

## SeniorCare June Home Delivered Meals Menu 2026

Monday			Tuesday			Wednesday			Thursday			Friday		
1 Chicken Piccata(214) Risotto Parm(309) Roman Blend Veg(26) Oatmeal Bread(130) Mandarin Oranges(7)			2 Turkey Meatballs w/ Turkey Gravy(74) Mashed Potatoes(36) Peas & Carrots(75) Vanilla Pudding(220)			3 Greek Chicken and Orzo Salad(151) Spinach Salad(14) Whole Wheat Pita(152) Fresh Watermelon(2)			4 Chile Con Carne(203) Roasted Potatoes(5) Cornbread(236) Chilled Pears(5)			5 <b>HIGH SODIUM DAY</b> NE Style Fish Cake(324) Sweet PotatoWedges(200) Coleslaw(161) Slider Roll(290) Warm Spiced Apples(3) Tartar Sauce(130)		
Cal 744	Carb 98	Na 823	Cal 589	Carb 93	Na 705	Cal 804	Carb 94	Na 455	Cal 825	Carb 90	Na 585	Cal 746	Carb 87	Na 1245
8 Pasta Bolognese(222) Cauliflower&Carrot(42) Garlic Knot(120) Chilled Peaches(6)			9 Classic Chx Salad(149) Couscous Veg Salad Tossed Salad w/Italian(121) Wheat Dinner Roll(170) Fresh Fruit(7)			10 Turkey w/Gravy(351) Mashed Potatoes(36) Green Beans & Tomatoes(1) Mixed Grain Bread(164) Birthday Brownie(125)			11 <b>SPECIAL</b> BBQ Pulled Pork(170) Baked Beans(206) Coleslaw(161) Brioche Bun(380) Applesauce(19)			12 Spinach Omelet*(672) Home Fries(6) Blueberry Loaf(160) Yogurt(75) Orange Juice(12)		
Cal 751	Carb 85	Na 526	Cal 559	Carb 62	Na 589	Cal 609	Carb 79	Na 813	Cal 856	Carb 105	Na 1073	Cal 869	Carb 90	Na 936
15 Beef Taco(104) Mexican Rice(52) Corn & Red Pepper(5) Corn Tortilla(190) Chilled Peaches(6)			16 Honey Mustard Chx(157) Sweet Potatoes(53) Zucchini & Squash(11) Whole Wheat Bread(127 Fresh Cantaloupe(7)			17 Meatloaf w/ Gravy(387) Mashed Potatoes(36) Peas & Carrots(75) Pull Apart Roll(210) Strawberry Swirl- Pudding(156)			18 Tuna Salad(501) White Beans & - Tomato Salad(352) Tossed Salad w/Italian(121) Fresh Fruit(2)			19  <b>HOLIDAY- NO MEALS</b>		
Cal 714	Carb 96	Na 493	Cal 676	Carb 58	Na 491	Cal 770	Carb 91	Na 1000	Cal 649	Carb 67	Na 1113			
22 Tomato Basil Chx(287) Mac & Cheese(187) Lemony Greens(107) Oatmeal Bread(120) Fresh Watermelon(2)			23 Swedish Meatballs(106) Mashed Potatoes(36) Dilled Carrots(56) Rye Bread(180) Blueberry Crisp(8)			24 Pineapple Pork(87) Coconut Rice(51) Snap Pea Blend(30) Hawaiian Roll(80) Chilled Mixed Fruit(3)			25 Tarragon Turkey(171) Marinated Veg(17) Red Potato Salad(41) Wheat Roll(170) Choc. Pudding(124)			26 Baked Ziti w/ Meat Sauce*(750) Zucchini/Squash/Red Pepper Blend(11) Vienna Bread(96) Applesauce Cup(13)		
Cal 927	Carb 89	Na 849	Cal 679	Carb 84	Na 523	Cal 831	Carb 102	Na 388	Cal 679	Carb 64	Na 660	Cal 627	Carb 88	Na 580
29 Butter Crumb Fish(254) Mashed Potatoes(36) Summer Veg Blend(24) Oatmeal Bread(130) Sugar Cookie (123)			30 Herbed Chicken(100) Roasted Eggplant, Zucchini, Tomato(30) Creamy Polenta(59) Mixed Grain Bread(164 Cantaloupe(7)			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 815	Carb 107	Na 703	Cal 700	Carb 55	Na 496									