

# SENIORCARE HOME DELIVERED MEALS - APRIL 2018

| MONDAY                                                                                                                                                                                                           | TUESDAY                                                                                                                                                                 | WEDNESDAY                                                                                                                                                                                | THURSDAY                                                                                                                                                                                                                          | FRIDAY                                                                                                                                                                           |
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| <b>2 Beef Stew</b> 117<br><b>Peas &amp; Carrots</b><br>Mash Potatoes 107<br>Chocolate Mousse 135<br>Biscuit 330<br><br>Cal: 840/ Na:862                                                                          | <b>3 Lemon Thyme</b> 116<br><b>Chicken</b><br>Corn & Red Peppers 5<br>Rst. Potatoes 121<br>Fruit Crisp / DB Baked 10<br>Dinner Roll 127<br><br>Cal: 714 / Na:533        | <b>4 Sweet &amp; Sour</b> 415<br><b>Chix Meatballs</b><br>Fried Rice 116<br>Mandarin Veggie Blend<br>Pineapple 1<br>Oatmeal Bread 142<br><br>Cal: 767 / Na: 829                          | <b>5 Red Sox Opening Day</b><br><b>*Hot Dog**</b> 540<br><b>Mustard &amp; Relish</b><br>Carrots 65<br>Baked Beans 206<br>Mandarin Oranges 10<br>Hot dog Roll 210<br><br>Cal:746 / Na:*1271                                        | <b>6 Stuffed Shells</b> 390<br>Marinara Sauce 194<br>Roasted Cauliflower 32<br>Cantaloupe 7<br>Hearty Wheat Bread 122<br><br>Cal: 503 / Na: 916                                  |
| <b>9 Beef Shephard's pie</b> 201<br><b>w/ Mashed Potato</b> 107<br><b>Corn, Peas</b><br>Rst. Butternut Squash 20<br>Chocolate Cake & 159<br>DB Angel food Cake<br>Whole Wheat Bread 138<br><br>Cal: 744 / Na:672 | <b>10 Chicken Marsala</b> 379<br><b>w/ Fresh Mushrooms</b><br>Roasted Carrots 43<br>Rice 4<br>Mandarin Oranges 10<br>Oatmeal Bread 142<br><br>Cal:633 / Na:731          | <b>11 American Chop Suey</b> 316<br><b>Marinara Sauce</b> 194<br>Broccoli 32<br>Chilled Fruit 6<br>Snack & Loaf 160<br><br>Cal: 853 / Na: 862                                            | <b>12 *Chicken Pot Pie</b> 570<br><b>w/ Peas &amp; Carrots</b><br>Red bliss Potatoes 5<br>Yogurt & Juice 75<br>Dinner Roll 162<br><br>Cal: 752 / Na: 967                                                                          | <b>13 Breaded Fish</b> 270<br>Mac & Cheese 142<br>Mixed Vegetables 24<br>Cantaloupe 7<br>Whole Wheat Bread 138<br><br>Cal: 662 / Na: 767                                         |
| <b>16 Patriot's Day</b><br><br><br>Cal: / Na:                                                                                   | <b>17 Spaghetti &amp;</b> 230<br><b>Chicken Meatballs</b><br>Marinara Sauce 194<br>Roasted Cauliflower 32<br>Apple Sauce 14<br>Scali Bread 129<br><br>Cal: 696 / Na:754 | <b>18 Honey Rosemary Pork</b> 73<br><b>Rst. Sweet Potato</b> 104<br>Green Beans /red peppers 6<br>Coconut Cake 277<br>DB Angel Food Cake 130<br>Multigrain Bread<br><br>Cal:781 / Na:753 | <b>19 SPRING CELEBRATION</b><br>Wild Rice Barber Stuffed Chicken<br>Paella Style Rice w/ Peas & turmeric<br>Zucchini & Summer Squash Blend<br>Strawberry Mousse<br>& Whipped Topping<br>Pull Apart Roll<br><br>Cal: 598 / Na: 926 | <b>20 Broccoli &amp;</b> 436<br><b>Cheese Egg Bake</b><br>Red Bliss Potatoes 5<br>Maple Glazed Carrots 124<br>Mandarin Oranges 10<br>Oatmeal Bread 142<br><br>Cal: 829 / Na: 871 |
| <b>23 Stuffed Pepper</b> 175<br>Rustic Tomato Sauce 33<br>Au Gratin Potatoes 142<br>Raisins 4<br>Snack & Loaf 160<br><br>Cal: 847 / Na:667                                                                       | <b>24 BBQ Chicken</b> 328<br>Green Beans 5<br>Baked Potato 9<br>Sour Cream 13<br>Mandarin Oranges 10<br>Corn Bread 236<br><br>Cal: 710 / Na:756                         | <b>25 Baked Haddock</b> 220<br>Lemon Wedge<br>Rice Pilaf 93<br>PEI Blend 10<br>Chilled Pineapple 1<br>Multigrain Bread 130<br><br>Cal: 668 / Na:629                                      | <b>26 Roasted Turkey w/</b> 449<br><b>Gravy &amp; Cranberry Sauce</b><br>Peas 68<br>Whipped Potatoes 107<br>Fruit Crisp / DB Baked 10<br>Whole Wheat Roll 105<br><br>Cal: 729 / Na:926                                            | <b>27 Salisbury Steak w/</b> 403<br><b>Gravy</b><br>Sweet Potatoes 70<br>Corn & Red Pepper Mix 5<br>Jell-O 64<br>Whole Wheat Bread 138<br><br>Cal: 705 / Na:864                  |
| <b>30 Lasagna</b> 256<br>Marinara Sauce 194<br>Peas 68<br>Cantaloupe 7<br>Whole Wheat Roll 105<br><br>Cal: 520 / Na:841                                                                                          | <b>1 Cranberry Orange</b> 596<br><b>Glazed Chix</b><br>Rice Pilaf 93<br>Brussel Sprouts<br>Fruit 10<br>Oatmeal Bread 142<br><br>Cal: 632 / Na: 816                      | <b>2 *Hot Dog**</b> 540<br>Mustard/ Relish 136<br>Baked Beans 206<br>Carrots 65<br>Mandarin Oranges 10<br>Hot Dog Roll 270<br><br>Cal:746 / Na: 1271**                                   | <b>3 Pot Roast</b> 112<br>Gravy 56<br>Mashed Potatoes 109<br>Green Beans 2<br>Chocolate Pudding<br>DB Vanilla<br>Dinner Roll 162<br><br>Cal: 652 / Na: 786                                                                        | <b>4 Breaded Fish</b> 300<br>Whipped Sweet Potato 97<br>Mixed Vegetables 70<br>Oatmeal Cookie 124<br>DB choco Chip<br>Rye Bread 171<br><br>Cal: 909 / Na: 928                    |

Menu Subject to Change Without Notice

Sodium(Na) values listed in Parentheses. Sodium in milk (125 mg), Margarine (30 mg), & 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.