

SeniorCare August 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 mailed monthly. Menu Subject to Change Without Notice Nutrition Questions? Contact Deb Davidson 978 281-1750 Bolded items: description on menu back												1 Chicken Piccata (430) Rice Pilaf (40) Broccoli (10) WW Bread (165) Pudding (190) Cal 650 Na 960 Pro 40		
4 Hamburger (415) Sweet Potato (55) Beets (140) WW Roll (250) Gelatin (15) Cal 675 Na 1095 Pro 30			5 Breaded Fish (330) 🐟 Mixed Veg (5) Mshd Potato(110) Roll (260) Cookie (60) Cal 675 Na 890 Pro 25			6 Chicken Teriyaki* (735) Green Beans (5) Veggie Rice (85) MG Bread (150) Pineapple (5) Cal 615 Na 1005 Pro 40			7 Chilled; Turkey & Cheese Chef Salad*(520) Bean Salad (230) Fresh Fruit (5) Pita Bread (160) Cal 460 Na 910 Pro 30			8 Eggplant Parmesan*(1050) Pasta (5) Veg Blend (15) LS WW Brd (0) Mandarins (10) Cal 715 Na 1200 Pro 30		
11 Greek Chicken*(520) Risotto (105) MG Bread (150) Chilled Fruit (5) Cal 655 Na 915 Pro 40			12 American Chop Suey (350) Broccoli (10) WW Garlic Roll (240) Fresh Fruit (5) Cal 730 Na 735 Pro 40			13 Chilled: Tuna Salad (240) 🐟 3 Bean Salad(325) Garden Salad (35) WW Bread (330) Pineapple (5) Cal 570 Na 1060 Pro 35			14 Special: BBQ Pork* (510) Peach Cobbler (40) Green Beans (5) Potato Salad(100) Roll (250) Cal 955 Na 1030 Pro 40			15 Broc & Cheese Egg Bake (340) Potatoes (25) Carrots (65) Fruit Loaf (170) Yogurt(75)Juice(0) Cal 815 Na 765 Pro 25		
18 Smothered Pork w/Mushrooms(290) Sweet Potatoes(30) Cauliflower (15) WW Roll (240) Applesauce (20) Cal 850 Na 725 Pro 45			19 Pasta & Meatballs (395) Veg Blend (15) Oat Bread (150) Mandarins (10) Cal 660 Na 805 Pro 35			20 Omelet (310) Tky Sausage(280) Rstd Potatoes (5) Ratatouille (115) Bread (180) Fruit Whip (5) Cal 805 Na 1025 Pro 35			21Chicken Salad (395) Quinoa Salad (135) Carrot Slaw (70) MG Bread (300) Cookie (60) Cal 930 Na 1090 Pro 45			22 Pot Roast*(565) Beets (140) Butternut (15) LS Bread(0) Fresh Fruit (5) Cal 600 Na 1130 Pro 35		
25 Thai Beef & Peppers (230) Broccoli (10) Brown Rice (25) WW Bread (165) Chilled Fruit (5) Cal 700 Na 570 Pro 35			26 Hot Dog*(540) Baked Beans(370) Warm Apples(10) Coleslaw (15) Roll (250) Cal 830 Na 1455 Pro 30			27 Tortellini Salad w/Peas (310) Cucumber & Tomato Salad (220) Fruit (5) Oat Bread (150) Cal 775 Na 810 Pro 30			28Marry Me Chicken*(740) Couscous (5) Green Beans (5) Cupcake (175) Roll (260) Cal 975 Na 1310 Pro 110			29 Lemon Garlic Fish (60) 🐟 Corn (5) Spinach (210) MG Bread (150) Gelatin (15) Cal 635 Na 565 Pro 35		

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



meal prep

A GUIDE TOWARDS HEALTHY EATING



Planning and preparing nutritious meals ahead of time is a great way to stay on track to meet your healthy eating goals throughout the week!

Benefits of Meal Prepping

- ▶ Reduces Food Waste
- ▶ Promotes Healthier Choices
- ▶ Saves Money & Time
- ▶ Reduces Stress

Steps for Meal Prepping

Step 1: Plan Your Menu

- Find appealing, healthy recipes (cookbooks, websites)
- Include vegetables, fruits, lean protein, whole grains, legumes, and dairy or alternatives
- Follow the balanced plate: ½ veggies and fruits, ¼ protein, ¼ whole grains
- Plan 3 meals + 2 snacks daily
- Scale recipes for needed portions

Step 2: Create Shopping List

- Check your pantry and fridge for ingredients to use before buying more
- Make a list or use an app
- Review sales before shopping
- Stock up on spices, condiments, herbs
- Keep staple items on hand, such as fruits, vegetables, proteins, and whole grains

3: Prioritize Time

- Dedicate time to prepping food, even if only 5 minutes at a time
- Wash/chop produce; cook grains/proteins
- Make extra of staple ingredients for future use, such as whole grains or cooked chicken breast
- Portion food for the week

Step 4: Store Meals Properly

- Use clean, airtight containers with dates
- Refrigerate within 2 hours or freeze
- Reheat to 165°F minimum
- Most leftovers last 3–4 days (fridge), 2–3 months (freezer)
- When in doubt, throw it out!

Resources: <https://www.eatright.org/food/planning/smart-shopping/3-strategies-for-successful-meal-planning>
<https://www.eatright.org/food/home-food-safety/safe-food-storage/leftover-safety>

ELIOR NORTH AMERICA



Meal Descriptions

Greek Chicken: Chicken, Spinach, Peppers, Feta Cheese & Olives

Thai Beef & Peppers: Ground Beef, Soy Sauce, Basil, Oyster Sauce, Garlic & Onions