

SeniorCare July Regular HDM 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)	1 Breaded Fish (300)  Corn (5) Br. Sprouts (15) Bun (250) Chilled Fruit (10)	2 Beef, Peppers & Onions (305) Black Beans (140) Rice (270) Tortilla (170) Rice Pudding (40)	3 Chicken (605) Cordon Bleu* Swt Potato (55) Berry Crisp (105) Caesar Salad(290) Oat Bread (150)	4 Holiday No Meal
7 Smothered Pork w/Mushrooms(290) Sweet Potato (25) Cauliflower (15) WW Roll (240) Cookie (60)	8 Pasta & Meatballs (410) Veg Blend (15) Oat Bread (150) Pineapple (5)	9 Special: Chicken Salad (170) Egg Salad (175) Orzo Salad (315) Coleslaw (15) Berry Parfait (5) Finger Rolls (240)	10 Pot Roast(195) Beets (140) Butternut (15) Biscuit (280) Fresh Fruit (5)	11 Cheese Omelet (310) Tk Sausage(280) Rstd Potato (5) Ratatouille (115) Fruit Loaf (170) Applesauce (15)
Cal 880 Na 760 Pro 45	Cal 785 Na 820 Pro 30	Cal 1115 Na 1285 Pro 35	Cal 595 Na 765 Pro 40	Cal 860 Na 1025 Pro 35
14 Ground Beef & Cabbage (305) Rstd Potatoes & Red Peppers (5) Rye Bread (220) Chilled Fruit (10)	15 Garlic & Lemon Fish (60)  Corn (5) Cr. Spinach (215) MG Bread (150) Gelatin (15)	16 Tortellini Salad w/Peas (310) Cucumber & Tomato Salad (220) Cookie (230) Oat Bread (150)	17 Marry Me Chicken*(740) Couscous (5) Green Beans (5) Roll (260) Orange (5)	18 Turkey Chili*(705) Brown Rice (25) Cornbread (180) Mandarins (5)
Cal 650 Na 680 Pro 35	Cal 635 Na 565 Pro 35	Cal 1020 Na 1040 Pro 35	Cal 960 Na 1140 Pro 35	Cal 870 Na 1040 Pro 35
21 Hawaiian Chicken (335) Rice (5) Veg Bend (25) Chilled Fruit (5) WW Roll (240)	22 Meatloaf w/Gravy (340) Mshd Potato (110) Peas (60) MG Bread (150) Fresh Fruit (5)	23 Seafood Salad (480)  Garden Salad (35) Tabouli (80) Yogurt(75)/Juice(0) Vienna Bread (360)	24 BBQ Pulled Pork*(510) Swt Potato (55) Collard Greens (35) Bun (250) Cake (175)	25 Macaroni & Cheese* (815) Stewed Tomatoes (30) Oat Bread (150) Chilled Fruit(10)
Cal 660 Na 740 Pro 40	Cal 740 Na 790 Pro 40	Cal 540 Na 1025 Pro 20	Cal 755 Na 1150 Pro 40	Cal 685 Na 1130 Pro 25
28 Turkey w/Gravy* (765) Mshd Potato (110) Carrots (65) LS WW Bread (0) Chilled Fruit (10)	29 Lasagna w/Marinara*(550) Veg Blend (25) Garlic Roll (240) Cookie (60)	30 Hot Dog* (540) Baked Beans (370) Warm Apples (10) Coleslaw (15) Roll (250)	31 Chilled: Roast Beef & Cheese (200) Chips (170) Garden Salad (35) MG Bread (300) Fresh Fruit (5)	A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly. Nutrition Questions? Deb Davidson, MS, RDN, LDN 978-281-1750
Cal 525 Na 1080 Pro 35	Cal 645 Na 1090 Pro 30	Cal 830 Na 1485 Pro 30	Cal 620 Na 890 Pro 35	

To Cancel Meals Please Call 978-281-1750 at least 2 Days Prior to Service

Italics = Meal Description on back of menu



Not all processed foods are bad. Even washing, cutting, or freezing food counts as processing. The **NOVA** classification system helps us understand the degree of processing and its impact on health:

NOVA 1: Unprocessed or Minimally Processed Foods	NOVA 2: Processed Culinary Ingredients	NOVA 3: Processed Foods	NOVA 4: Ultra-Processed Foods
• Close to their natural state, nutrient-dense • No added preservatives or artificial ingredients	• Extracted from natural foods for cooking • Best used in moderation	• Modified with salt, sugar, or oil • Still close to natural state and contain important nutrients • More convenient and longer lasting	• Heavily altered, contain additives not used in home kitchens • Convenient but often high in sugar, sodium, unhealthy fats • Some can provide important nutrients
Examples: fresh or frozen fruits or vegetables, fresh eggs, plain milk or yogurt, brown rice or oats, dried beans or lentils, fresh chicken or fish, unsalted nuts or seeds	Examples: butter, maple syrup, honey, olive oil, spices, dried herbs, vinegar, sugar, soy sauce, lard	Examples: canned vegetables and beans (with salt), natural cheese, fresh bread (few ingredients), whole grain pasta, hummus, canned fish (in oil or brine), roasted & salted nuts, fortified whole grain cereal	Examples: soda, chips, candy, microwave meals, chicken nuggets, fast food

Use NOVA as a Helpful Guide - Not a Rulebook

NOVA can help you recognize foods that are more or less processed—but it's not all or nothing.

- Choose more whole foods, fewer highly processed items.
- Read labels and make choices that work for your budget and lifestyle.
- Some packaged foods can still be part of a healthy, balanced diet.

Meal Descriptions

Marry Me Chicken: Chicken with a creamy tomato sauce & Italian herbs.

Hawaiian Chicken: Chicken with a pineapple sauce, peppers & onions.