

## SeniorCare October Menu 2025

Monday			Tuesday			Wednesday			Thursday			Friday		
Totals include entrée, sides, dessert, fruit, bread, milk & margarine. Sodium (Na): Milligrams noted in parenthesis. Nutrition Questions? Call Deb Davidson 978 281-1750 x571 <b>Menus Subject to Change without Notice</b> A \$2.00 confidential donation is suggested per meal. <b>To Cancel Meals: call 978 281-1750 at least 2 days before service.</b>			<b>1</b> Chicken Salad(160) Quinoa(135) Coleslaw(165) 2 pc LS WW Bread(275) Cookie(95)			<b>2</b> Pot Roast au jus (195) Butternut Sq(24) Beets(140) Biscuit(280) Fresh Fruit- orange (5))			<b>3</b> Fish (330) Mixed Veg(55) Mashed Pot(110) Rye Brd (225) Pineapple (5) Tartar Sc (70)			Cal 605    Pro 40    Na 770		
<b>6</b> Lemon pepper Chicken(330) Bean pasta 420 Broccoli(10) MG bread(150) Cookie(95)			<b>7</b> Shepard's Pie(260) Mashed potatoes (110) Corn(5) Biscuit(280) Fruit(5)			<b>8</b> Hot Dog (LS beef or pork (540) Cin. Apples(10) Latin Coleslaw(15) Hot dog roll (270) Mustard(55) Relish(80)			<b>9</b> Potato crunch Fish (270) Sweet potato(53) Cauliflower(136) WW Bread (165) Pudding (190)			<b>10</b> Stuffed shells/ marinara (140) Capri veg (16) Oat Bread (130) Mandarin oranges(6)		
Cal 885	Pro 50	Na 1125	Cal 840	Pro 40	Na 880	Cal 840	Pro 30	Na 1475*	Cal 850	Pro 35	Na 1130	Cal 600	Pro 30	Na 800
<b>13</b> <b>HOLIDAY</b> <b>NO MEAL</b> <b>SERVICE</b>			<b>14</b> Chicken/ Broccoli/cheese (465) Beets(140) Scali Bread(130) Rice pilaf(40) Mandarins(5)			<b>15</b> Beef stew(480) w/ carrots, onions, Msh potato(110) Cornbread(180) Brownie (130)			<b>16</b> Ravioli/turkey Bolognese(455) Broccoli(20) Garlic Roll(240) Fresh Fruit(5)			<b>17</b> Cheese omelet (310) Polenta(60)/sausage(280) GBeans& tomatoes(15) Fruit Loaf(170) Yogurt(75)/ Juice (5)		
	5		Cal 650	Pro 30	Na 725	Cal 900	Pro 40	Na 1035	Cal 785	Pro 60	Na 960	Cal 800	Pro 25	Na 1000
<b>20</b> Turkey & gravy(765*) Mashed potato (110) LS Brd(0) Green beans(5) Applesauce(20)			<b>21</b> Lemon garlic Pollock(105) Corn (5) Crm Sp(110) Oatbread(150) Jello(105)			<b>22</b> Pork/app(215) Butternut Sq(25) Br. Sprouts(15) Garlic roll(240) Pumpkin brd(200)			<b>23</b> Meatloaf(315) gravy(150) Mashed potatoes (110) Corn(5) Scali(130) Fresh Fruit(5)			<b>24</b> Chicken Parmesan(705) Pasta(20) Broccoli(10) WW bread(140) Chilled Fruit(5) Parmesan (110)		
Cal 505	Pro 35	Na 1030	Cal 615	Pro 35	Na 705	Cal 975	Pro 45	Na 820	Cal 745	Pro 45	Na 885	Cal 860	Pro 35	Na 1120
<b>27</b> Beef fajita/ Peppers/onions (305) Tortilla(190) Rice/ Beans (75) Fruit(5)			<b>28</b> Turkey Sld(675) Pasta Salad(10) ½ Pita (430) Yogurt (75) Jce(5) Orange(5)			<b>29</b> Crab Cake(510) Corn(5) Tomato/cuke sld(40) WW Roll (210) Peach cobbler(30) Remoulade Sc(70)			<b>30</b> Coq au Vin Sc(170) Chic(420) Stm potato(25) Mixed Veg(50) Oat bread(130) Orange(5) <sup>i</sup>			<b>31</b> Butternut Mac & Cheese (295) Peas(60) MG bread(150) Pineapple(5)		
Cal 575	Pro 35	Na 710	Cal 975	Pro 40	Na 1090	Cal 630	Pro 25	Na 710	Cal 750	Pro 35	Na 880	Cal 735	Pro 30	Na 650

*Reg menu*

# NEW YEAR, NEW YOU NEW YEAR, NEW YOU NEW YEAR, NEW YOU

## BE PROACTIVE ABOUT YOUR HEALTH



Optimize your physical and mental well-being by starting the New Year with being proactive about your health. Being proactive requires habits and strategies to maintain or improve your well-being, and contribute to an improved quality of life, reduced health care costs, and overall health.

### Habits for Health

- **Consume a Balanced Diet:** Choose nutrient dense food choices which reflect personal preferences, financial means, and cultural traditions. Nutrient dense foods include vegetables, fruits, whole grains, lean meats, poultry, fish, eggs, low-fat dairy, legumes, nuts, seeds, and heart-healthy, plant-based oils.
- **Partake in Regular Physical Activity:** Incorporate at least 150 minutes of moderate-intensity physical activity each week, or 75 minutes of vigorous-intensity activity, or a combination of both. Include two days of strength training per week, plus activities that promote balance.
- **Focus on Mental Health:** Practice mindfulness techniques daily such as deep breathing, meditation, and yoga to reduce stress and anxiety.
- **Prioritize Adequate Sleep:** Aim for 7-9 hours of quality sleep each night to improve mood and boost your immune system. Practice proper sleep hygiene to help with any sleep disturbances.
- **Choose Healthy Relationships:** Stay connected with friends and family who support you and establish boundaries to protect your energy and mental well-being.
- **Engage in New Experiences:** Be open to new ideas and seek help, such as therapy or counseling when you need it.

### Strategies for Health

Strive for Progress NOT Perfection.	Delegate Time and Attention.	Review and Adjust Goals.
To see long term success, acknowledge the setbacks and obstacles which cannot be avoided. Set only a few realistic goals at a time to avoid failure and maintain balance.	Schedule routine and structure to prioritize your time. Plan your meals for the week, make a grocery list, and block your calendar for movement into your day.	Identify what is working and what is not to change your goals and improve your success. Reset goals that were set incorrectly, such as being too difficult or too easy to achieve.