


SENIORCARE CONGREGATE MEALS - JANUARY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	2 Roast Beef 28 Gravy 56 Chuck wagon Corn 2 Golden Mashed Potatoes 107 Butterscotch Pudding / 250 DB Chocolate Whole Wheat Bread 138 Cal: 614 Na: 712	3 Chicken Meatballs 190 Teriyaki Glaze 289 Fried Rice 116 Cabbage & Carrots 187 Mandarins 10 Multigrain Bread 138 Cal: 702 Na: 1060	4 Chicken Pot Pie* 610 Gravy + puff pastry square Peas & Carrots in Pot Pie Parslied Steamed Potato 5 Cantaloupe 7 Dinner Roll 162 Cal: 592/ Na: 914	5 Cheese Lasagna 290 Marinara Sauce 194 Green Beans & Red Pepper 6 Mushroom Soup 215 Apple Crisp / 10 DB Baked Apples Whole Wheat Bread 138 Cal:638 Na: 1039
	8 American Chop Suey 316 Cauliflower 14 w/ Shredded Cheddar 47 Fresh fruit 2 Snack & Loaf 115 Cal: 827 Na:623	9 #1 **Potato Fish 300 Mashed Potatoes 107 Glazed Carrots 124 Minestrone Soup 216 #2 Balsamic Chicken 204 Jell-O 64 Oatmeal Bread 142 (1)Cal:850 Na:1236 (2)Cal:975Na:1166	10 Roasted Chicken 95 Mac & Cheese 142 Kale & White Bean Soup 14 Raisins 4 Hearty Wheat Bread 138 Cal: 740 Na: 580	11 Dijon Crusted Pork 223 Gravy 46 Roasted Sweet Potato 43 Broccoli 32 Apple Sauce 15 Rye Bread 171 Cal: 666 Na: 660
15 MLK DAY NO SERVICE	16 Broccoli Cheddar Bake 436 Breakfast Potatoes 194 w/ Seasoning Split Pea Soup 104 Yogurt & Juice (NO MILK) 75 Vienna Bread 97 Cal: 858 Na: 1016	17 Roasted Turkey 418 w/Gravy 31 Cranberry Sauce 8 Stuffing 212 Peas 58 Cantaloupe 7 Multigrain Bread 138 Cal: 668 Na: 1001	18 Ham w/Pineapple Sauce 421 Island Style Fried rice 64 Tropical Slaw 167 Luau Cake/ 266 DB Banana Pudding Hearty White Bread 121 Cal: 762 Na: 1176	19 Chicken Meatballs 190 Marinara Sauce 194 Pasta 20 Spinach Salad 119 w/Italian Dressing 17 Chilled Fruit 5 Wheat Dinner Roll 127 Cal: 708 Na:810
22 Beef Stew 117 w/Peas & Carrots Mashed Potatoes 107 Raisins 4 Biscuit 330 Cal: 773 Na: 696	23 Stuffed Shells 390 Marinara Sauce 194 Brocoli Cauliflower Blend 36 Caesar Salad 2 w/Dressing 320 Applesauce 15 Vienna Bread 97 Cal: 603 Na: 1180	24 Chicken Lemon Picatta 181 Barley & Greens Soup 93 Baked Tomato 166 Carrot Cake 273 Whole Wheat Roll 127 Ca: 801 Na: 1037	25 #1 Baked Haddock 296 Roasted Potato 121 Carrots 43 #2 BBQ Pulled Beef 292 Mandarin Oranges 8 Whole Wheat Roll 127 (1)Cal:541/Na:731 (2)Cal:844/Na:728	26 Swedish Meatballs 375 w/Gravy 56 Mashed Potato 107 Pea 58 Chocolate Pudding/ 190 DB Vanilla Rye Bread 171 Cal: 734 Na: 1095
29 Turkey Divan 97 Cheese Sauce/Brd Crumbs 137 Rotini 20 Broccoli 10 Chilled Fruit 10 Oatmeal Bread 142 Cal: 746 Na: 546	30 #1 Baked Fish 300 Green Beans/Red Pepper 6 Roasted Squash 20 #2 Meatloaf (158) w/Gravy 56 Apple Crisp/ 10 DB Baked Crisp Whole Wheat Bread 138 (1)Cal:774Na:751 (2)Cal:672Na:535	31 Ham & Cheddar Bake* 551 Steamed Red Bliss Potato 5 Tomato Soup 148 Yogurt & Juice (NO MILK) 75 Whole Wheat Roll 127 Cal: 842 Na: 1097	1 Garlic Chicken 95 w/Sauce 19 Whipped Golden Potatoes 107 Vegetable & Rice soup 133 Chilled pears 4 Snack & Loaf 115 Cal: 886 Na: 791	2 Chili w/Beef and Veg 455 Cheddar Garnish 47 1/2 Baked potato 4 Sour Cream / cilantro 13 Cantaloupe 7 Corn Bread 236 Cal: 830 Na: 1036

Menu Subject to Change Without Notice

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.