

SENIORCARE HOME DELIVERED MEALS -JANUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
31 Sweet Sour Meatballs 415 Fried Rice 116 Cabbage & Carrots with Sesame Oil 187 Pineapple 1 Multigrain Bread 138	1 NO SERVICE New Year's Day	2 Yankee Pot Roast 112 with Gravy 56 Butternut Squash 20 Golden Mashed Potatoes 109 Banana Tea Cake / DB Angel Food Cake 162 Whole Wheat Bread 138	3 Chicken Pot Pie 570 Peas, Carrots, Gravy in Puff Pastry Parslied Steamed Potato 5 Yogurt & Juice (NO MILK) 80 Snack & Loaf 160	4 American Chop Suey 316 Roasted Cauliflower 32 Cantaloupe 7 Whole Wheat Bread 138
Cal: 758 / Na: 1013	Cal: / Na:	Cal: 746 / Na: 751	Cal: 848 / Na: 987	Cal: 661 / Na: 648
7 **Hot Dog* 540 Mustard/Relish 55/81 Baked Beans 140 Carrots 43 Mandarin Oranges 8 Hot Dog Roll 210	8 Baked Haddock 220 Lemon Wedge Buttered Bliss Potato 5 Broccoli 32 Jell-O 64 Oatmeal Bread 142	9 Oven Fried Chicken 440 Macaroni & Cheese 142 Southern Greens 86 Strawberry Cup 0 Rye Bread 171	10 Salisbury Steak 403 with Gravy 56 Mashed Potatoes 109 Mixed Vegetables 133 Raisins 4 Snack & Loaf 160	11 Stuffed Pepper 175 Rustic Tomato Sauce 194 Au Gratin Potatoes 142 Apple Spice Cake / DB Angel Food Cake 273 WW Dinner Roll 127
Cal: 730 / Na: 1202 **	Cal: 614 / Na: 590	Cal: 772 / Na: 995	Cal: 848 / Na: 997	Cal: 861 / Na: 1066
14 Swedish Meatballs 263 Mashed Potato 109 Beets 83 Fresh Fruit 1 Oatmeal Bread 142	15 Mac & Cheese 285 California Blend Veggies 22 Crumb Topped Tomatoes 166 Yogurt & Juice (NO MILK) 80 Hearty Wheat Bread 138	16 Turkey/Gravy 449 Cranberry Sauce 8 Whipped Sweet Potatoes 109 Peas 58 Applesauce 14 Multigrain Bread 130	17 Hawaiian Luau Chicken w/ Pineapple Sc 334 Island Fried Rice 64 Oriental Vegetables 10 luau Cake DB Banana 226 Pudding Hearty White Bread 122	18 Beef Stew 117 Peas & carrots Mashed Potatoes 109 Chilled Fruit 8 Pull Apart Roll 170
Cal: 666 / Na: 753	Cal: 633 / Na: 721	Cal: 686 / Na: 923	Cal: 772 / Na: 949	Cal: 724 / Na: 558
21 NO SERVICE Martin Luther King Day	22 Stuffed Shells 390 Marinara Sauce 194 Broccoli 32 Chilled Fruit 5 Vienna Bread 97	23 Chicken Mirabella 284 with Prunes Parslied Rice 4 Roasted Tomatoes 32 Fresh Fruit 2 Multigrain Bread 130	24 **Ribecue 410 Honey Golden BBQ sauce 295 Sweet Potato Wedges 187 Cauliflower 14 Jell-O 64 Hamburger Roll 254	25 Shepherd's Pie 201 w/Peas & Corn Mashed Potatoes Roasted Butternut Squash 20 Carrot Cake/DB Grahams 273 Whole Wheat Roll 138
Cal: / Na:	Cal: 976 / Na: 762	Cal: 814 / Na: 607	Cal: 736 / Na: 1281**	Cal: 733 / Na: 775
28 Turkey Divan with Red Pepper 220 Cheese Sauce/Crumbs 137 Rotini 20 Broccoli 32 Pears 5 Oatmeal Bread 142	29 Beef & Broccoli 337 Fried Rice 116 Mandarin Blend 15 Chilled Pineapple 1 White Bread 121	30 Breaded Fish/Tartar 97 Sauce 75 Whipped Sweet Potato 70 Pearl Onions & Peas 68 Oatmeal Raisin Cookie DB Chocolate Chip 90 Whole Wheat Roll 127	31 **Eggplant Parm* 585 W/ Marinara & Cheese Pasta 20 Garlic Spinach 112 Cantaloupe 14 Whole Wheat Bread 138	1 Chicken Pot Pie 570 Peas, Carrots, Gravy in Pot Pie Parslied Steamed Potato 5 Yogurt & Juice (NO MILK) 90 Snack & Loaf 160
Cal: 841 / Na: 527	Cal: 976 / Na: 762	Cal: 742 / Na: 700	Cal: 750 / Na: 1219*	Cal: 848 / Na: 987

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. Suggested Voluntary Confidential Donation: \$2.00 per meal. All donations go to providing meals. If you are not going to be home please call 978-281-1750 before 11:00 am the day before delivery.