

SENIORCARE CONGREGATE MEALS - OCTOBER 2018 (To Cancel Please Call 978-281-1750)

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 Boneless Chicken 320 Tangy Cranberry 4 (Frz Sliced Berry) Sauce Rstd Sweet Potato 104 Brussels Sprouts 12 Chocolate Pudding / DB Vanilla 190 Whole Wheat Bread 138 Cal:666 / Na:940	2 Meatloaf 314 Gravy 56 Cheddar Whipped Potato 136 Peas 68 Fresh Fruit 1 Whole Wheat Roll 127 Cal:739 / Na:876	3 **Hot dog* 540 Mustard/Relish 55/81 Baked Beans 206 Coleslaw 167 Mandarin Oranges 10 Hot Dog Roll 210 Cal:746 / Na:1271*	4 Lasagna 290 Marinara 194 Parsley Garnish Roasted Zucchini 10 Vegetable Soup 129 Pinneapple 1 Oatmeal Bread 142 Cal:542 / Na:792	5 Baked Fish 270 Tartar Sauce 85 Red Bliss Potato 81 Green Beans & Red Pepper 61 <small>SC #2 : Balsamic Glazed Chicken</small> 462 Berry Crisp / DB Crisp 10 Hamburger Bun 248 Cal:#1 792/Na 793 #2Cal:696 Na:900
8 NO SERVICE Cal: / Na:	9 Yankee Pot Roast 112 Gravy 56 Butternut Squash 20 Golden Mashed Potatoes 109 Banana Tea Cake 162 DB Angel food Cake Whole Wheat Bread 138 Cal:746 / Na:751	10 Pulled Pork 292 w/ BBQ Sauce Roasted Sweet Potato 104 Corn 1 Cantaloupe 7 Hamburger Roll 248 Cal:911 / Na:808	11 Chicken Pot Pie 570 Gravy + puff pastry square Peas & Carrots in Pot Pie Parslied Steamed Potato 5 Yogurt & Juice (NO MILK) 90 Snack & Loaf 160 Cal:845 / Na:980	12 American Chop Suey 406 Rstd Cauliflower 32 Garden Salad w/House Vinn 68 Fresh Fruit 2 Whole Wheat Bread 138 Cal:733 / Na:642
15 Sweet & Sour Pork 254 Fried Rice 116 Cabbage & Carrots 187 Fruit 5 Rye Bread 171 Cal:719 / Na:888	16 Baked Haddock 220 Lemon Wedge Buttered Bliss Potato 5 <small>SC #2 : Meatloaf w/ Gravy</small> 370 Tomato Soup 148 Jell-O 64 Oatmeal Bread 142 Cal:#1629 Na790 #2Cal 700 Na 940	17 Oven Fried Chicken 700 Mac & Cheese 142 Southern Greens 86 Mandarin Oranges 10 Hearty White Bread 121 Cal:815 / Na:1215**	18 Salisbury Steak 403 Gravy 56 Mashed Potatoes 109 Mixed Vegetables 24 Raisins 4 WW Dinner Roll 127 Cal:681 / Na:878	19 **Stuffed Peppers 175 Rustic Tomato Sauce 194 Au Gratin Potato 142 Mushroom Soup 215 Apple Spice Cake 273 DB Angel Food Scali Bread 97 Cal:914 / Na:1307**
22 Chicken Swedish Meatballs 243 Mashed Potato 109 Beets 83 Fresh Fruit 1 Oatmeal Bread 142 Cal:639 / Na:736	23 Spinach Egg & Cheese Bake 428 Crum Top Tomatoes 166 Kale & White Bean Soup 14 Yogurt & Juice (NO MILK) 75 Hearty Wheat Bread 138 Cal:917 / Na:1033	24 Turkey/Gravy 480 Cranberry Sauce 4 Whipped Potato 109 Peas 58 Applesauce Cups 14 Multigrain Bread 130 Cal:625 / Na:950	25 October Autumn Fest Cider Braised Pork 131 RSTD Parnips & Red Carrots 65 Wild rice blend 148 Pumpkin Pie 354 DB Butterscotch pudding Sourdough Roll 127 Cal:843 / Na:979	26 Chicken Tenders 81 w/Honey Mustard 89 Sweet Potato Fries 187 Green Beans 2 Cantaloupe 7 Snack & Loaf 160 Cal:690 / Na:681
29 Beef Stew 117 Peas/Carrots Mashed Potatoes 109 Chocolate Mousse 135 Corn Bread 236 Cal:864 / Na:751	30 Stuffed Shells 390 Marinara Sauce 194 Broccoli 32 Caesar Salad 392 Strawberry Cups 0 Vienna Bread 97 Cal:657 / Na:1190	31 Shepherd's Pie 201 w/Peas & Corn Carrots Halloween Baked Goods 273 DB Choco Chip Whole Wheat Roll 105 Cal:647 / Na:777	1 Ribecue 340 Honey Golden BBQ sauce 295 1/2 Baked Sweet Potato 22 Cauliflower Cheddar Soup 103 Chilled Fruit 8 Hearty Wheat Bread 138 Cal:806 / Na:1139	2 Chicken Lemon Picatta 181 Parslied Rice 4 Roasted Tomatoes 32 Fresh Fruit 2 Multigrain Bread 130 Cal:682 / Na:504

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.