

SENIORCARE HOME DELIVERED MEALS - DECEMBER 2018 (Please Call 978-281-1750 to Cancel)

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY	
3 Swedish Chicken	415	4 Mac & Cheese	285	5 Turkey/Gravy	449	6 Hot Dog	280	7 Chicken Tenders	81
Meatballs		California Blend Veggies	22	Cranberry Sauce	8	Mustard 55 /Relish 81		Honey Mustard	89
Mashed Potato	109	Crum Top Tomatoes	166	Whipped Potato	109	Baked Beans	20	Potato Wedges	200
Beets	83	Yogurt & Juice (NO MILK)	80	Peas	58	Carrots	65	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: 633 / Na: 721		Cal: 686 / Na: 923		Cal: 740 / Na: 1289		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 Glaze		Mashed Potato	109
Chocolate Mousse	135	Strawberry Cup	9	Raisins	4	Au Gratin Potatoes		Carrots	65
Corn Bread	236	Whole Wheat Roll	127	Multigrain Bread	130	Garlic green Beans		Chilled Fruit	5
						Berry Cheese Cake		Wheat Bread	138
						Parker House Roll			
Cal: 940 / Na: 819		Cal: 579 / Na: 888		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	Whipped Sweet Potato	70	Rotini	20	Rstd Tomatoes	166
Garlic Spinach	112	Chilled Pinneapple	1	Pearl Onions & Peas	68	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	142		
Whole Wheat Bread	138								
Cal:916 / Na: 1530**		Cal: 1085 / Na: 801		Cal: 931 / Na: 766		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	Tartar Sauce	85
Rstd Sweet Potato	104			Cheddar Whipped Potato	136	Basil Garnish		Mashed Red Bliss Potato	101
Brussels Sprouts	17	NO SERVICE		Carrots	65	Roasted Zucchini	10	Green Beans	5
Chocolate Mousse	190	Christmas Day		Peaches	5	Pineapple	1	Berry Crisp	10
Diabetic Vanilla Pudding				Oatmeal Bread	142	Vienna Bread	129	DB Crisp	10
Whole Wheat Bread	138							Hamburger Bun	248
Cal: 808 / Na: 939		Cal: / Na:		Cal: 703 / Na: 891		Cal: 515 / Na: 779		Cal: 821 / Na: 891	
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	NO SERVICE		Butternut Squash	20	Parslied Steamed Potato	5	Cantaloupe	7
Cabbage & Carrots	187	New Years Day		Golden Mashed Potatoes	109	Yogurt & Juice (NO MILK)	80	Whole Wheat Bread	138
Pineapple	1			Banana Tea Cake/	162	Snack & Loaf	160		
Multigrain Bread	138			DB Angel food Cake					
				Whole Wheat Bread	138				
Cal: 758 / Na: 1013		Cal: / Na:		Cal: 746 / Na: 751		Cal: 848 / Na: 987		Cal: 661 / Na: 648	

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.