

SENIORCARE HOME DELIVERED MEALS - AUGUST 2018 (TO CANCEL CALL 978-281-1750)

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
30 Meatball Sub	210	31 Turkey w/ Gravy	456	1 Egg Salad	310	2 Chicken Fajita	55	3 Cold Turkey Gobbler Sandwich	
w/Marinara Sauce	194	Cranberry Sauce	4	Lettuce Leaf		w/Pepper & Onion, Corn	2	Turkey	319
Sweet Potato Fries	170	Whipped Potato	109	Potato Salad	311	Corn	1	Cranberry Sauce	8
Garlic Spinach	112	Carrots	65	Tomato & Cuke Salad	4	Black Beans	293	Stuffing	212
Peach Cobbler	20	Chilled Pears	5	Honeydew	15	Flan Style Pudding/	170	Broccoli Slaw	117
DB Baked Peaches		Snack n Loaf	160	Hot Dog Roll	210	DB Choc Pudding		Raisins	4
WW Sub Roll	165					Whole Grain Tortilla 6"	220	Multigrain Bread (2)	276
Cal: 693 / Na:967		Cal: 690 / Na:		Cal: 769/Na:1006		Cal: 666 / Na:729		Cal: 681 / Na:1086	
6 Hamburger	320	7 Tarragon Chicken Salad	192	8 Baked Haddock	296	9 Lasagna	290	10 Polynesian	95
w/Ketchup	80	Lettuce Leaf		Lemon Wedge		Marinara Sauce	194	Pineapple Chicken	10
Roasted Potato	121	Quinoa Tabouleh Salad	231	Whipped Potato	109	Garlic zucchini	10	Fried Rice	116
Peas	58	Coleslaw	167	Roasted Butternut Squash	20	Fresh Seasonal Fruit	1	Carrots	65
Yogurt & Juice	80	Cantaloupe	7	Lemon Square	255	Oatmeal Bread	142	Chilled Pinneapple	1
WW Hamburger Bun	254	Hot Dog Roll	210	DB Grahams				Snack n Loaf	160
				Multigrain Bread	138				
Cal: 864 / Na:1067		Cal: 629 / Na:962		Cal: 669 / Na:972		Cal: 540 / Na:792		Cal: 812 / Na: 601	
13 Beef Stew	117	14 Teriyaki		15 American Chop Suey	316	16 Roast Beef	64	17 Orange Sauce	15
w/Peas & Carrots		Chicken Meatballs	499	w/ Onions & Peppers		Mustard & Lettuce	55	Chicken	324
Whipped Potatoes	109	Jasmine Rice	4	Spinach	113	coleslaw	167	Whipped Potatoes	109
Brownie	175	Mandarin Veggie Blend	10	Raisins	4	Pasta Salad	215	Peas	58
DB Choc Chip Cookie		Chilled Mandarin Oranges	10	WW Dinner Roll	210	Watermelon	1	64	
White Bread	121	Snack n Loaf	160			Burger Roll	254	WW Roll	105
Cal: 833 / Na: 677		Cal: 756 / Na: 838		Cal: 800 / Na:798		Cal: 710 / Na: 656		Cal: 498 / Na: 695	
20 Sweet & Sour Pork	377	21 BBQ Chicken	264	22 * Hot Dog**	540	23 Beef Taco Salad	134	24 Chicken w/	324
over Jasmine Rice	4	Rstd. Red Bliss Potatoes	121	Mustard/Relish	55	w/ lettuce, diced tomato	4	Lemon Picatta Sauce	86
Cabbage & Carrots	187	Southern-Style Greens	86	Baked Beans	206	Cheddar Cheese	190	Pasta	3
w/Sesame Oil		Oatmeal Raisin Cookie	90	Carrots	65	Black bean salad	293	Broccoli	32
Yogurt & Juice	80	DB Choc		Mandarin Oranges	10	Honey Dew Melon	15	Chilled Peaches	5
Hearty Wheat Bread	138	Biscuit	330	Hot Dog Roll	210	WG 6" Tortilla	220	Wheat Bread	138
Cal: 912 / Na: 942		Cal: 771 / Na: 1046		Cal: 761 / Na:1292**		Cal: 713 / Na: 981		Cal: 665 / Na:743	
27 Baked Potato Fish	300	28 Rib-Q	340	29 Chef Salad	187	30 Chicken	324	31 Meatloaf w/ Gravy	370
Calypso Sauce	10	W/ BBQ Sauce	169	Turkey, Egg, Cheese		Scampi Sauce	187	Whipped Potato	109
Sweet Potato Hash	304	Whipped Potato	109	Orzo Salad w/red pepper	52	over noodles	3	Peas	58
Summer Squash	11	Peas & Carrots	51			Green Beans	2	Lemon Cake	255
Chcolate Pudding	190	Cantaloupe	7	Dressing	60	Mandarin Orange	10	DB Angel Food	130
DB Vanilla Pudding		Corn Bread	236	Fresh Fruit	1	Wheat Bread			
Oatmeal Bread	142			Hearty White Bread	122				
Cal:862 / Na:1112		Cal: 681/ Na: 1067		Cal: 871 / Na: 577		Cal: 739 / Na: 550		Cal: 823 / Na: 1077	

Menu Subject to Change Without Notice

Sodium(Na) values listed in Parentheses. Sodium in milk (100 mg), Margarine (30 mg), & 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.