

SeniorCare June Congregate Menu 2025

| Monday | | | Tuesday | | | Wednesday | | | Thursday | | | Friday | | |
|--|------------|-----------|--|------------|-----------|---|------------|-----------|---|------------|-----------|--|------------|-----------|
| 2 Stuffed Shells Florentine (475) Caesar Salad Garlic Roll (240) Cookie (60) | | | 3 Rosemary Pork (240) Butternut (15) Br. Sprouts (15) Cornbread (180) Mandarins (10) | | | 4 Sweet & Sour Chicken with Vegetables*(520) Brown Rice (5) Pineapple (5) Oat Bread (150) | | | 5 Meatloaf w/Gravy (340) Mshd Potato(110) Beets (140) MG Bread (150) Fresh Fruit (5) | | | 6 Broccoli Egg Bake (340) Rstd Potato (5) Carrots (65) Fruit Loaf (160) Yogurt (75) Juice | | |
| Cal 660 | Na 920 | Pro 30 | Cal 825 | Na 590 | Pro 40 | Cal 635 | Na 810 | Pro 35 | Cal 705 | Na 870 | Pro 40 | Cal 790 | Na 725 | Pro 25 |
| 9 Deconstructed Shepherd's Pie (345) Biscuit (280) Pudding (190) | | | 10 Balsamic Chicken (345) Risotto (105) Garlic Kale (45) WW Roll (240) Chilled Fruit (5) | | | 11 Chilled Turkey & Swiss (455) Garden Salad(35) 3 Bean Salad (325) LS WW Bread(0) Fresh Fruit (5) | | | 12 Special: Sausage Pepper & Onions* (630) Fruit Crisp (105) Corn on Cob Coleslaw (45) Sub Roll (330) | | | 13 Cheese Lasagna & Marinara (500) Spinach (145) Garlic Roll (145) Chilled Fruit (5) | | |
| Cal 825 | Na 945 | Pro 35 | Cal 810 | Na 875 | Pro 45 | Cal 525 | Na 1000 | Pro 35 | Cal 915 | Na 1300 | Pro 40 | Cal 685 | Na 1135 | Pro 35 |
| 16 Chicken Pasta Alfredo*(645) Broccoli (10) WW Roll (240) Chilled Fruit (5) | | | 17 Omelet (310) Trky Sausage (280) Rstd Potato (5) Carrots (80) Muffin (190) Yogurt (75) Juice | | | 18 Sloppy Joe (190) Mixed Veg (50) Mshd Potato(110) Roll (250) Fresh Fruit (5) | | | 19 Holiday No Meals | | | 20 Pesto Fish (185) Lemon Rice Soup Capri Blend (15) MG Bread (150) Cookie (60) | | |
| Cal 795 | Na 1025 | Pro 45 | Cal 790 | Na 1025 | Pro 30 | Cal 740 | Na 730 | Pro 40 | | | | Cal 660 | Na 555 | Pro 45 |
| 23 Sweet BBQ Meatballs (525) Rice (5) Beets (140) Vienna Brd (180) Pineapple (5) | | | 24 Hot Dog* (540) Bkd Beans (370) Warm Apples(10) Coleslaw (15) Roll (250) | | | 25 Chicken Salad (395) Spinach Salad (15) Butternut (10) MG Bread (300) Yogurt(75) Juice | | | 26 Cheese Ravioli w/Marinara (385) Veg Blend (20) WW Bread (165) Cupcake (175) | | | 27 Beef Stew (385) Mshd Potato (110) WW Roll (240) Fresh Fruit (5) | | |
| Cal 765 | Na 980 | Pro 30 | Cal 830 | Na 1455 | Pro 30 | Cal 555 | Na 795 | Pro 30 | Cal 655 | Na 985 | Pro 30 | Cal 765 | Na 865 | Pro 40 |
| 30 Turkey w/Gravy* (775) Mshd Potato (110) Carrots (65) LS WW Bread (0) Applesauce (15) | | | 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 mailed monthly. Menu Subject to Change Without Notice Nutrition Questions? Contact Deb Davidson 978-281-1750 x571 Please register with your Site Manager by 10 am the day before. | | | | | | | | | | | |
| Cal 505 | Na 1085 | Pro 30 | | | | | | | | | | | | |



Eating a nutritious diet does not have to be bland and boring. Spices and herbs bring flavor, health, and creativity to your meals. They not only reduce inflammation and boost immunity but also inspire you to experiment with bold, delicious combinations. Transform ordinary dishes into something extraordinary while supporting your overall well-being!

Spot the Difference

Understanding the difference between herbs and spices can help you make the most of their unique flavors and health benefits. While both come from plants, their characteristics and uses vary, making them versatile tools for enhancing your meals.

- **Herbs:** Green leafy parts of plants, used in fresh or dried form. Examples: Parsley, Basil, Cilantro, Chives
- **Spices:** Non-leafy parts of the plant (e.g., roots, bark, seeds), used in dried form only. Examples: Cinnamon (bark), Turmeric (root), Ginger (rhizome), Paprika (dried fruit pods)

Antioxidant Power

Herbs and spices are rich in antioxidants, compounds that protect your cells from damage caused by free radicals which reduce the risk of chronic diseases like heart disease, cancer, and diabetes. Herbs and spices with the highest number of antioxidants include cloves, peppermint, allspice, cinnamon, oregano, thyme, sage, rosemary, saffron, and tarragon.

Functional Benefits

- **Anti-inflammatory:** Helps reduce inflammation (e.g., turmeric, ginger, cinnamon).
- **Digestive Health:** Aids digestion and relieves bloating (e.g., fennel, peppermint).
- **Immune Support:** Boosts immunity with antibacterial properties (e.g., garlic, oregano).
- **Heart Health:** Reduces sodium and sugar intake, supporting cardiovascular wellness (e.g., all herbs & spices).

Sourcing, Storing, and Using Herbs & Spices

- **Dry Herbs & Spices:** Opt for bulk by filling your own containers to reduce packaging waste. Store in airtight containers in a cool, dark area. Replace after 2-3 years.
- **Fresh Herbs & Spices:** Grow your own or buy local at a farmers market. Keep in the refrigerator in an airtight container. Wash before use.
- **Conversion:** Substitute one-part dried for three parts fresh when needed.
- **Salt Last:** Season with herbs and spices before adding salt; you may not need it at all.
- **Cooking:** Typically, add dried herbs and spices early in the cooking process to rehydrate and add fresh later to preserve flavor.