

## SENIORCARE CONGREGATE MEALS - OCTOBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Pulled Pork w/ Mustard BBQ Sauce 476 Red Bliss Potatoes 6 Carrots 65 Yogurt & Juice 90 Burger Roll 248	1 Chicken w/ Lemon Picatta Sauce 406 Pasta 3 Salad w/ dressing 62 Peaches 5 Dinner Roll 127	2 Meatloaf w/Gravy 370 Whipped Potato 109 Veggie Soup 128 Chocolate Cake/ DB Angel Food cake Oatmeal Bread 142	3 Turkey Cranberry Salad w/ Lettuce 310 Beet Salad 95 Potato Salad (ving) Honey Dew 15 WW Pita Bread (1/2) 170	4 Beef & Broccoli 337 Fried Rice 116 Asian Veggie Blend 15 Chilled Pineapple 1 Snack n Loaf 160
Cal: 628 / Na: 914	Cal: 827 / Na: 758	Cal: 895 / Na: 1120	Cal: 572 / Na: 799	Cal: 1078 / Na: 784
7 Boneless chicken w/ Tangy Cranberry Sc 320 Rstd Sweet Potato 104 Brussels Sprouts 12 Fresh Fruit 1 Whole Wheat Bread 130	8 Turkey ala king w/ Mushrooms & Peppers 184 Green Beans 5 Brown Rice 100 Mandarin Oranges 10 Snack n Loaf 160	9 Vegetable Pinwheel 290 Marinara 194 Parsley Garnish Roasted Cauliflower 32 Salad w/ dressing 62 Peaches 5 Oatmeal Bread 130	10 **Pulled Pork 307 Mustard BBQ Sc 169 Cheddar Whipped Potato 136 Tomato Veggie soup 190 Yogurt Parfait 75 Whole Wheat Roll 127	11 Ham & Cheese-bake* 551 Red Bliss Potato 5 Broccoli 32 Apple Spice Cake/ DB Angel food 180 Hearty White Bread 122
Cal: 686 / Na: 731	Cal: 800 / Na: 600	Cal: 822 / Na: 1060	Cal: 779 / Na: 1373**	Cal: 861 / Na: 1138
14  NO SERVICE Columbus Day	15 Yankee Pot Roast w/ Gravy 96 Golden Mashed Potatoes 109 Cream of Carrot Soup 123 Banana Cake/ DB Angel food 162 Whole Wheat Bread 138	16 Rib-Q 410 w/ BBQ Sauce 109 Roasted Sweet Potato 104 Corn 1 Cantaloupe 7 Hamburger Roll 248	17 Chicken Pot Pie w/peas & carrots 305 Parslied Steamed Potato 5 Yogurt & Juice (NO MILK) 90 Oatmeal Bread 142	18 American Chop-suey 316 Garlic Kale & spinach 113 Ceasar Salad w/ dressing 322 Chilled Peaches 7 Whole Wheat Bread 138
Cal: / Na:	Cal: 764 / Na: 823	Cal: 668 / Na: 1035	Cal: 652 / Na: 837	Cal: 813 / Na: 1049
21 Salisbury Steak w/ Gravy 459 Mashed Potato 109 Blondie/ DB Brownie 212 Oatmeal Bread 142	22 **Oven fried Chicken 440 Southern Greens 80 Lentil Soup 358 Mandarin Oranges 7 Hearty Wheat Bread 138	23 Sweet/Sour Chicken-Meatballs 415 Fried Rice 116 Cabbage & Carrots w/ Sesame oil 187 Pineapple 1 Snack n Loaf 160	24 Roasted turkey w/ Gravy 462 Cranberry Sauce 32 Whipped Sweet Potato 70 Green Beans 5 Yogurt Parfait 75 Oatmeal Bread 142	25 **Hot Dog* 540 Mustard/Relish 55/81 Baked Beans 140 Coleslaw 167 Cantaloupe 7 Hot Dog Roll 210
Cal: 1100 / Na: 1076	Cal: 925 / Na: 1244**	Cal: 863 / Na: 1034	Cal: 649 / Na: 827	Cal: 703 / Na: 1318**
28 Beef Stew w/ Peas & Carrots 117 Mashed Potato w/chives 66 Fresh Fruits 109 Irish Soda Bread 2 140	29 Spinach & Cheese Frittata 428 Crum Top Tomatoes 175 Kale & White Bean Soup 14 Yogurt & Juice (NO MILK) 90 Hearty Wheat Bread 138	30 Stuffed Pepper 175 Rustic Tomato Sauce 183 Au Gratin Potato 142 Applesauce 14 Multiigrain Bread 130	31 October Autumn Fest Honey Garlic Porklion Roasted Root Vegetables Cranberry-Apple Stuffing Apple Crisp Sourdough Roll	1 Chicken Tenders w/ Honey Mustard 81 Sweet Potato Wedges 89 Corn chowder 187 Chilled Fruit 159 Oatmeal Bread 8 142
Cal: 839 / Na: 589	Cal: 911 / Na: 1042	Cal: 765 / Na: 799	Cal: / Na:	Cal: 798 / Na: 877

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

Total Calories and Na include Entrée, sides, dessert, fruit, bread, milk and margarine. Milk: 110 mg sodium, margarine: 35 mg sodium.

\*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.

Need to cancel your meal? Please call 978-281-1750 (toll free 1-866-927-1050) before 11:00 am the day before delivery