

SeniorCare Regular Home Delivered Meals Menu August 2026

Monday			Tuesday			Wednesday			Thursday			Friday		
3 Tomato and Basil Chicken (324) Pasta Marinara (24) Zucchini & Summer Squash (11) Whole Wheat Dinner Roll (170) Fresh Cantaloupe (7)			4 Baked Fish w/ Crumb Topping (254) Florentine Rice (56) Green Beans (6) Oatmeal Bread (142) Pineapple Cup (1)			5 High Sodium Day LS Hot Dog w/ Ketchup* (630) Baked Beans (206) Carrots (60) Hot Dog Roll (210) Fresh Watermelon (2)			6 Cold Plate Tarragon Turkey Salad (171) Red Potato Salad (41) Tossed Salad w/ Italian Dressing (121) Whole Wheat Dinner Roll (170) Ambrosia (20)			7 Chicken Meatloaf w/ Gravy (349) Mashed Potato (109) Zucchini & Red Peppers (6) Whole Wheat Bread (138) Choc Chip Cookie (210)		
Cal 595	Carb 84	Na 672	Cal 625	Carb 89	Na 595	Cal 753	Carb 86	Na 1233	Cal 676	Carb 64	Na 662	Cal 730	Carb 87	Na 949
10 Whole Grain Ravioli w/ Tomato Sauce (264) Broccoli & Cauliflower (15) Vienna Bread (96) Chilled Mixed Fruit (3)			11 Chicken with Tetrzzini Sauce (381) Pasta Parmesan (132) Lemon Garlic Spinach (138) Mixed Grain Bread (154) Fresh Fruit (0)			12 Cold Plate Chef Salad with Ham, Cheese, Egg & Ranch Dressing* (733) Beet Salad (83) Snowflake Roll (136) Chilled Peaches (6)			13 Burger w/ Onion and Cheese & Ketchup (411) Oven Fries (6) Confetti Coleslaw (165) Whole Wheat Sandwich Roll (260) Brownie (176)			14 Homemade Fish Cakes w/ Tartar Sauce (409) Roasted Sweet Potato (53) Green Beans (6) Oatmeal Bread (142) Mandarin Oranges (7)		
Cal 579	Carb 90	Na 514	Cal 1114	Carb 103	Na 941	Cal 581	Carb 59	Na 1094	Cal 1072	Carb 104	Na 1155	Cal 679	Carb 90	Na 754
17 Sloppy Joe (110) Sweet Potato Fries (170) Corn & Red Pepper (88) Cornbread (236) Sugar Cookie (123)			18 Cold Plate Egg Salad (257) Potato Salad Vinaigrette (29) Carrot Raisin Salad (113) Whole Wheat Roll (210) Vanilla Mandarin Pudding (177)			19 BBQ Pulled Pork (170) Macaroni & Cheese (351) Garlic Spinach (143) Whole Wheat Dinner Roll (170) Fresh Watermelon (2)			20 Herbed Chicken (100) Olive Feta Tomato Farro (295) Cauliflower (11) Mixed Grain Bread (154) Fresh Cantaloupe (7)			21 Braised Beef & Mushrooms (56) Mashed Potatoes (109) Summer Squash (11) Whole Wheat Bread (138) Orangesicle Parfait (53)		
Cal 919	Carb 112	Na 780	Cal 955	Carb 110	Na 922	Cal 805	Carb 82	Na 972	Cal 823	Carb 76	Na 705	Cal 630	Carb 70	Na 504
24 Cheese Omelet (293) Home Fries (6) Creamed Spinach (24) Blueberry Loaf (160) Yogurt (75) Orange Juice (10) No Milk			25 Chicken Piccata (214) Parmesan Risotto (309) Lemony Broccoli (21) Oatmeal Bread (142) Chilled Mixed Fruit (3)			26 Black Bean Chili (449) Mashed Potatoes (109) Green Beans (6) Cornbread (236) Fresh Fruit (0)			27 Chicken Meatballs w/ Gravy (213) Sweet Potato Wedges (187) Brussels Sprouts (21) Mixed Grain Bread (154) Lemon Cookie (110)			28 Cold Plate Greek Chicken (101) Pasta Salad (205) Tossed Salad w/ Balsamic Dressing (264) Whole Wheat Pita (170) Fresh Watermelon (2)		
Cal 770	Carb 87	Na 781	Cal 755	Carb 101	Na 826	Cal 614	Carb 102	Na 936	Cal 792	Carb 92	Na 820	Cal 927	Carb 88	Na 879
31 Honey Mustard Chicken (157) Roasted Potatoes (5) Cauliflower & Carrots (42) Whole Wheat Bread (128) Choc Chip Cookie (210)			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 861	Carb 84	Na 689												