


SENIORCARE CONGREGATE MEALS - SEPTEMBER 2017

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
28 Chicken Mirabella	284	29 Meatloaf w/ Gravy	370	30 *Hot Dog**	540	31 Chef Salad		1 Potato Fish	300
Ditalini	20	Cauliflower	32	Mustard & Relish	81	w/ Turkey, Egg, & Cheese		Tartar Sauce	97
Spinach	149	Whipped Sweet Potato	70	Coleslaw	65	Garden Salad w/ Carrots, Cuke, Tomato	187	Vegetable soup	20
Mandarin Oranges	10	Chocolate Pudding / DB Vanilla	190	Baked Beans	206	Dressing	60	Whipped Potatoes	107
Wheat Bread	115	Multi Grain Bread	130	Cantaloupe	7	Butternut Squash Salad	187	Fresh Parsley Garnish	
				Hot Dog Roll	270	Blondie / DB Brownie	212	chilled peaches	5
						Oatmeal Bread	130	Snack & Loaf	160
Cal: 1050 / Na: 775		Cal: 811 / Na:930		Cal:754 / Na:1434		Cal: 1180 / Na: 736		Cal:(1)912 (2)831/ Na:(1)1083(2)944	
4		5 Stuffed Shells	390	6 Tarragon Chicken Salad	192	7 Roast Beef	28	8 Lemon Citrus Chicken w/ herbs	116
		Marinara Sauce	198	Lettuce Leaf		Mushroom Gravy	72	Garden Peas	68
		Broccoli	32	Pasta Salad	215	Roasted Brussel Sprouts w/Garlic	12	Roasted Sweet potatoes	187
		Garden Salad	8	Tomato soup	148	Cheddar Whip Potatoes	136	Mandarin Oranges	10
		Ranch Dressing	160	Yogurt & Juice (NO MILK)	90	Fresh parsley Garnish		Wheat Roll	210
		Chocolate Cake / DB Angel Food Cake	159	Wheat Hot dog Roll	132	Strawberry Mousse	24		
		Vienna Bread	230			Rye Bread	227		
Cal: / Na:		Cal: 755 / Na:1285		Cal: 719 / Na:941		Cal:596 / Na:636		Cal:717/ Na:728	
11 #1 Breaded Pollock	220	12 Turkey w/Gravy	487	13 Tuna Salad	417	14 Meatball Sub	190	15 Chx Fajita w/pepper & onion	55
Tartar Sauce	97	Cranberry Sauce	8	Lettuce Leaf		Marinara Sauce	194	Spanish Rice	13
Cauliflower,Corn & Red Pepper	24	Mashed Potatoes	107	3 -Bean Salad	221	Broccoli	32	Black Bean & Corn Salad	71
butternut soup	38	Carrots	65	Veg. Pasta Salad	24	Potato Wedges	200	Fresh cilantro Garnish	
SC: #2 Broccoli & cheddar Quiche	325	Applesauce	14	Peach Cobbler/ DB Baked Peaches	29	Parmesean Pkts	108	Flan Style Pudding	170
Mixed Fruit	10	Multi Grain	130	Wheat Bread	115	Fresh Fruit	2	Whole Grain Tortilla	220
Snack & Loaf Bread	170					Wheat Sub Roll	320	0	
Cal:(1)844(2)861/Na:(1)753(2)761		Cal:665 / Na:748		Cal:821 / Na:942		Cal:738 / Na:1154		Cal: 697 / Na:666	
18 Hamburger	320	19 Chicken Pot Pie	135	20 #1 Baked Haddock	220	21 LITTLE ITALY		22 Sweet & Sour Pork	311
Garlic Spinach	181	Peas & Carrots	135	Lemon Wedge Rice Pilaf	93	Chicken Parmesan	232	Carrots	65
Kale & white bean Soup	14	Red Bliss Potatoes w/ Parsley	5	Garden salad	2	Marinara Sauce	194	Fried Rice w/ Garlic, Ginger, Soy sauce,	
Orange		Chilled Fruit	10	Ranch Dressing	160	Fettucini Noodles	11	Peas, Scallions, & Scrambled Egg	125
Hamburger Bun	248	Whole Wheat Roll	105	SC: #2 Rib-Q	410	Zucchini & Summer Squash	11	Chilled Pineapple	1
Ketchup	80			Yogurt & Juice (NO MILK)	90	Tiramisu / DB Angel Food Cake	260	Multigrain Bread	130
0				Oatmeal Bread	130	Garlic Bread	230		
Cal: 708 / Na:1023		Cal:529 / Na:392		Cal:(1)674(2)641 / Na:(1)747(2)937		Cal: 859 / Na:1092		Cal:766 / Na:770	
25 BBQ Pulled Pork	292	26 *Teriyaki Chicken Meatball	536	27 Steak over	64	28 Orange Bourbon Chicken	329	29 American Chop Suey	316
Green Beans	5	Asian Veggie Blend	25	Mixed Greens(w/ Tom, Cuke)	2	Whipped Potatoes	107	Kale	47
Potato Wedges	200	Jasmine Rice	4	French Dressing	250	Green Beans	5	Ceasar Salad	2
Chilled Pineapple	1	Chilled Mandarin	7	Mushroom Barley Soup	93	Jello	64	Ceasar Dressing	320
WW Burger Bun	320	Blueberry Snack & Loaf	160	Raisins	4	Whole Wheat Roll	105	Oatmeal Raisin Cookie / DB Choco Chip	124
				Wheat Bread	115			Twisted Bread Stick	230
Cal:946 / Na:956		Cal: 715 / Na:869		Cal: 786 / Na:721		Cal: 571 / Na:747		Cal: 1020 / Na:1176	

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.