

SENIORCARE CONGREGATE MEALS - SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
2 NO SERVICE Labor Day!	3 Stuffed Shells 390 Marinara Sauce 194 Roasted Cauliflower 32 Garden Salad w/ dressing 64 Applesauce 14 Vienna Bread 97	4 Steak-over 54 Mixed Green Salad 2 tomatoes & cucumbers 4 Dressing 250 Corn Chowder 159 Coconut Cake 227 Wheat Bread 138	5 Teriyaki Chicken-Meatballs 556 Jasmine Rice 4 Mandarin Veggie Blend 15 Chilled Pineapple 1 Snack n Loaf 160 160	6 Lemon Citrus-Chicken w/ Herbs 350 Whipped red potatoes 101 Zucchini 10 Jell-O 64 WW Dinner Roll 127
Cal: / Na:	Cal: 842 / Na: 1065	Cal: 907 / Na: 1094	Cal: 748 / Na: 891	Cal: 579 / Na: 807
9 Pasta 5 w/ Meat Sauce 90 Garlic Spinach 112 Caesar Salad w Dressing 322 Honey Dew 15 Oatmeal Bread 142	10 Turkey w/ Gravy 487 Cranberry Sauce 4 Whipped Potato 109 Peas 68 Vanilla Pudding DB Choc Pudding 170 WW Dinner Roll 127	11 Beef & Cheese Sub 365 Sweet Potato Fries 170 Summer Squash 11 Mandarin Oranges 10 Sub Roll 248	12 Hawaiian Luau Hawaiian BBQ Chicken Island Fried Rice Tropical Slaw Luau Cake DB Banana Pudding Hawaiian Sweet Roll	13 Egg Salad-Lettuce Leaf 310 Sweet Potato Salad 220 Confetti Coleslaw 167 Chilled Pears 5 Hearty Wheat Bread 138
Cal: 851 / Na: 877	Cal: 688 / Na: 1120	Cal: 641 / Na: 804	Cal: / Na:	Cal: 827 / Na: 758
16 Swedish (Chicken) Meatballs w/ gravy 243 Whipped Potato 109 Spinach salad w/ Dressing 62 Brownie 175 Muligrain Bread 130	17 Tarragon Chicken-Salad 350 Ditalini Pea Salad 160 Tomato & Cucumber Salad 4 Cantaloupe 7 Hot Dog Roll 210	18 Vegetable Pinwheel 470 Marinara Sauce 194 Kale & White Bean Soup 14 Fresh Fruit 2 Oatmeal Bread 130	19 Hamburger w/ ketchup 290 Sweet Potato Wedges 82 Summer Squash Blend 187 Yogurt & Juice 11 WW Hamburger Bun 90 254	20 *BBQ Chicken - Drumsticks* 1069 Red Bliss Potatoes 5 Garlic Spinach & Kale 113 Applesauce 14 Corn Bread 236
Cal: 933 / Na: 875	Cal: 795 / Na: 727	Cal: 765 / Na: 1022	Cal: 842 / Na: 986	Cal: 769 / Na: 1587*
23 Orange Bourbon-Chicken 325 Green Beans 103 Broccoli Cheddar Soup Jell-O 64 Multigrain Bread 130	24 Beef steak w/ cheese 456 Onions & Peppers 43 Brown Rice 100 Green Salad w/dressing 62 Fresh Fruit 2 Dinner roll 142	25 Tuna Salad-Sandwich 417 Pasta Salad 24 Tomato & Chic Pea Salad 71 Cantaloupe 7 Wheat Bread (2) 276	26 Beef Stew w/ Peas & Carrots 117 Cheddar Potatoes 136 Sugar Cookie/ DB Lemon Cake 123 Biscuit 330	27 Chicken Cordon Blu w/ Supreme Sauce 342 Wild Rice Blend 148 Brussels Sprouts 12 Chilled Peaches 4 White Bread 127
Cal: 631 / Na: 839	Cal: 1058 / Na: 981	Cal: 782 / Na: 949	Cal: 904 / Na: 862	Cal: 539 / Na: 782
30 Carolina Pulled Pork w/ Mustard BBQ Sauce 307 Red Bliss Potatoes 5 Carrots 65 Yogurt & Juice 90 Burger roll 248	1 Chicken w/ Lemon Picatta Sauce 406 Pasta 3 Tossed Salad w/ dressing 5 Chilled Peaches 5 WW Dinner Roll 127	2 Meatloaf w/Gravy 370 Whipped Potato 109 Tomato Veggie Soup 129 Chocolate Cake/ DB Angel Food 159 Oatmeal Bread 142	3 Turkey Cranberry-Salad 310 Beet Salad 95 Potato Salad (ving) 53 Honey Dew 15 WW Pita bread (1/2) 170	4 Beef & Broccoli 337 Fried Rice 116 Asian Veggie Blend 15 Chilled Pineapple 1 Snack n Loaf 160
Cal: 628 / Na: 914	Cal: 827 / Na: 758	Cal: 895 / Na: 1120	Cal: 572 / Na: 799	Cal: 1078 / Na: 784

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: 125 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