

SeniorCare November Regular Menu 2025

Monday			Tuesday			Wednesday			Thursday			Friday		
Totals include entrée, sides, dessert, fruit, bread, milk & margarine. *High sodium item, Shading = High sodium meal Menu Subject to Change Cal = Calories, Pro = Protein, Na = Sodium (Na also in parentheses).														
3 Pasta Fagioli Pasta, Beans & Veggies (430) Capri Blend (15) Oat Bread (130) Cookie (230)			4 Breaded  Fish (270) Sweet Potato (25) Cheesy Cauliflower (135) WW Bun (250) Apples (5)			5 Beef & Broccoli (540) Brown Rice (25) MG Bread (150) Fruit (5)			6 Roasted Pork (350) Mshd Potato(110) B.Sprouts (15) Pudding (190) Bread (130)			7 Marry Me Chicken (480) Couscous (5) Green Beans (5) D.Roll (260) Fresh Fruit (5)		
Cal 950	Na 1045	Pro 35	Cal 800	Na 1075	Pro 35	Cal 700	Na 850	Pro 40	Cal 750	Na 925	Pro 40	Cal 785	Na 880	Pro 30
10 Chicken Pot Pie (650) Mshd Potato (110) Bread (280) Gelatin (10)			11 Happy Veteran's Day No Meals			12 Hot Dog*(540) Bked Beans (370) Apples (10) Coleslaw (15) Bun (270)			13 American Chop Suey (350) Spinach (145) Garlic Roll (240) Cupcake (175)			14 Chilled Tuna Salad  (240) Garden Salad (35) Corn Salad (175) Oat Bread (300) Mixed Fruit (10)		
Cal 590	Na 1175	Pro 35				Cal 840	Na 1475	Pro 30	Cal 765	Na 1040	Pro 40	Cal 560	Na 890	Pro 35
17 Lemon Pepper Chicken (370) Parslied Rice Fruit (5) MG Bread (150)			18 Meatloaf & Gravy (340) Mshd Potato(110) Veg Blend (20) Cornbread (180) Pudding (170)			19 Swedish Meatballs (290) White Rice (5) Green Beans (5) WW Bread (165) Pineapple (5)			20 Special Turkey & Stuffing (850) Mshd Potato (110) Butternut (15) Pie (265) Dinner Roll (120)			21 Stuffed Shells & Marinara (410) Capri Blend Veg (15) Oat Bread (130) Mandarins (5)		
Cal 865	Na 1075	Pro 50	Cal 870	Na 950	Pro 40	Cal 680	Na 560	Pro 35	Cal 850	Na 1485	Pro 35	Cal 590	Na 800	Pro 30
24 Cheese Omelet (310) Trky Sausage(280) Polenta (60) Vegetables (15) Fruit Loaf (170) Yogurt (75), Juice			25 Broccoli (460) Stuffed Chicken Rice Pilaf (70) Beets (140) MG Bread (150) Mandarins (5)			26 Ravioli & Bolognese (445) Broccoli (30) Garlic Roll (240) Cookie (60)			27 Happy Thanksgiving No Meals			28 No Meals A Frozen meal will be delivered earlier in the week.		
Cal 800	Na 1000	Pro 25	Cal 630	Na 960	Pro 30	Cal 775	Na 1015	Pro 55						

To Cancel Meals, Please Call 978-281-1750 at least 2 Days Before Service

A \$2.00 confidential donation is suggested per meal. Donation letters are mailed monthly.