

## SENIORCARE CONGREGATE MEALS - JULY 2017

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>3 Teryaki Chicken</b> 882 <b>Meatballs *</b> <b>Asian Vegetable Blend</b> 24 <b>Jasmine Rice</b> 4 <b>Chilled mandarin</b> 10 <b>Snack &amp; Loaf Bread</b> 160		<b>5 Steak over</b> 64 <b>Mixed Green Salad</b> 2 <b>w/ French Dressing</b> 250 <b>Barley Mushroom Soup w/ Crackers</b> 56 <b>Fresh Fruit</b> 2 <b>Wheat Bread</b> 115	<b>6 Orange Bourbon Chicken</b> 100 <b>Whipped Potatoes</b> 107 <b>Green Beans</b> 5 <b>Jello</b> 64 <b>Whole Wheat Roll</b> 105	<b>7 American Chop Suey</b> 316 <b>Kale</b> 47 <b>Caesar Salad</b> 68 <b>Dressing</b> 130 <b>Oatmeal Raisin Cookie</b> 124 <b>Dinner Roll</b> 250
<b>Cal: 694 / Na: 1190</b>	<b>Cal: / Na:</b>	<b>Cal: 750 / Na: 729</b>	<b>Cal: 620 / Na: 518</b>	<b>Cal: 1009 / Na: 1172</b>
<b>10 Lemon Garlic Roasted Pork</b> 73 <b>Au-gratin Potatoes</b> 142 <b>Zucchini &amp; Summer</b> <b>Squash w/ Red pepper</b> 11 <b>Chocolate Chip Cookie</b> 124 <b>DB Oatmeal Raisin Cookie</b> <b>Hearty Wheat bread</b> 115	<b>11 Pot Roast w/ Gravy</b> 96 <b>Whipped Sweet Potato</b> 70 <b>Braised Green Cabbage</b> 99 <b>Yogurt &amp; Juice (NO MILK)</b> 75 <b>Wheat Bread</b> 115	<b>12 BBQ Chicken</b> 328 <b>Green Beans w/ Red Pepper</b> 5 <b>Corn chowder w/ Crackers</b> 159 <b>Mandarin oranges</b> 10 <b>Corn Bread</b> 236	<b>13 SUMMER PICNIC</b> <b>Tarragon Chix Salad &amp;</b> 297 <b>Egg Salad Finger Sandwiches</b> 325 <b>Potato salad</b> 311 <b>Confetti Coleslaw w/ Vinaigrette</b> 167 <b>Fruit Salad</b> 1 <b>Finger Roll</b> 170	<b>14 #1 Potato Fish</b> 270 <b>Tartar Sauce</b> 97 <b>Chef's Vegetable Medley</b> 24 <b>Whipped Potatoes</b> 107 <b>#2 Salisbury Steak</b> 458 <b>Chilled peaches</b> 5 <b>Oatmeal Bread</b> 130
<b>Cal: 714 / Na: 602</b>	<b>Cal: 643 / Na: 486</b>	<b>Cal: 624 / Na: 932</b>	<b>Cal: 733 / Na: 1101</b>	<b>Cal: (1)697 (2)771 / Na: (1) 705 (2)959</b>
<b>17 Chicken Mirabella</b> 284 <b>Ditalini</b> 20 <b>Spinach</b> 149 <b>Mixed Green Salad</b> 2 <b>House Vinaigrette</b> 60 <b>Mandarin Oranges</b> 10 <b>Wheat Bread</b> 115	<b>18 Meatloaf w/ Gravy</b> 370 <b>Cauliflower</b> 32 <b>Whipped Sweet Potato</b> 70 <b>Chocolate Pudding</b> 190 <b>DB Vanilla Pudding</b> <b>Multi Grain Bread</b> 130	<b>19 *Hot Dog **</b> 540 <b>Mustard &amp; Relish</b> 55 81 <b>Coleslaw</b> 167 <b>Baked Beans</b> 206 <b>Cantaloupe</b> 7 <b>Hot Dog Roll</b> 270	<b>20 Chef Salad</b> <b>w/ Turkey, Egg, &amp; Cheese</b> 187 <b>Dressing</b> 60 <b>Butternut Squash Salad</b> 187 <b>Blondie / DB Brownie</b> 212 <b>Oatmeal Bread</b> 130	<b>21 Chicken w/</b> <b>Lemon Picatta Sauce</b> 406 <b>Broccoli</b> 32 <b>Pasta</b> 20 <b>Apple Sauce</b> 19 <b>Snack &amp; Loaf</b> 115
