

SeniorCare May Regular HDM Menu 2026

Monday			Tuesday			Wednesday			Thursday			Friday					
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.												1 Cheese Omelet*(624) Home Fries(6) Mushroom/Tomato(3) Oatmeal Bread(130) Orange Juice(10) Yogurt(75_					
Cal 761			Carb 80			Na 861											
4 Beef Taco(104) Mexican Rice(52) Corn & Red Peppers(5) Corn Tortilla(190) Chilled Peaches(6)			5 Chicken Marsala(170) Roasted Potatoes(5) Lemon Garlic - Spinach(138) Dinner Roll(210) Chocolate Chip-Cookie(210)			6 Turkey Tetrazzini*(154) Peas(58) Spaghetti Noodles(4) Mixed Grain-Bread(164) Cantaloupe(7)			7 Cheese Quiche*(563) Ratatouille(30) Potatoes-Parmentier(82) Blueberry Snack Loaf(160) Fresh Fruit Salad(4)			8 Meatloaf w/Gravy(374) Mashed Potatoes(36) Green Beans(3) Whole Wheat Bread(127) Strawberry Swirl Pudding(156)					
Cal 541			Carb 96			Na 493			Cal 962			Carb 97			Na 976		
11 Swedish Meatballs(106) Mashed Potatoes(36) Dilled Carrots(56) Rye Bread(180) Apple Blueberry-Crisp(8)			12 BBQ Chicken*(532) Mac & Cheese(187) Spring Blend Veg(102) Oatmeal Bread(130) Fresh Fruit(7)			13 Tarragon Turkey-Salad(171) Tossed Salad w/Italian(121) Red Potato Salad(41) WW Dinner Roll(170) Ambrosia(20)			14 Pineapple Pork(87) Coconut Rice(61) Asian Blend Veg(36) Hawaiian Roll(80) Clementine(1)			15 Baked Ziti w/ Meat Sauce*(750) Brussels Sprouts(21) WW Garlic Knot(120) Chilled Pears(5)					
Cal 679			Carb 84			Na 523			Cal 684			Carb 75			Na 1095		
18 Herbed Chicken(100) Eggplant/Zucchini-Tomato(30) Creamy Polenta(59) Mixed Grain - Bread(164) Fresh Fruit(7)			19 Stuffed Shells(783)w/ Creamy Pesto(106) Broccoli&Cauliflower(15) Vienna Bread(96) Mixed Fruit(3)			20 Smashburger(116) w/Cheese(253) Potato Wedges(27) Confetti Slaw(165) Sandwich Roll(260) Brownie(176)			21 HIGH SODIUM DAY Chef's Salad(385) Pickled Beets(285) WW Dinner Roll(170) Ranch Dressing(383) Chocolate Pudding(124)			22 Butter Crumb-Fish(254) Florentine Rice(56) Green Beans(3) Oatmeal Bread(130) Chilled Pineapple(1)					
Cal 700			Carb 55			Na 496			Cal 688			Carb 91			Na 1140		
25 HOLIDAY- NO MEALS			26 HIGH SODIUM DAY LS Hot Dog*(540) Baked Beans(205) Clove Spiced Carrots(61) Hot Dog Roll(210) Chilled Pineapple(1) Ketchup(90)			27 Braised Beef(162) Mashed Potato(36) Spring Blend Veg(102) WW Bread(127) Orangesicle Parfait(53)			28 Chx Stir Fry(249) Fried Rice(207) Warm Asian-Style Cabbage(187) Hawaiian Roll(80) Watermelon(2)			29 Sloppy Joe(227) Sweet Potato-Wedges(187) Corn&Red Pepper(5) WW Bun(227) Mixed Fruit(3)					
Cal 742			Carb 84			Na 1233			Cal 691			Carb 73			Na 616		
Cal 545			Carb 74			Na 862			Cal 785			Carb 106			Na 668		