

SENIORCARE CONGREGATE MEALS - MAY 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Lasagna 256 Marinara Sauce 194 Peas Caesar Salad w/ Dressing 324 Cantaloupe 7 Whole Wheat Roll 105 Cal:619 / Na: 1166	1 Cranberry Orange 411 Glazed Chix Rice Pilaf 93 Brussel Sprouts Fruits 10 Oatmeal bread 142 Cal: 632 / Na: 816	2 *Hot Dog** 540 Mustard/ Relish 136 Baked Beans 206 Carrots 65 Mandarin Oranges 10 Hot Dog Roll 270 Cal: 746 / Na:1271 **	3 Pot Roast 112 Gravy 56 Mashed Potatoes 109 Green Beans 2 Chocolate Pudding 190 DB Vanilla Dinner Roll 162 Cal: 652 / Na: 786	4 Breaded Fish 300 or Pulled Pork Whipped Sweet Potato 70 Corn Chowder 159 Oatmeal Raisin Cookie DB Choco chip 124 Rye Bread 171 #1Cal:989/NA:1161 #2Cal:1079/Na:1068
7 Chicken Cacciatore 152 w/ Peppers & onions Pasta 20 Mixed Green Salad w/ House Vin 62 Orange 0 Whole Wheat Roll 127 Cal: 816 / Na: 508	8 Roast Beef 54 w/ Onion Gravy 56 Beets 83 Cheddar Whipped Potatoes 136 Apple 2 Parker House 162 Cal:769 / Na:639	9 Rib-Q 340 w/ BBQ Sauce 169 Sweet Potato Wedges 187 Corn Chowder w/ crackers 56 Apple Sauce 19 Oatmeal Bread 142 Cal: 823 / Na: 1242**	10 Mother's Day Special Stuffed Chicken 250 Baby Carrots w/ Fresh Dill 64 Au- Gratin Potatoes Parsley Garnish 142 Strawberry short cake w/ Whipped Topping 269 DB Yogurt Parfait Multigrain Bread 130 Cal:766 / Na:1027	11 Spinach & Cheese 428 Egg Bake Stewed Tomatoes 32 Red Bliss Potatoes 5 Yogurt & Juice 75 Raisin Bread 98 Cal: 777 / Na: 815
14 Pork Ragout 161 Brussel Sprouts 12 Penne Pasta 20 Raisins 4 Wheat Roll 127 Cal: 784 / Na: 479	15 Lemon Thyme Chicken 373 Rst. Potatoes 121 Mushroom Soup w/ crackers 215 Apple Crisp 10 Dinner Roll 127 Cal:673 / Na: 1057	16 Sweet & Sour 415 Chix Meatballs Fried Rice w/ Egg 116 Mandarin Veggie Blend 9 Pineapple 1 Oatmeal Bread 142 Cal: 716 / Na:838	17 Beef Stew 117 w/ Peas & Carrots Mashed Potatoes 109 Mocha Mousse 135 Biscuit 330 Cal: 840 / Na: 862	18 Stuffed Shells 390 Marinara Sauce 194 Roasted Cauliflower 32 Garden Salad w/ Dressing 62 Cantaloupe 7 Hearty Wheat Bread 138 Cal: 701 / Na: 978
21 Beef Shephard's pie 201 w/ Mashed Potato Corn, Peas Rst. Butternut Squash 20 Chocolate cake 159 DB Angel Food Cake Whole Wheat Bread 138 Cal: 744 / Na: 672	22 Chicken Marsala 379 w/ Fresh Mushrooms Roasted Carrots 43 Rice 4 Mandarin Oranges 8 Oatmeal Bread 142 Cal: 633 / Na: 731	23 Mixed Green Salad 2 w/ Roast Beef 54 Tomato White Bean salad 71 French Dressing 250 Fruit Cup 8 Snack & Loaf 160 Cal: 921 / Na: 700	24 Chicken Pot Pie 570 w/ Peas & Carrots Red Bliss Potatoes 5 Yogurt & Juice 80 Dinner Roll 162 Cal: 743 / Na: 972	25 Breaded Fish or 300 Pulled Pork 292 Mac & Cheese 142 Tomato soup 148 Green Beans 2 Cantaloupe 7 Whole Wheat Bread 138 #1 cal 763NA:1078#2Cal 838/Na:940
28 MEMORIAL DAY NO SERVICE Cal: / Na:	29 Spaghetti & 20 Chicken Meatballs 210 Marinara Sauce 194 Spinach 113 Honey Dew Melon 15 Scali Bread 129 Cal: 692 / Na: 836	30 BBQ Chicken 423 Rst. Sweet Potato 187 Green Beans & Red peppers 6 Apple Sauce 14 Multigrain Bread 130 Cal: 672 / Na: 923	31 Meatloaf w/ Gravy 214 Whipped Potatoes 109 Parsley Garnish Hearty Vegetable Soup 220 Coconut Cake 277 DB Angel Food Cake Whole Wheat Dinner Roll 127 Cal: 869 / Na: 1158	1 Honey Rosemary Chicken 386 Red Bliss Potatoes 5 Broccoli 32 Jello 64 Snack & Loaf 160 Cal: 673 / Na: 802

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.