<b>Cal: 1055 / Na: 777</b>	<b>Cal: 811 / Na: 930</b>	<b>Cal: 754 / Na: 1434</b>	<b>Cal: 1180 / Na: 736</b>	<b>Cal: 738 / Na: 729</b>
<b>24 BBQ Pulled Pork</b> 292 <b>Corn</b> 1 <b>Potato Wedges</b> 200 <b>Chilled Pineapple</b> 1 <b>WW Hamburger Bun</b> 320	<b>25 Stuffed Shells **</b> 390 <b>Marinara Sauce</b> 198 <b>Broccoli</b> 32 <b>Garden Salad</b> 8 <b>Ranch Dressing</b> 320 <b>Chocolate Cake / DB Angel Food Cake</b> 159 <b>Vienna Bread</b> 230	<b>26 Tarragon Chicken Salad</b> 215 <b>Lettuce Leaf</b> <b>Tomato soup w/ Crackers</b> 56 <b>Pasta Salad</b> 215 <b>Cantaloupe</b> 7 <b>Wheat Hot dog Roll</b> 132	<b>27 Roast Beef</b> 28 <b>Mushroom Gravy</b> 72 <b>Roasted Brussel Sprouts w/Garlic</b> 12 <b>Cheddar Whip Potatoes</b> 136 <b>Fresh parsley Garnish</b> <b>Strawberry Mouse</b> 24 <b>Rye Bread</b> 227	<b>28 Chicken w/ herbs</b> <b>Lemon Citrus Sauce</b> 115 <b>Garden Peas</b> 68 <b>Roasted Sweet potatoes</b> 187 <b>Mandarin Oranges</b> 10 <b>Wheat Roll</b> 210
<b>Cal: 968 / Na: 952</b>	<b>Cal: 790 / Na: 1445</b>	<b>Cal: 594 / Na: 858</b>	<b>Cal: 596 / Na: 636</b>	<b>Cal: 717 / Na: 728</b>
<b>31 #1 Breaded Fish</b> 220 <b>Tartar Sauce</b> 97 <b>#2 Broccoli &amp; Cheese Quiche</b> 325 <b>Cauliflower, Corn &amp; Red Pepper</b> 24 <b>Butternut soup</b> 38 <b>Mixed Fruit</b> 10 <b>Snack &amp; Loaf Bread</b> 170	<b>1 Turkey w/Gravy</b> 487 <b>Cranberry Sauce</b> 8 <b>Mashed Potatoes</b> 167 <b>Carrots</b> 65 <b>Applesauce</b> 8 <b>Multi Grain</b> 130	<b>2 Tuna Salad</b> 417 <b>Lettuce Leaf</b> <b>3 -Bean Salad</b> 221 <b>Veg. Pasta Salad</b> 24 <b>Peach Cobbler</b> 29 <b>DB Baked Peaches</b> <b>Wheat Bread</b> 115	<b>3 Meatball Sub</b> 190 <b>Marinara Sauce</b> 194 <b>Broccoli</b> 32 <b>Potato Wedges</b> 200 <b>Parmesean Pkts</b> 108 <b>Fresh Fruit</b> 2 <b>Wheat Sub Roll</b> 320	<b>4 Chicken Fajita</b> <b>w/pepper &amp; onion</b> 55 <b>Black Bean &amp; Corn Salad</b> 71 <b>Spanish Rice</b> 150 <b>Fresh cilantro Garnish</b> 0 <b>Flan Style Pudding</b> 170 <b>Tortilla</b> 220
<b>Cal: (1) 844(2)861 / Na: (1)753(2)711</b>	<b>Cal: 665 / Na: 948</b>	<b>Cal: 821 / Na: 942</b>	<b>Cal: 738 / Na: 1154</b>	<b>Cal: 697 / Na: 666</b>

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.