

SENIORCARE CONGREGATE MEALS - AUGUST 2018

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
30 Meatball Sub 210 w/Marinara Sauce 194 Sweet Potato Fries 170 Spinach 112 Peach Cobbler 20 DB Baked Peaches WW Sub Roll 165 Cal: 693 / Na: 967	31 Turkey w/Gravy 456 Cranberry Sauce 4 Whipped Potato 109 Carrots 65 Chilled Pears 5 Snack n Loaf 160 Cal: 690 / Na: 984	1 Egg Salad** 320 Lettuce Leaf Potato Salad 311 Tomato Florentine Soup 148 Honeydew 14 Hot Dog Roll 210 Cal: 603 / Na: 1206**	2 Chicken Fajita 55 w/Pepper & Onion 2 Corn 1 Seasoned Black Beans 293 Flan Style Pudding 170 DB Choc Pudding Whole Grain Tortilla 6" 220 Cal: 666 / Na: 729	3 Cold Turkey Gobbler Sandwich Turkey 319 Cranberry Sauce 8 Broccoli Slaw 117 Stuffing 212 Raisins 4 Multigrain Bread 276 Cal: 794 / Na: 1091
6 Hamburger 320 w/Ketchup 80 Roasted Potato 121 Peas 58 Yogurt & Juice 80 WW Hamburger Bun 254 Cal: 864 / Na: 1067	7 Tarragon 192 Chicken Salad Lettuce Leaf Quinoa Tabouleh Salad 231 Coleslaw 167 Cantaloupe 7 Hot Dog Roll 210 Cal: 629 / Na: 962	8 Baked Haddock 296 Lemon Wedge Whipped Potato 109 Garden Salad w/Ranch 322 Salsbury Steak** 403 Lemon Square 255 Multigrain Bread 130 #1Cal: 682 / Na 1267 #2Cal: 796 / Na 1430	9 Lasagna 290 Marinara Sauce 194 Garlic zucchini 15 Kale & white Bean Soup 14 Fresh Seasonal Fruit 2 Oatmeal Bread 130 Cal: 707 / Na: 856	10 Polynesian Pinneapple Chicken 105 Fried Rice 116 Carrots 65 Chilled Pinneapple 1 Snack n Loaf 160 Cal: 826 / Na: 528
13 Beef Stew 117 w/Peas & Carrots Whipped Potatoes 109 Brownie 175 DB Choc Chip Cookie White Bread 121 Cal: 833 / Na: 677	14 Teriyaki Chicken Meatballs 499 Jasmine Rice 4 Mandarin Veggie Blend 10 Mandarin Oranges 10 Snack n Loaf 160 Cal: 756 / Na: 838	15 American Chop Suey 316 Onions & Peppers Spinach 113 Mixed green Salad 2 Vinaigrette Dressing 60 Raisins 4 WW Dinner Roll 210 Cal: 998 / Na: 860	16 Sandwich: Roast Beef 64 Mustard & Lettuce 55 Coleslaw 167 Pasta Salad 215 Burger Roll 254 Lobster Roll Special NA Watermelon 1 #1Cal: 856 / Na: 910	17 Orange Bourbon Chicken 329 Whipped Potatoes 109 Peas 58 Jell-O 64 WW Roll 105 Cal: 511 / Na: 705
20 Sweet & Sour Pork 377 over Jasmine Rice 4 Cabbage & Carrots 187 w/ Sesame Oil Yogurt & Juice 80 Hearty Wheat Bread 138 Cal: 912 / Na: 942	21 BBQ Chicken 264 Potato Salad 311 Southern-Style Greens 86 Oatmeal Raisin Cookie 90 DB Choc Biscuit 330 Cal: 649 / Na: 1082	*Hot Dog** 540 Mustard/Relish 55 Baked Beans 206 Coleslaw 43 Mandarin Oranges 10 Hot Dog Roll 210 Cal: 796 / Na: 1271**	23 Beef Taco Salad 134 w/ lettuce, diced tomato 4 Cheddar Cheese 190 Black bean salad 293 Honey Dew melon 15 WG 6" Tortilla 220 Cal: 713 / Na: 981	24 Chicken w/Lemon 324 Piccatta Sauce 86 Pasta 3 Tossed Salad 4 French Dressing 250 Chilled Peaches 5 Wheat Bread 138 Cal: 665 / Na: 743
27 Baked Potato Fish or 300 Calypso Sauce 10 Sweet Potato Hash 304 Summer Squash 11 Chicken fingers 81 Choclate Pudding / DB Vanilla 190 Oatmeal Bread 142 #1Cal: 868 Na1002 #2Cal: 677 Na 882	28 Rib-Q 340 w/ BBQ Sauce 169 Whipped Potato 109 Peas & Carrots 51 Cantaloupe 7 Corn Bread 236 Cal: 681 / Na: 1067	29 Chef Salad 187 Turkey, Egg, Cheese Veg Minestrone Soup 220 Dressing 60 Fresh Fruit 1 White Bread 122 Cal: 749 / Na: 802	30 Chicken Scampi 324 Tomatoes & Olives 187 over noodles 3 Spinach Salad 3 Dressing 60 Mandarin Orange 10 Wheat Bread 138 Cal: 885 / Na: 964	31 Meatloaf w/Gravy 370 Whipped Potato 109 Peas 58 Lemon Cake 255 DB Angel Food Multigrain Bread 138 Cal: 823 / Na: 1077

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.