SeniorCare November Regular HDM Menu 2026

Monday	Tuesday	Wednesday	Thursday	Friday
2 Mediterranean Fish (238) Wild Rice Pilaf (72) Roasted Zucchini (15) Oatmeal Bread (142) Mandarin Oranges (7)	**3** Cuban Slow Roasted Pork (170) Seasoned Rice & Beans (63) Roasted Broccoli (21) Whole Wheat Dinner Roll (170) Chilled Mixed Fruit (3)	**4** Grilled Chicken Piccata (214) Fresh Organic Durum Pasta (290) Sauteed Spinach (138) Snowflake Roll (136) Strawberry Swirl Pudding (156)	**5** Southwestern Chicken Chili (309) Mashed Potato (109) Mexican Style Corn (146) Cornbread (236) Sugar Cookie (123)	**6** Hoisin Beef Stir Fry (342) Lo Mein Noodles (11) Asian Vegetable Blend (36) Garlic Knot (120) Pineapple Cup (1)
Cal 571 / Carb 80 / Na 610	Cal 742 / Carb 91 / Na 564	Cal 902 / Carb 129 / Na 1070	Cal 840 / Carb 113 / Na 1060	Cal 639 / Carb 75 / Na 646
9 High Sodium Day Pulled BBQ Chicken* (532) Macaroni & Cheese (351) Collard Greens (86) Hawaiian Roll (80) Applesauce (19)	**10** Smothered Beef & Onions (123) Garlic Mashed Potato (109) Glazed Carrots (124) Oatmeal Bread (142) Chocolate Pudding (124)	**11 VETERANS DAY**	**12** Chicken Meatballs w/ Gravy (259) Cheesy Mashed Potato (99) Vegetable Medley (19) Mixed Grain Bread (128) Lemon Cookie (110)	**13** House Made Fish Cake w/ Tartar Sauce (409) Florentine Rice (56) Fresh Steamed Broccoli (21) Rye Bread (171) Mandarin Oranges (7)
Cal 744 / Carb 85 / Na 1204	Cal 624 / Carb 88 / Na 758		Cal 802 / Carb 99 / Na 752	Cal 613 / Carb 75 / Na 800
16 Santa Fe Chicken (285) Rice Pilaf (72) Roasted Butternut Squash (19) Oatmeal Bread (142) Fresh Orange (0)	**17** Cheese Raviolis w/ Meat Sauce (440) Italian Vegetable Blend (26) Vienna Bread (96) Cantaloupe (7)	**18** Cilantro Lime Chicken Thigh (167) Smoky Pinto Beans (122) Cilantro Lime Cauliflower (11) Whole Wheat Dinner Roll (170) Chilled Mixed Fruit (3)	**19 Thanksgiving Special** Fresh Roast Turkey Dinner (98) Mashed Potato (109) Traditional Stuffing (212) Green Peas (66) Cranberry Sauce (8) Apple Crisp (10)	**20** Honey Mustard Chicken (157) Roasted Potatoes (5) Brussels Sprouts (21) Whole Wheat Bread (125) Vanilla Pudding (170)
Cal 734 / Carb 101 / Na 655	Cal 788 / Carb 81 / Na 706	Cal 724 / Carb 101 / Na 611	Cal 780 / Carb 108 / Na 639	Cal 813 / Carb 85 / Na 615
23 Beef Picadillo (294) Steamed White Rice (5) Roasted Carrots (60) Biscuit (280) Fresh Orange (0)	**24 High Sodium Day** Grilled Ham & Cheese* (678) Sweet Potato Wedges (187) Snap Pea Blend (30) Whole Wheat Sandwich Roll (260) Pineapple Cup (1)	**25 Greek Special** Greek Lemon Garlic Chicken (101) Greek Rice Pilaf (72) Greek Green Beans w/ Peppers (6) Whole Wheat Pita (152) Greek Cookie (123)	**26 THANKSGIVING**	**27** **NO DELIVERY** **A FROZEN MEAL WILL BE DELIVERED THE WEEK BEFORE TO HOLD AND USE TODAY**
Cal 821 / Carb 111 / Na 775	Cal 664 / Carb 91 / Na 1292	Cal 929 / Carb 95 / Na 606		
30 Classic Chicken Parmesan (120) Pasta Du Jour (0) Garlicky Broccoli (21) Mixed Grain Bread (128) Choc Chip Cookie (210)	Totals include entrée, sides, dessert, fruit, bread, milk & margarine. Sodium (Na): Milligrams noted in parentheses. *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 763 / Carb 110 / Na 616				