

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)			<p>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)</p> <p>A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly.</p> <p>Menu Subject to Change Without Notice</p> <p>Nutrition Questions? Contact Deb Davidson 978-281-1750 x571</p>											
Cal 505	Na 1085	Pro 30	<p>Please register with your Site Manager by 10 am the day before.</p>											



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.