

SENIORCARE CONGREGATE MEALS - APRIL 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Meatball Stroganoff (Chix) 250 Fresh Mushrooms 250 Steamed Beets 83 Buttered Noodles 11 Cantaloupe 7 Oatmeal Bread 142 Cal:615 / Na: 606	2 Hoisin Chicken 533 Stir-Fry Fried Rice 116 Asian Veg Blend 10 Chilled Pineapple 1 Whole Wheat Roll 105 Cal: 605 / Na: 1034	3 Salisbury Steak 403 Whipped Potato 109 Corn 1 Vanilla Pudding/ DB Chocolate 170 Hearty White Bread 121 Cal: 688 / Na: 928	4 Lasagna 484 Marinara Sauce 194 Broccoli 32 Kale & White Bean Soup 14 Raisins 4 Vienna Bread 94 Cal: 688 / Na: 843	5 Baked Fish or Pork w Apples/Onions 300 Roasted Red Bliss 59 Tomato Soup 5 Fruit Crisp 148 DB Baked Hearty Wheat Bread #1Cal: 763 Na: 812 #2Cal:618 Na:571
8 Chicken Mirabella W/Prunes 284 Red Cabbage 99 Rustic Baked Potatoes 9 Brownie DB Angel Cake 175 Oatmeal Bread 142 Cal: 966 / Na: 864	9 RED SOX OPENING DAY Hot Dog* 540 Mustard/Relish 55/81 Carrots 65 Baked Beans 140 Hot Dog Rolls 210 Cal:767 / Na: 1256**	10 Chicken Cordon Bleu W/Supreme Sauce 700 Roasted Potatoes 121 Vegetable Orzo Soup 136 Cantaloupe 7 Wheat Roll 105 Cal: 743 / Na: 1263**	11 Spring Celebration Seafood Bake w/ Newburg Sauce Rice W/Peas & Tumeric Zucchini & Squash Blend White Choc Mousse Pull Apart Roll Cal: / Na:	12 Stuffed Shells 390 Marinara Sauce 194 Roasted Cauliflower 32 Minestrone Soup 216 Chilled Peaches 5 Wheat Bread 138 Cal: 547 / Na: 914
15 Patriot's Day NO SERVICE Cal: / Na:	16 Chicken W/ Winter Vegetables 213 Au jus Sauce 304 Roasted Potatoes 121 Strawberry Cup DB Chilled Fruit Hearty Wheat Bread 138 Cal: 732 / Na: 930	17 American Chop Suey 315 Marinara Sauce Garlic Spinach 112 Mandarin Oranges 10 Dinner Roll 170 Cal: 741 / Na: 763	18 Roasted Turkey W/ Gravy 449 Cranberry Sauce 8 Whipped Potatoes 38 Butternut Squash Soup 38 Marble Cake Oatmeal Bread 142 Cal: 882 / Na: 1116	19 Broccoli & Cheese Bake 436 Red Bliss Potatoes 5 Maple Glazed Carrots 124 Yogurt & Juice (NO MILK) 80 Raisin Bread 105 Cal: 874 / Na: 905
22 Meatloaf w/Gravy 370 Herbed Zucchini 10 Whipped Potatoes 109 Applesauce 14 Parker House Roll 70 Cal: 645 / Na: 828	23 Meatball Sub (chix) 190 Marinara Sauce 194 Sweet Potato Wedges 187 Cauliflower Cheddar Soup 103 Fresh Fruit 2 Wheat Sub Roll 320 Cal: 839 / Na: 1184	24 Chicken Pot Pie* w/Peas & Carrots 570 Red Bliss Potatoes 5 Yogurt & Juice (NO MILK) 80 Snack & Loaf 160 Cal: 841 / Na: 970	25 Pot Roast w/Gravy 168 Mashed Potatoes 109 Barley & Veggie Soup 93 Lemon Square DB Lemon Cookie 110 Multigrain Bread 138 Cal:741 / Na: 740	26 Balsamic Chicken 462 Rice Pilaf 93 Peas 68 Chilled Fruit 10 Oatmeal Bread 142 Cal: 684 / Na: 905
29 Honey Rosemary Pork 168 Rst Sweet Potato 104 Mushroom Soup 215 Applesauce 14 Multigrain Bread 138 Cal:429 / Na: 483	30 Cranberry Orange Glazed Chicken 233 Wild Rice Blend 148 Mixed Vegetable 24 Pineapple 1 Oatmeal Bread 142 Cal: 610 / Na: 615	1 Pulled Pork 410 w/Golden BBQ Sauce 169 Sweet Potato Wedges 187 Corn Chowder 159 Honeydew 15 White Bread 121 Cal: 667 / Na: 1216**	2 Stuffed Pepper 175 Rustic Tomato Sauce 194 Au Gratin Potatoes 142 Coconut Cake/ DB Angel Food Cake 227 WW Dinner Roll 127 Cal: 866 / Na: 1061	3 Omelette 210 Ketchup 82 Roasted Potatoes 121 Baked Apple w/ Cinn & Raisins 10 Yogurt & Juice (NO MILK) 80 Snack & Loaf 160 Cal: 755 / Na: 817

Menu Subject to Change Without Notice. Please let us know if you have any food allergies.

Sodium(Na) values listed in Parentheses. Sodium in milk (100 mg), Margarine (30 mg), Tartar Sauce (97) & Crackers (56 mg).

*High Sodium Entrée contains more than 500mg. **Indicates higher sodium meal having more than 1200 mg.

Requested Voluntary Confidential Donation: \$2.00 per meal. All donations go to providing meals.