

SeniorCare July 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 COLD PLATE Egg Salad(257) Potato Salad-Vinaigrette(29) Carrot Raisin Salad(113) Wheat Roll(170) Pineapple(1)			2 HIGH SODIUM DAY LS Hot Dog(540) Baked Beans(206) Spiced Carrots(61) Hot Dog Roll(210) Strawberry Cup(172) Ketchup(90)			3 HOLIDAY- NO MEALS		
						Cal	Carb	Na	Cal	Carb	Na			
						792	76	706	905	96	1415			
6 Sloppy Joe(110) Potato Wedges(5) Zucchini & Peppers(6) WW Burger Bun(290) Chocolate Chip Cookie(120)			7 Chicken Stir Fry(498) Fried Rice(207) Hawaiian Roll(80) Pineapple(1)			8 COLD PLATE Chef's Salad(385) Tomato Wedges(1) Dinner Roll(210) Balsamic Dressing(260) Peaches(6)			9 Braised Beef(53) Mushroom Gravy(108) Mashed Potatoes(36) Peas & Carrots(75) Wheat Bread(127) Fresh Fruit(1)			10 NE Fish Cake(234) Sweet Potato-Wedges(187) Coleslaw(161) Tartar Sauce(85) Oatmeal Bread(130) Blueberry Apple Compote(8)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
777	97	657	553	85	720	648	57	958	601	80	537	678	95	942
13 Chicken Piccata(214) Risotto Parmesan(309) Brussels Sprouts(21) Vienna Bread(96) Applesauce(19)			14 BBQ Pulled Pork(170) Mac & Cheese(187) Lemon Spinach(138) WW Roll(170) Fresh Nectarine(0)			15 Meatballs & Gravy(259) Mashed Potatoes(36) Peas & Carrots(75) Mixed Grain Bread(164) Blondie(190)			16 SUMMER PICNIC Chicken Salad Roll(255) Egg Salad Roll(264) Tomato Corn Salad(4) Orzo Salad(50) Red White & Blue Parfait(67)			17 Beef Chili(200) Sweet Potato(43) Cornbread(236) Watermelon(2)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
723	91	795	719	74	801	837	104	859	1112	141	826	739	89	617
20 Pasta Bolognese(490) Zucchini&Squash(11) Garlic Knot(120) Mandarin Oranges(7)			21 Honey Mustard-Chx(157) Roasted Potatoes(5) Cauliflower & Broccoli(15) WW Bread(127) Strawberry Swirl(156)			22 COLD PLATE Tuna Salad*(501) Black Bean & Tomato Salad(115) Salad w/Italian(121) WW Roll(170) Fresh Cantaloupe(7)			23 Pineapple Pork(87) Coconut Rice(51) Snap Pea Blend(30) Hawaiian Roll(80) Mixed Fruit(3)			24 Swedish Meatballs(106) Mashed Potatoes(36) Dilled Carrots(56) Rye Bread(125) Blueberry Crisp(20)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
883	114	764	761	76	597	666	55	1049	831	102	388	684	85	523
27 Beef Tacos(104) Mexican Rice(52) Pinto Beans(122) Corn Tortilla(190) Chilled Peaches(6)			28 Turkey w/Gravy(351) Mashed Potatoes(36) Green Beans(32) Oatmeal Bread(130) Cookies(85)			29 Spinach Cheese Omelet*(542) Home Fries(6) Blueberry Loaf(160) Yogurt(75) OJ(10)			30 COLD PLATE Chicken Salad(149) Salad w/Italian(121) Potato Salad(41) WW Roll(170) Fresh Cantaloupe(7)			31 Baked Ziti*(750) Brussels Sprouts(21) Vienna Bread(96) Applesauce Cup(19)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
921	131	611	579	76	742	799	89	806	521	45	625	698	72	1022