

SeniorCare December Home Delivered Meals Menu 2025

Monday				Tuesday			Wednesday			Thursday			Friday		
1 Swedish Meatballs (250) Noodles(10) Carrots (70) Rye Brd(150) Pineapple (5)				2 Garlic Lemon Fish (235) Spinach (210) Oat Bread(130) Peaches (5)			3 Pork & Apples (215) Butternut (25) B.Sprouts (15) Cookie (60) WW Brd(115)			4 Ground Beef & Gravy (180) Corn (5) Mshd Potato(110) Biscuit (280) Vanilla Pudding(170)			5 1pc Grilled Chicken Piccata Sauce (with Pasta (327)) Broccoli (20) Garlic Roll(120) 1 pc Fresh Fruit(5)		
Cal	Pro	Na		Cal	Pro	Na	Cal	Pro	Na	Cal	Pro	Na	Cal	Pro	Na
625	30	585		855	40	715	675	40	560	780	35	875	720	35	690
8 Chicken Coq au Vin (590) Capri Veg (15) Potato(10) Oat Bread130 Fruit- Orange (5)				9 Special Braised Beef w/ Mushrooms (222) Rst Potato (5) Carrots(125) Choc cupcake(160) Roll(170)			10 Crab Cake (510) w Sauce (175) Dirty Rice(40) Beets (140) WW Roll(210) Mandarins (5)			11 Macaroni and Cheese (375) Squash(25) Spinach105) MG Bread (150) Pears(5)			12 Meatloaf Gravy(340) Mashed Potato(110) Vegetables()20) Vienna Brd(130) Choc Pudding(190)		
Cal	Pro	Na		Cal	Pro	Na	Cal	Pro	Na	Cal	Pro	Na	Cal	Pro	Na
770	35	875		965	55	805	735	25	1211	740	35	785	710	30	715
15 Turkey & gravy (765) Mshd Potato (110) Green Beans(5) LS Bread (0) Applesauce (20)				16 Omelet (310) Trky Sausage(280) Polenta (60) Zucchini (25) Fruit Loaf (170) Yogurt (75) Juice			17 Beef Stew (700) Potatoes (5) Cornbread (180) Fruit (5)			18 Marry Me Chicken (740) Couscous (5) Cauliflower(35) WW Roll (105) Brownie Cookie(175)			19 Pasta & Fagioli (430) Capri Veg (15) Oat Bread (130) Fresh Fruit (5)		
Cal	Pro	Na		Cal	Pro	Na	Cal	Pro	Na	Cal	Pro	Na	Cal	Pro	Na
50	35	1030		810	30	1025	900	40	1030	985	35	1185	700	35	820
22 Chicken Stew w/ Vegetables (650) Mshd Potato (110) Biscuit (280) Chilled Fruit (5)				23 Hot dog (540) Bked Beans (370) Apples (10) Coleslaw (15) Bun (270)			24 Chilled: Tuna Salad (240) Garden Salad(35) Corn Salad (175) Bread (360) Mixed Fruit (5)			25 Holiday No Meals			26 American Chop Suey (350) Brussel Sprouts(15) Garlic Roll (240) Apple (5)		
Cal	Pro	Na		Cal	Pro	Na	Cal	Pro	Na				Cal	Pro	Na
590	35	1175		840	30	1475	715	35	1060				745	40	740
29 Lemon Pepper Chicken (360) Pasta, Tomato & Beans (420) Mandarins(5) MG Bread (150)				30 Ravioli Bolognese(260) Broccoli (10) WW garlic roll(260) Fresh Fruit (5)			31 Pork & (355) Mustard Sauce Sw Potato (185) Green Beans(5) Pudding (190) Dinner Roll (260)			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 (also in parentheses).					
Cal	Pro	Na		Cal	Pro	Na	Cal	Pro	Na						
845	50	1115		780	35	1075	880	35	1120						

To Cancel Meals Please Call 978-281 1750 at least 2 days prior to service.

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