

**SENIORCARE CONGREGATE MEALS - DECEMBER 2018 (Please Call 978-281-1750 to Cancel)**

MONDAY		TUESDAY		Stuffed Shells **		THURSDAY		FRIDAY	
3 Swedish Chicken	415	4 Mac & Cheese	285	5 Turkey/Gravy	449	6 Hot Dog **	280	7 Chicken Tenders	81
Meatballs		Crum Top Tomatoes	166	Cranberry Sauce	8	mustard 55/Relish	81	Honey Mustard	89
Mashed Potato	109	Kale & White Bean Soup	14	Whipped Potato	109	Baked Beans	20	Potato Wedges	200
Beets	83	Yogurt & Juice (NO MILK)	80	Peas	58	Coleslaw	167	Green Beans & Red Pepper	6
Fresh Fruit	1	Hearty Wheat Bread	138	Applesauce	14	Mandarin Oranges	20	Blondie/DB Brownie	212
Oatmeal Bread	142			Multigrain Bread	130	Hot Dog Roll	248	Vienna Bread	97
Cal: 666 / Na: 753		Cal: 845 / Na: 895		Cal: 686 / Na: 923		Cal:740 / Na: 1391**		Cal: 1084 / Na: 839	
10 Beef Stew	117	11 Stuffed Shells**	390	12 Chicken Lemon Picatta	140	13 Winter Holiday		14 Shepherd's Pie	201
Peas/Carrots	68	Marinara Sauce	194	Parslied Rice	4	Ham		w/Peas & Corn	
Mashed Potatoes	109	Mixed Vegetables	22	Broccoli	32	Brown Sugar Glazed		Mashed Potato	109
Chocolate Mousse	135	Caesar Salad w/ dressing	322	Raisins	4	Au Gratin Potatoes		Carrots	65
Corn Bread	236	Strawberry Cup	0	Multigrain Bread	130	Garlic green Beans		Chilled Fruit	5
		Whole Wheat Roll	0			Berry Cheese Cake		Wheat Bread	138
						Parker House Roll			
Cal: 940 / Na: 819		Cal: 673 / Na:1210**		Cal: 689 / Na: 465		Cal: / Na:		Cal: 563 / Na: 564	
17 Eggplant Parmesan**	820	18 Beef & Broccoli	337	19 Smothered Pork	106	20 Turkey Divan	220	21 Greek Style Chicken	161
w/Marinara Sauce & Cheese		Fried Rice	116	w/ onion gravy	56	Cheese Sauce/Brd Crmbs	137	Lemon Rice Pilaf	93
Pasta	20	Mandarin Blend	15	Pearl Onions & Peas	68	Rotini	20	Rstd Tomatoes	166
Mixed Green Salad w/ dressing	62	Chilled Pinneapple	1	Potato leek Soup	30	Broccoli	32	Pears	5
Oatmeal Raisin Cookie	90	Snack Loaf	160	Yogurt & Juice	80	Fresh Fruit	1	Pita Bread	170
DB Chocolate Chip				Whole Wheat Roll	210	Oatmeal Bread			
Whole Wheat Bread									
Cal: 1068 / Na: 1480**		Cal: 1085 / Na: 801		Cal: 852 / Na: 725		Cal: 841 / Na: 527		Cal: 817 / Na: 772	
24 Boneless Chicken	320	25		26 Meatloaf	314	27 Lasagna	290	28 Baked Fish	270
Tangy Cranberry Sauce	8			w/ mushroom gravy	56	Marinara	194	Rib - Q w/ BBQ sc	509
Rstd Sweet Potato	104			Carrots	65	Basil Garnish		Tartar Sauce	85
Spinach Salad	17	NO SERVICE		Cheddar Cauliflower Soup	103	Roasted Zucchini	10	Mashed Red Bliss Potato	5
Chocolate Pudding	190	Christmas Day		Peaches	4	Hearty Veg Soup	129	Green Beans	10
DB Vanilla				Oatmeal Bread	142	Pinneapple	1	Berry Crisp/DB Crisp	10
Whole Wheat Bread	138					Vienna Bread	129	Hamburger bun	248
Cal: 808 / Na: 939		Cal: / Na:		Cal: 688 / Na: 870		Cal: 645 / Na: 969		Cal: #1 821/Na:891 Cal: #2:785 / Na:1045	
31 Sweet & Sour	415	1		2 Yankee Pot Roast	112	3 Chicken Pot Pie*	570	4 American Chop Suey	316
Meatballs				Gravy	56	Peas & Carrots		Rstd Cauliflower	32
Fried Rice	116			Butternut Squash	20	Parslied Steamed Potato	5	Garden Salad w/ House vin	62
Butternut Squash Soup	38	NO SERVICE		Golden Mashed Potatoes	109	Yogurt & Juice (NO MILK)	80	Cantaloupe	7
Pineapple	1	New Years Day		Banana Tea Cake	162	Snack & Loaf	160	Whole Wheat Bread	138
Multigrain Bread	138			DB Angel Food Cake					
				Whole Wheat Bread	138				
Cal: 764 / Na: 864		Cal: / Na:		Cal: 746 / Na: 751		Cal: 848 / Na: 987		Cal: 860 / Na: 710	

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.