


SENIORCARE CONGREGATE MEALS - APRIL 2018

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
2 Beef Stew 117	3 Chicken (Lemon Thyme) 116	4 Sweet & Sour Chix Meatballs 395	5 *Hot Dog** 540	6 Stuffed Shells 390	Mashed Potatoes 107	Garden Salad/Dressing 60	Fried Rice 116	Mustard/Relish 136	Marinara Sauce 194
Chocolate Mousse 135	Rst. Potatoes 121	Mandarin Veggie Blend	Baked Beans 206	Roasted Cauliflower 32	Biscuit 330	Fruit Crisp / DB Baked Dinner Roll 10 127	Carrots 65	Minestrone Soup 216	Cantaloupe 1
		Oatmeal Bread 142	Hot Dog Rolls 210	Hearty Wheat Bread 122					
Cal: 840 / Na: 862	Cal: 837 / Na: 603	Cal:767 / Na:829	Cal:846 / Na:1271**	Cal: 576 / Na:1163					
9 Beef Shephard's pie w/ Mashed Potato 201 107	10 Chicken Marsala w/ Fresh Mushrooms 320 59	11 American Chop Suey 316	12 *Chicken Pot Pie w/ Peas & Carrots 570	13 Baked Fish or Garlic chicken 270 130	Corn, Peas	Roasted Carrots 43	Red Bliss Potatoes 5	Mac & Cheese 142	Tomato Soup 148
Rst. Butternut Squash 20	Rice 4	Caesar Salad w/ dressing 322	Yogurt & Juice 75	Mac & Cheese 142	Chocolate Cake 159	Mandarin Oranges 10	Dinner Roll 162	Tomato Soup 148	Cantaloupe 1
DB Angel Food Cake	Oatmeal Bread 142	Chilled Fruit 6		Whole Wheat Bread 138	Whole Wheat Bread 138			Whole Wheat Bread 138	
Cal: 744 / Na: 642	Cal: 631 / Na:731	Cal: 912 / Na:990	Cal: 752 / Na:967	1#Cal 724Na:1032 #2Cal:523/Na:998					
16 PATRIOT'S DAY NO SERVICE	17 Spaghetti & Chicken Meatballs 230	18 Honey Rosemary Pork Rst. Sweet Potato Mushroom Soup 73 104 215	19 SPRING CELEBRATION	20 Broccoli & Cheese Egg bake 436		Coconut Cake & DB Angel Food Cake 277	Seafood Bake (Fish, Scollop, Shrimp)	Red Bliss Potatoes 5	Maple Glazed Comm Carrots 124
	Marinara Sauce 194	Multigrain Bread 130	Paella Style Rice w/ Peas & turmeric	Maple Glazed Comm Carrots 124			Zucchini & Summer Squash Blend	Mandarin Oranges 10	Oatmeal Bread 142
	Roasted Cauliflower 32		Strawberry Mousse & Whipped Topping				Pull Apart Roll		
	Apple Sauce 14								
	Scali Bread 129								
Cal: / Na:	Cal: 696 / Na:754	Cal: 809 / Na:1019		Cal: 829 / Na:871					
23 Stuffed Pepper 175	24 BBQ Chicken 328	25 Baked Haddock Lemon Wedge 220	26 Roasted Turkey w/ Gravy Cranberry Sauce 418 8	27 Salisbury Steak w/ Gravy 403	Rustic Tomato Sauce 33	Rice Pilaf 93	Peas 68	Sweet Potatoes 70	
Au Gratin Potatoes 142	Baked Potato 9	Broccoli & Cheddar Soup 183	Whipped Potatoes 107	Corn & Red Pepper Mix 5	Barley & Veggie Soup	SC#2 Balsamic Glazed 374	Fruit Crisp/DB Baked 10	Jello 64	
Raisins 4	Sour Cream 13	Chilled Pineapple 1	Whole Wheat Roll 105	Whole Wheat Bread 138	Mandarin Oranges 10	Multigrain Bread 130	Whole Wheat Roll 105		
Snack & Loaf 160	Mandarin Oranges 10				Corn Bread 236				
Cal: 984 / Na: 818	Cal: 710 / Na:756	#1 Cal:715/Na: 846 #2 cal *893/Na *962	Cal:661 / Na:922	Cal:705 / Na:864					
30 Lasagna 256	1 Cranberry Orange 411	2 *Hot Dog ** 540	3 Pot Roast 112	4 Breaded Fish or Pulled Pork 300	Marinara Sauce 194	Mustard/ Relish 136	Gravy 56	Whipped Sweet Potato 70	
Peas	Glazed Chix	Baked Beans 206	Mashed Potatoes 109	Whipped Sweet Potato 70	Caesar Salad w/ Dressing 324	Baked Beans 206	Mashed Potatoes 109	Corn Chowder 159	
Cantaloupe 7	Rice Pilaf 93	Carrots 65	Green Beans 2	Oatmeal Raisin Cookie 124	Whole Wheat Roll 105	Carrots 65	Green Beans 2	DB Choco Chip 124	
	Brussel Sprouts	Mandarin Oranges 10	Chocolate Pudding	Rye Bread 171		Mandarin Oranges 10	Chocolate Pudding		
	Fruits 10	Hot Dog Roll 270	DB Vanilla			Hot Dog Roll 270	DB Vanilla		
	Oatmeal Bread 142		Dinner Roll 162				Dinner Roll 162		
Cal: 619 / Na: 1166	Cal: 632 / Na: 816	Cal:746 / Na:1271**	Cal:652 / Na:786	#1Cal:1037 /Na:1249* #2Cal: 1079/Na:1068					

Menu Subject to Change Without Notice

Sodium(Na) values listed in Parentheses. Sodium in milk (125mg), Margarine (30 mg), Tartar Sauce (85) & Crackers (56 mg). Tartar Sauce (85mg)

*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.