

SENIORCARE CONGREGATE MEALS - MARCH 2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
25 Chicken Mirabella	284	26 BBQ Pulled Pork	292	27 Lazy Chicken		28 Shepards Pie	210	1 Stuffed Shells	390
Roasted Carrots	65	Sweet Potato	170	Cordon Blu	342	w/ Mashed Potato		Marinara Sauce	194
Rice Pilaf	98	Braised Red Cabbage	99	Supreme Sauce		RSTD Butternut Squash	20	Garlic Broccoli &	
Mandarin Oranges	8	Jell-O	64	Roasted Potatoes	121	Chocolate Cake	159	Cauliflower	32
Oatmeal Bread		Burger Roll	248	Vegetable Orzo Soup	136	DB Angel Food Cake		Minestrone Soup	216
				Cantaloupe	7	Whole Wheat Bread	138	Mixed Fruit	10
				Wheat Roll	127			Vienna Bread	129
Cal: 841 / Na: 527		Cal: 940 / Na: 999		Cal: 623 / Na: 887		Cal: 715 / Na: 842		Cal: 605 / Na:1126	
4 Meatloaf w/Gravy	370	5 Chicken Pot Pie*	570	6 Breaded Fish or	60	7 Roasted Turkey		8 Broccoli & Cheese	436
Whipped Potatoes	109	w/ Peas & Carrots		Braised Pork Loin	161	w/ Gravy	449	Egg Bake	
Chilled Fruit	10	Red Bliss Potatoes	5	Mac & Cheese	142	Cranberry Sauce	8	Home Fries	194
Corn Bread	236	Strawberry Cup		Mixed Veg	24	Whipped Potatoes	109	Maple Glazed Carrots	124
		DB Chilled Fruit		Honey Dew	15	Butternut Squash Soup	159	Yogurt & Juice (NO MILK)	80
		Hearty Wheat Bread	138	Oatmeal Bread	142	Marble Cake	159	Raisin Bread	105
						Wheat Bread	138		
Cal: 941 / Na: 1020		Cal: 613 / Na: 868		#1Cal 484 Na: 539 #2 Cal 610 Na 640		Cal: 866 / Na: 1112		Cal: 811 / Na: 938	
11 American Chop Suey	316	12 Chicken Meatball	250	13 Cranberry Orange		14 St. Patrick's Day Special		15 Grilled Salmon or	86
Marinara Sauce		Stroganoff		Glazed Chicken	155	Corned Beef Au Jus*	533	Chicken Picatta	140
Mixed Veg	112	Fresh Mushroom		Cheddar Whipped Potato	136	Potatoes & Cabbage	12	Mashed Potatoes	109
Chilled Pineapple	1	Buttered Noodles	20	Mixed Veg	35	Carrots & Turnip Blend	65	PEI Blend	24
Parker House Roll	170	Peas	68	Raisins	4	Creme de Menthe bar	175	Jell-O	64
		Applesauce	14	Snack & Loaf	160	DB Brownie	175	Oatmeal Bread	142
		WW Dinner Roll	127			Marble Rye	227		
Cal: 805 / Na: 754		Cal: 772 / Na: 635		Cal: 727 / Na: 784		Cal: 970 / Na:1129		#1Cal:611/NA:634 #2Cal:707/Na:580	
18 Apricot Chicken	390	19 Pot Roast	112	20 Pulled Pork	292	21 Meatball Sub (Chicken)	190	22 Omelette	312
Whipped Sweet Potato	70	Gravy		BBQ Souce	169	Marinara Sauce	194	Roasted Potatoes	121
Brussels Sprouts	12	Mashed Potatoes	109	Corn	1	Sweet Potato Wedges	187	Ketchup	9
Coconut Cake/	277	Barley Veg Soup	93	Southern Greens	86	Kale & White Bean Soup	14	Baked Apples 2 Cin & Raisins	64
DB Angel Food		Crackers	56	Strawberry Cup		Crackers	56	Yogurt & Juice (NO MILK)	80
Multigrain Bread	138	Mixed Fruit	6	DB Mandarins Oranges	8	Applesauce	19	Snack & Loaf	160
		Oatmeal Bread	142	White Burger Roll	248	ww Sub Roll	105		
Cal: 737 / Na: 983		Cal: 668 / Na: 604		Cal: 937 / Na: 952		Cal: 723 / Na: 920		Cal: 915 / Na: 973	
25 Lasagna or	146	26 Beef Stew	117	27 Chicken Mirabella	284	28 ** Hot Dog*	540	29 Mac & Cheese	285
Stuffed Shells		w/ Peas & Carrots		Rice Pilaf	93	Mustard/Relish 55/81		CAPRI Veg Blend	22
Marinara Sauce	194	Mashed Potatoes	109	Roasted Cauliflower	32	Baked Beans	140	Hearty Vegetable Soup	220
Broccoli	32	Brownie/	175	Applesauce	19	Carrots	64	Chocolate Pudding	190
Raisins	4	DB Oatmeal Cookie		Multigrain Bread	138	Mandarin Oranges	10	DB Vanilla	
Wheat Bread	138	Pull Apart Roll	210			Hot Dog Roll	210	Oatmeal Bread	142
Cal: 532 / Na: 911		Cal: 762 / Na: 556		Cal: 778 / Na: 720		Cal: 767 / Na: 1256*		Cal: 792 / Na: 1103	

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.