

SeniorCare October 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 Sloppy Joe (110) Sweet Potato Fries (170) Corn & Red Pepper (5) Cornbread (236) Applesauce (19)			2 Tomato Basil Chicken (124) Pasta Marinara (24) Zucchini & Summer Squash (11) WW Dinner Roll (170) Blueberry Crisp (103)		
									Cal 746	Carb 97	Na 676	Cal 1001	Carb 106	Na 544
5 Pulled Pork BBQ (339) Mac & Cheese (356) Collard Greens (86) Hawaiian Roll (80) Pineapple Cup (1)			6 Chicken Piccata (214) Parmesan Risotto (309) Lemony Broccoli (21) Oatmeal Bread (142) Chilled Mixed Fruit (3)			7 Black Bean Chili (449) Mashed Potatoes (109) Vegetable Medley (19) Cornbread (236) Jello (107)			8 Chicken Meatballs w/ Gravy (213) Sweet Potato Wedges (187) Brussels Sprouts (21) Mixed Grain Bread (128) Cake Square (168)			9 House Made Fish Cakes (324) Florentine Rice (56) Green Beans (9) Oatmeal Bread (142) Mandarin Oranges (7)		
Cal 831	Carb 88	Na 994	Cal 755	Carb 101	Na 826	Cal 618	Carb 109	Na 1057	Cal 668	Carb 83	Na 853	Cal 629	Carb 80	Na 759
12 COLUMBUS DAY			13 Fresh Pasta w/ Bolognese Sauce (490) Zucchini & Summer Squash (11) Garlic Knot (120) Cantaloupe Wedge (7)			14 OKTOBERFEST SPECIAL Pork Schnitzel (300) Potato Pancake (125) Braised Cabbage (16) Rye Bread (180) Strawberry Bavarian Cream Cup (27)			15 Chicken w/ Tetrazzini Sauce (381) Pasta Parmesan (66) Italian Vegetable Blend (26) Mixed Grain Bread (128) Fresh Orange (0)			16 Honey Mustard Chicken (157) Roasted Potatoes (5) Cauliflower & Carrots (42) Whole Wheat Bread (125) Sugar Cookie (123)		
			Cal 847	Carb 104	Na 765	Cal 752	Carb 79	Na 786	Cal 1046	Carb 99	Na 738	Cal 885	Carb 85	Na 589
19 Omelet w/ Cheese (494) Home Fries (6) Mushrooms, Tomatoes, Peppers (3) Mixed Grain Bread (128) Yogurt (75) Orange Juice (10)			20 Chicken w/ BBQ Sauce* (532) Mac & Cheese (356) Roasted Butternut Squash (4) Oatmeal Bread (142) Mandarin Oranges (7)			21 Pork Souvlaki (284) Greek Rice Pilaf (72) Greek Green Beans (9) Whole Wheat Pita (152) Greek Cookie (123)			22 Taco Style Ground Beef (156) Mexican Rice (52) Spiced Black Beans (122) Corn Tortilla (190) Pineapple Cup (1)			23 Chicken Meatloaf w/ Gravy (366) Mashed Potatoes (109) Peas and Carrots (75) Whole Wheat Bread (125) Chilled Pears (5)		
Cal 670	Carb 76	Na 729	Cal 745	Carb 93	Na 1172	Cal 836	Carb 93	Na 779	Cal 976	Carb 126	Na 658	Cal 654	Carb 88	Na 816
26 Pineapple Pork (329) Coconut Rice (51) Asian Vegetable Blend (36) Hawaiian Roll (80) Fresh Orange (0)			27 Chicken Pot Pie* (648) Rice Pilaf (72) Broccoli & Cauliflower (15) Snowflake Roll (136) Fresh Fruit (0)			28 High Sodium Day Reduced Sodium Hot Dog* (540) Baked Beans (206) Onions & Peppers (43) Hot Dog Roll (210) Ambrosia (20)			29 Roast Chicken w/ Gravy (149) Mashed Potatoes (109) Summer Veggie Blend (11) Oatmeal Bread (142) Chilled Mixed Fruit (3)			30 Baked Ziti w/ Meat Sauce (430) Italian Vegetable Blend (17) Vienna Bread (96) Choc Chip Cookie (210)		
Cal 941	Carb 103	Na 632	Cal 617	Carb 85	Na 1007	Cal 819	Carb 95	Na 1235	Cal 751	Carb 72	Na 551	Cal 1065	Carb 121	Na 899