnesium** (almonds, dark chocolate): Manages stress.
- **Probiotics** (yogurt, kefir): Improve gut-brain health.
- **Carbohydrates** (whole grains, fruits): Increase energy and focus.



Sources: [nimh.nih.gov](http://nimh.nih.gov) | [eatright.org](http://eatright.org)  
SLUHS NORTH AMERICA

 BeWell

### Meal Descriptions

**Turkey Orzo Casserole:** Turkey, Orzo, Tomatoes, Onions, Garlic, Spinach, Olives & Cheese

**Chicken Cordon Bleu:** Breaded chicken stuffed with cheese and ham.

Served with a creamy “supreme” sauce.