

SENIORCARE CONGREGATE MEALS - JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Sweet & Sour Meatballs 415 Fried Rice 116 Butternut Squash Soup 38 Pineapple 1 Multigrain Bread 138 Pineapple 1 Multigrain Bread 138 Cal: 764 / Na: 864	1 NO SERVICE New Year's Day Cal: / Na:	2 Yankee Pot Roast 112 Gravy 56 Butternut Squash 20 Golden Mashed Potatoes 109 Banana Tea Cake / 162 DB Angel Food Cake Whole Wheat Bread 138 Cal: 746 / Na: 751	3 Chicken Pot Pie 570 Gravy + puff pastry square Peas & Carrots in Pot Pie Parslied Steamed Potato 5 Yogurt & Juice (No Milk) 80 Snack & Loaf 160 Cal: 848 / Na: 987	4 American Chop Suey 316 Rstd Cauliflower 32 Garden Salad w/ House vin 62 Cantaloupe 7 Whole Wheat Bread 138 Cal: 860 / Na: 710
** **Hot Dog* 540 Mustard/Relish (55/81) Baked Beans 140 Carrots 43 Mandarin Oranges 8 Hotdog Roll 210 Cal: 730 / Na:1202**	8 Baked Haddock 220 or Smothered Pork 220 Buttered Bliss Potato 5 Tomato Soup 148 Jell-O 64 Oatmeal Bread 142 #1Cal 628/Na:790 #2Cal 631/Na:790	9 Oven Fried Chicken 440 Mac & Cheese 142 Southern Greens 86 Strawberry Cup 0 Rye Bread 171 Cal: 773 / Na: 995	10 Salisbury Steak 403 Gravy 56 Mashed Potatoes 109 Mixed Vegetables 133 Raisins 4 Snack & Loaf 160 Cal: 848 / Na : 987	11 **Stuffed Peppers 175 Rustic Tomato Sauce 194 Au Gratin Potato 142 Mushroom Soup 215 Applespice Cake 273 Whole Wheat Roll 127 Cal: 936 / Na: 1337 **
14 Swedish Meatballs 263 Mashed Potatos 109 Beets 83 Fresh Fruit 1 Oatmeal Bread 142 Cal: 666 / Na: 753	15 Mac & Cheese 285 Crumb Topped Tomatoes 166 Kale & White Bean Soup 14 Yogurt & Juice (NO MILK) 80 Hearty Wheat Bread 138 Cal: 628 / Na: 790	16 Turkey/Gravy 449 Cranberry Sauce 8 Sweet Whipped Potato 70 Peas 58 Applesauce Cup 14 Multigrain Bread 130 Cal: 747 / Na: 884	17 Hawaiian Luau Special: Huli Huli Chicken 334 Island Style Fried Rice 64 Tropical Slaw 9 Luau Cake/DB pudding 266 Hearty White Bread 122 Cal: 786 / Na: 949	18 Beef Stew 117 Peas & carrots Mashed Potatoes 109 Chilled Fruit 8 Pull Apart Roll 170 Cal: 724 / Na: 558
21 NO SERVICE Martin Luther King Day Cal: / Na:	22 Stuffed Shells 175 Marinara Sauce 194 Broccoli 32 Chilled Fruit 5 Vienna Bread 97 Cal: 582 / Na: 1113	23 Chicken Mirabella 284 Parslied Rice 4 Roasted Tomatoes 32 Fresh Fruit 1 Multigrain Bread 130 Cal: 847 / Na: 693	24 **Ribecue 410 Honey Golden BBQ sauce 295 Sweet Potato Wedges 187 Cauliflower 14 Chocolate Pudding 64 DB Vanilla Pudding 64 Hamburger Roll 248 Cal: 764 / Na: 1373**	25 Shepherd's Pie 201 w/Peas & Corn Mashed Potato Roasted Butternut Squash 20 Carrot Cake 273 Whole Wheat Roll 138 Cal: 731 / Na: 786
28 Turkey Divan 220 Cheese Sauce 137 Rotini 20 Split Pea Soup 104 Pears 5 Oatmeal Bread 142 Cal: 841 / Na: 527	29 Beef & Broccoli 337 Fried Rice 116 Mandarin Blend 15 Chilled Pinneapple 1 White Bread 121 Cal: 976 / Na: 762	30 Breaded Fish with 172 Tartar Sauce or Meatloaf with Gravy 370 Potato Leek Soup 159 Pearl Onions & Peas 159 Oatmeal Raisin Cookie 90 Whole Wheat Roll 127 #1Cal701/Na:845 #2Cal812/Na:1043	31 **Eggplant Parmesan* 585 w/Marinara Sauce & Cheese Pasta 20 Garlic Spinach 112 Cantaloupe 14 Whole Wheat Bread 138 Cal: 750 / Na: 1219*	1 Chicken Pot Pie 570 Gravy + puff pastry square Peas & Carrots in Pot Pie Parslied Steamed Potato 5 Yogurt & Juice (NO MILK) 90 Snack & Loaf 160 Cal: 848 / Na: 987

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.