

SeniorCare March Menu 2026

Monday			Tuesday			Wednesday			Thursday			Friday		
2 Turkey Meatballs(85) Onion Gravy(57) Sweet Potato(91) Cali Blend Veg(31) Oatmeal Bread(150) Fresh Pear(2)			3 Herbed Chicken(100) Rice Pilaf(72) Roasted Carrots(60) WW Bread(127) Mandarin Oranges(7)			4 Stuffed Pepper(174) Green Beans(3) WW Garlic Knot(120) Pineapple(1)			5 Pork Carnitas(66) Black Beans(140) Zucchini&Peppers(3) Corn Tortilla(12) Sugar Cookie(123)			6 Breaded Fish(270) Mashed Potatoes(36) Vegetable Soup(220) Vienna Bread(96) Chilled Peaches(5) Tartar Sauce(85)		
Cal 687	Carb 114	Na 552	Cal 733	Carb 73	Na 502	Cal 698	Carb 78	Na 434	Cal 788	Carb 80	Na 481	Cal 680	Carb 77	Na 837
9 Homestyle Chili(365) Hash Brown-Potatoes(208) Cornbread(236) Gelatin w/Whip(119)			10 HIGH SODIUM DAY LS Hot Dog*(540) Confetti Slaw(165) Potato Wedges(27) Hot Dog Roll(270) Blueberry Crisp(103) Ketchup(90)/Mustard(85)			11 Chx Cacciatore(128) Pasta w/Sauce(98) Roast Cauliflower(32) Wheat Bread(115) Chilled Pears(5)			12 Beef Stew(116) Mashed Potato(36) Multigrain Bread(164) Mixed Fruit(3)			13 Butter Crumb Fish(254) Vegetable Quinoa(102) Roasted Butternut(4) Oatmeal Bread(130) Cantaloupe Wedge(7)		
Cal 728	Carb 95	Na 1065	Cal 613	Carb 70	Na 408	Cal 663	Carb 98	Na 506	Cal 645	Carb 71	Na 456	Cal 745	Carb 105	Na 634
16 Pasta Bolognese(244) Brussels Sprouts(21) Vienna Bread(96) Mixed Fruit(3)			17 HIGH SODIUM DAY ST. PATRICK'S DAY Corned Beef*(795) Cabbage Au Jus(16) Potato/Carrot/Turnip(42) Irish Soda Bread(140) Pistachio Pudding(207)			18 Mojo Chicken(85) Yellow Rice(10) Black Bean Tortilla-Soup(227) WW Bread(127) Mandarin Oranges(7)			19 Turkey Meatloaf w/Gravy(353) Peas & Carrots(75) Mashed Potato(36) Multigrain Bread(164) Oatmeal Cookie(90)			20 Cheese Omelet*(624) Home Fries(6) Mushrooms Tomatoes-&Peppers(3) WW Roll(170) Fruit Salad(4)		
Cal 805	Carb 97	Na 500	Cal 660	Carb 75	Na 1337	Cal 580	Carb 71	Na 593	Cal 619	Carb 85	Na 699	Cal 725	Carb 60	Na 945
23 Smash Burger(369) Potato Wedges(27) Coleslaw(161) WW Burger Bun(227) Fresh Orange(0)			24 BIRTHDAY MEAL Chicken Parm(231) Penne Pasta(22) Lemony Broccoli(21) Vienna Bread(96) Birthday Cake(300)			25 Apple Glaze Pork(74) Corn&Red Pepper(5) Sweet Potato(53) Multigrain Bread(164) Applesauce(19)			26 Chicken Stir Fry(498) Veggie Fried Rice(207) Hawaiian Roll(80) Pineapple(1)			27 Mac&Cheese(374) Green Beans(3) Oatmeal Bread(130) Orange Juice(10) Yogurt(75)		
Cal 818	Carb 88	Na 910	Cal 698	Carb 103	Cal 794	Cal 622	Carb 85	Na 450	Cal 563	Carb 84	Na 923	Cal 752	Carb 118	Na 729
30 Pasta&MeatSauce(302) Caesar Salad(272) Dinner Roll(170) Clementines(1)			31 Greek Lemon Chx(272) Tomatoes & Onions(6) Rice Pilaf(72) Pita Bread(152) Chilled Peaches(6) Tzatziki(15)			Totals include entrée, sides, dessert, fruit, bread, milk & margarine. Sodium(Na): Milligrams noted in parenthesis. *High sodium item (over 500mg) Menus Subject to Change without notice A \$2.00 confidential donation is suggested per meal. To Cancel Meals: call 978 281-1750 at least 2 days before service.								
Cal 837	Carb 96	Na 882	Cal 598	Carb 83	Na 660									