


## SENIORCARE CONGREGATE MEALS - NOVEMBER 2017

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
30 Beef Stew	117	31 Pasta w/Meat Sauce	189	1 Chicken Picatta	202	2 #1 Baked Haddock	220	3 Swedish Meatballs	375
Peas/Carrots	72	Caesar Salad (2) w/ Dressing	320	Baked Tomato	166	Roasted Potato	121	Gravy	53
Mashed Potatoes	107	Carrot Cake / DB Grahams	273	Barley & greens Soup	93	#2 Pulled Pork	292	Mashed Potato	107
Fresh Fruit	2	Vienna Bread	97	Chilled Pineapple	1	Capri Blend	5	Beets	83
Biscuit	330			Multigrain Bread	138	Mandarin Oranges	8	Banana Pudding /	250
						Whole Wheat Roll	127	DB Vanilla	
								Rye Bread	171
Cal: 808 Na: 783		Cal: 848 / Na: 1018		Cal: 680 / Na: 794		Cal:(1)621(2)843/Na:(1)628(2)700		Cal: 743/ Na: 1176	
6 Turkey Divan	97	7 Chili w/Beef & Veggies	232	8 Boneless Pork Chop	70	9 Chicken Pot Pie	135	10	
Cheese Sauce/Brd Crumbs	137	Cheddar Garnish	187	Cider & Onion Gravy	24	w/Peas & Carrots		Veterans Day No Service	
Rotini	20	1/2 Baked Potato	4	Kale & White Bean Soup	14	Parslied Potatoes	5		
Broccoli	10	Cilantro/ Sour Cream	13	Whipped Golden Potato	107	Yogurt & Juice (No Milk)	75		
Seasonal Fruit Crisp /	28	Cantaloupe	7	Chilled Pears	4	WW Dinner Roll	127		
DB Baked Crisp		Corn Bread	236	Snack n Loaf	160				
Oatmeal Bread	142								
Cal: 841 / Na: 571		Cal: 775 / Na: 1127		Cal: 754 / Na: 516		Cal: 648 / Na: 478		Cal: / Na:	
13 Lasagna	290	14 Boneless Chicken	320	15 **Hot Dog*	540	16 Thanksgiving Turkey	418	17 #1 Baked Fish	300
Marinara	194	Cranberry Sauce	8	Mustard/Relish 55/81		Gravy	31	Tartar Sauce	97
Roasted Zucchini	15	Rice Pilaf	93	Baked Beans	206	Cranberry Sauce	8	Buttered Red Bliss Potato	5
Fresh Orange	0	Brussel Sprouts	12	Coleslaw	167	Potatoes (107) Stuffing (212)		Hearty Vegetable Soup	220
Oatmeal Bread	142	Chocolate Pudding /	190	Mandarin Oranges	6	Squash	24	#2 Pulled Pork	292
		DB Vanilla		Hot Dog Roll	210	Apple Crisp/DB Baked Apple	1	Chilled Fruit	10
		Whole Wheat Bread	138			Dinner Roll	162	WW Hamburger Bun	248
Cal: 531 / Na: 771		Cal: 725 / Na: 890		Cal: 691 / Na: 1296		Cal: 844 / Na: 1099		Cal:(1)899/Na:1125 (2)Cal:994/Na:987	
20 Chicken Meatballs	190	21 Roast Beef	28	22 ** Pulled Pork *	341			24 Stuffed Pepper	175
Teriyaki Glaze	289	Gravy	56	w/ BBQ Sauce	254			Tomato Sauce	194
Fried Rice	125	Beets	83	Roasted Sweet Potato	104			Au Gratin Potato	142
Cabbage & Carrots	187	Golden Mashed Potatoes	107	Vegetable & Rice Soup	133			Mushroom Soup	215
Pineapple	1	Banana Tea Cake /	162	Cantaloupe	7			Butterscotch Pudding /	250
Multigrain Bread	138	DB Angel food Cake		Hamburger Roll	248	DB Chocolate			
		Whole Wheat Bread	138			Scali Bread	129		
Cal: 726 / Na: 1060		Cal: 640 / Na: 704		Cal: 1052 / Na: 1274				Cal: 784 / Na: 1020	
27 American Chop Suey	316	28 #1 Potato Fish	300	29 Roasted Chicken*	573	30 Dijon Crusted Pork	223	1 Turkey a la King	184
Cauliflower	14	Tartar Sauce	97	Mac & Cheese	142	Gravy	46	w/ Mushroom & Red Pepper	
w/ Shredded Cheddar	187	Mashed Potatoes	216	Sauteed Kale & Spinach	108	Roasted Sweet Potato	187	Rice	199
Tossed Salad (8) w/House Vin	60	Minestrone Soup	216	USDA Raisins	4	Veggie Noodle Soup	136	Green Beans & Carrots	23
Fresh Fruit	2	#2 Meatloaf (314) w/gravy	56	Hearty Wheat Bread	138	Apple Sauce	19	Mandarin Oranges	10
Snack n Loaf	115	Jell-O	64			Rye Bread	171	Wheat Bread	138
		Oatmeal Bread	142						
Cal: 915 / Na: 763		(1)Cal:809 Na:1149 (2)Cal:731 Na:1089		Cal: 694 / Na: 1096		Cal: 861 / Na: 1042		Cal: 675 / Na: 683	

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.