

## SeniorCare February Regular HDM Menu 2026

Monday			Tuesday			Wednesday			Thursday			Friday		
<b>2</b> BBQ Pulled Pork (292) Corn & Red Peppers (5) Coleslaw (167) Whole Grain Bun (227) Oatmeal Cookie(90)			<b>3</b> Herbed Chicken (370) Broccoli(32) Jasmine Rice(5) Dinner Roll(136) Fresh Fruit(1)			<b>4</b> Homestyle Chili (454) Hash Brown-Potatoes(132) Cornbread(236) Gelatin w/Whip(119)			<b>5</b> Turkey Meatloaf w/Gravy(349) Roast Butternut(19) Mashed Potato(107) Wheat Bread(115) Chilled Peaches(5)			<b>6</b> Lemon Dill Fish(185) Beets(83) Parslied Orzo(32) Oatmeal Bread(130) Chilled Pineapple(1)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
947	88	1121	607	85	670	734	100	1065	661	87	720	649	98	556
<b>9</b> Chx Cacciatore (152) Roast Cauliflower(32) Polenta(59) Wheat Bread(115) Mixed Fruit(10)			<b>10</b> Beef Stew(116) Mashed Potato (107) Multigrain Bread(150) Fresh Fruit(0)			<b>11</b> Turkey Meatballs (232) w/Gravy Peas & Carrots(75) Sweet Potato(70) Oatmeal Bread(130) Chilled Pears(6)			<b>12 SPECIAL</b> Chicken Scampi (285) Zucchini&Peppers(6) Italian Rice(55) Vienna Bread(96) Cheesecake Bites (341)			<b>13 HIGH SODIUM DAY</b> Polynesian Pork(406) Cabbage&Carrots(187) Sesame Noodles(305) Hawaiian Roll(120) Vanilla Pudding(170)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
550	72	596	666	77	498	646	104	638	665	89	908	822	109	1313
<b>16</b>  <b>HOLIDAY NO MEALS</b>			<b>17</b> Greek Lemon Chx(451) Broccoli(32) Roasted Potatoes(5) Oatmeal Bread(130) Choc. Pudding(190)			<b>18</b> Butter Crumb Fish(220) Steamed Peas(58) Rice Pilaf(72) Multigrain Bread(150) Mandarin Oranges(10)			<b>19 HIGH SODIUM DAY</b> LS Hot Dog*(540) Confetti Slaw(165) Potato Wedges(27) Hot Dog Roll(270) Blueberry Crisp(103) Ketchup(90) Mustard(85)			<b>20</b> Eggplant Parm*(544) Tomato, Beans, & Spinach-(388) Penne Pasta(1) Fresh Fruit(0)		
			Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
			683	82	933	616	88	634	1068	98	1406	718	101	1058
<b>23</b> Turkey Stew* (510) Roast Potatoes(5) Biscuit(280) Chilled Pineapple(1)			<b>24</b> Apple Glaze Pork (161) Seasoned Corn(1) Roast SweetPotato(53) Wheat Bread(115) Applesauce(19)			<b>25</b> Beef Taco Bowl (156) Fajita Style Veg(7) Mexican Rice(52) Wheat Tortilla(320) Fresh Fruit(2)			<b>26</b> Chicken & Gravy (363) Brussels Sprouts(17) Mashed Potato(107) Sage Stuffing(212) Birthday Cake(390)			<b>27</b> Mac&Cheese (374) Italian Blend Veg(41) Oatmeal Bread(130) Orange Juice(10) Yogurt(75)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
596	87	922	591	83	474	905	111	661	635	91	999	896	145	919

Totals include entrée, sides, dessert, fruit, bread, milk & margarine.

\*High sodium item (>500mg), High sodium meal (>1200mg).

Cal = Total Calories, Pro = Total Protein, Na = Total Sodium (also in parentheses)

***Menu Subject to Change Without Notice***

**To Cancel Meals Please Call 2 Days Before Service 978-281-1750**

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