

SENIORCARE CONGREGATE MEALS - NOVEMBER 2019

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
28 Beef Stew	117	29 Spinach & Cheese-Frittata	428	30 Stuffed Pepper Rustic Tomato Sauce	175 183	31 October Autumn Fest Honey Garlic Pork loin	223 99	1 Chicken Tenders w/ Honey Mustard	81 89
Mashed Potato w/ chives	109	Crum Top Tomatoes	175	Au Gratin Potato	142	Roasted Root Vegetables	104	Sweet Potato Wedges	187
Fresh Fruit	2	Kale & White Bean Soup	14	Applesauce	14	Cranberry & Apple-Stuffing	212	Corn chowder	159
Irish Soda Bread	140	Yogurt & Juice (NO MILK)	90	Multigrain Bread	130	Apple Pie	227	Chilled Fruit	8
		Hearty Wheat Bread	138			Sourdough Roll		Oatmeal Bread	142
Cal: 839 / Na: 589		Cal: 911 / Na: 1042		Cal: 765 / Na: 799		Cal: / Na:		Cal: 798 / Na: 877	
4 Chicken Mirabella	284	5 Stuffed Shells	390	6 **Rib-Q	410	7 Dijon Crusted Pork	223	8 Sloppy Joe	288
Rice Florentine	4	Marinara Sauce	194	Honey Golden BBQ sauce	295	Red Cabbage	99	Green Beans	109
Carrots	43	Broccoli	32	Rustic Cut Potatoes	200	Roasted Sweet Potato	104	Cauliflower Cheddar Soup	103
Mandarin Oranges	8	Spinach Salad w/ Dressing	62	Corn	15	Blondie/ DB Brownie	212	Yogurt Parfait	254
Snack n Loaf	160	Fresh Fruit	2	Pineapple	1	Rye bread	227	WW Burger Roll	254
		Vienna Bread	129	Hearty Wheat Bread	138				
Cal: 897 / Na: 654		Cal: 767 / Na: 964		Cal: 664 / Na: 1215**		Cal: 1172 / Na: 1020		Cal: 680 / Na: 807	
11		12 Chicken Meatball Sub w/ Marinara	210 194	13 Chicken Scampi	399	14 Beef Burgundy w/ Onions	361	15 Asian BBQ Pork**	638
NO SERVICE		Sweet Potato Fries	170	Rotini	20	Whipped Potato	109	Vegetable Lo Mein	213
VETERAN'S DAY		Minestrone Soup	216	Garlic Spinach	112	Green Beans	2	Asian Slaw	167
		Chocolote Mousse	135	Cantaloupe	7	DB Lemon	124	Pineapple	1
		Sub Roll	248	Oatmeal Bread	142	Hearty White Bread	122	Whole Wheat roll	127
Cal: / Na:		Cal: 865 / Na: 1384**		Cal: 590 / Na: 723		Cal: 696 / Na: 872		Cal: 902 / Na: 1301**	
18 Meatloaf	314	19 Chicken Pot Pie*	570	20 Lasagna	290	21 Thanksgiving Special		22 Ham & Cheese-Egg Bake	551
w/ Gravy	56	Parslied Steamed Potato	5	Marinara Sauce	194	Turkey w/ Gravy		Red Bliss Potato	5
Cheddar Whipped Potato	136	Yogurt Parfait	75	Parsley Garnish		Whipped Potatoes		Broccoli	32
Tomato Veggie Soup	220	Whole Wheat Bread	138	Roasted Cauliflower	32	Stuffing		Fresh Fruit	2
Chilled Peaches	5			Garden Salad w/House Vinn	62	Butternut Squash		Snack & Loaf	160
Whole Wheat Roll	127			Applesauce	14	Pumpkin Pie			
				Oatmeal Bread	130	Dinner Roll			
Cal: 772 / Na: 1071		Cal: 633 / Na: 823		Cal: 731 / Na: 877		Cal: / Na:		Cal: 880 / Na: 905	
25 Sweet & Sour-Chicken Meatball	415	26 Yankee Pot Roast w/ Gravy	40 56	27 Pulled Pork	292	28		29 American Chop Suey	316
Fried Rice	116	Golden Mashed Potatoes	109	w/ BBQ Sauce	169	NO SERVICE		Garlic Kale & Spinach	47
Cabbage & Carrots	187	Cream of Carrot Soup	123	Roasted Sweet Potato	43	HAPPY THANKSGIVING		Caesar Salad w/ dressing	322
Yogurt Parfait	75	DB Angel Food Cake	162	Corn				Fresh Fruit	2
Multigrain Bread	138	Dinner Roll	162	Cantaloupe	7			Whole Wheat Bread	138
				Hamburger Roll	248				
Cal: 769 / Na: 1086		Cal: 790 / Na: 862		Cal: 909 / Na: 916		Cal: / Na:		Cal: 863 / Na: 980	

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