

SENIORCARE CONGREGATE MEALS - FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Turkey Divan 229 w/Red peppers Cheese Sauce/Crumbs 137 Rotini 20 Boccoli 32 Pears 5 Oatmeal Bread 142 Cal: 841 / Na: 527	29 Beef & Broccoli 337 Fried Rice 116 Mandarin Blend 15 Chilled Pineapple 1 White Bread 122 Cal: 976 / Na: 762	30 Baked Fish 97 w/ Pineapple Sauce 172 Potato Leek Soup 159 Pearl Onions and Peas 68 Oatmeal Raisin Cookie 90 DB: Choc Chip Whole Wheat Roll 127 Cal: 701 / Na: 845	31 **Eggplant Parmesan* 585 w/Marinara Sauce & Cheese Pasta 20 Garlic Spinach 112 Cantaloupe 7 Whole Wheat Bread 138 Cal: 750 / Na: 1219**	1 Chicken Pot Pie w/ 570 gravy, peas, carrots in puff pastry Parslied Steamed Potato 5 Yogurt & Juice (NO MILK) 90 Snack & Loaf 160 Cal: 848 / Na: 987
4 Honey Rosemary Pork 161 Roasted Sweet Potato 104 Mushroom Soup w/Crackers 215 Marble Cake 169 DB: Angel Food Cake Multigrain Bread 138 Cal: 834 / Na: 999	5 Cranberry Orange Glazed Chicken 305 Cheddar Whipped Potato 70 Mixed Vegetable 70 Cantaloupe 7 Snack N Loaf 160 Cal: 637 / Na: 630	6 **Rib e Cue 410 w/ BBQ Sauce 169 Corn Chowder w/ Crackers 159 Whipped Sweet Potato 70 Strawberry Cup 0 DB: Mandarins 0 White Burger roll 248 Cal: 815 / Na: 1211**	7 Chix Meatball 250 Stroganoff Peas 68 Buttered Noodles 20 Applesauce 14 Whole Wheat Roll 127 Cal: 764 / Na: 627	8 Omelette 210 Ketchup 82 Roasted Potatoes 121 Baked Cinn Raisin Apple 10 Yogurt & Juice (NO MILK) 80 Oatmeal Bread 142 Cal: 575 / Na: 657
11 Chicken Cacciatore 290 w/ Red and Green Peppers Pasta 20 Spinach 113 Applesauce 14 Mulitgrain Bread 130 Cal: 749 / Na: 722	12 **Hot Dog* 540 Mustard/55/81 USDA Baked Beans 206 Coleslaw 167 Mandarin Oranges 7 Hot Dog Roll 210 Cal: 774 / Na: 1391*	13 Beef Stew 117 w/ Peas & Carrots Mashed Potatoes 109 Fresh Fruit 2 Whole Wheat Roll 127 Cal: 727 / Na: 509	14 Friendship Celebration Braised Beef w/ gravy 297 Cheddar Mashed Potatoes 136 Stewed Tomatoes 32 Red Velvet Cake Whipped 159 Topping DB: Angel Food 330 Biscuit Cal: 854 / Na: 1110	15 Mac & Cheese 285 Broccoli 32 Kidney Bean Soup 367 Chocolate Pudding 190 DB: Vanilla Pudding Oatmeal Bread 142 Cal: 738 / Na: 1176
18 NO SERVICE PRESIDENTS DAY Cal: / Na:	19 Hoisin Chicken Stir Fry* 533 Fried Rice 116 Asian Vegetable Blend 10 Chilled Pineapple 1 Snack & Loaf 160 Cal: 743 / Na: 975	20 Salibury Steak w/ Gravy 459 Whipped potato 109 Corn & Peas 34 Vanilla Pudding/ DB Choc. 170 DB Chocolate Hearty White Bread 122 Cal: 718 / Na: 993	21 Lasagna 290 Marinara Sauce 194 Roasted Cauliflower 32 Kale & White Bean Soup 14 Raisins 4 Whole Wheat Roll 127 Cal: 679 / Na: 816	22 Honey Musard Pork 298 or Baked Fish 300 Tartar Sauce 85 Whipped Sweet Potato 70 Green Beans 2 Fruit Crisp/ DB Baked 10 Hearty Wheat Bread 138 #1Cal: 815/ Na: 760 #2 Cal 752/ Na: 673
25 Chicken Mirabella 284 Roasted Carrots 65 Rice Pilaf 93 Mandarin Oranges 7 Oatmeal Bread 130 Cal: 850 / Na: 734	26 BBQ Pulled Pork 292 Rustic Cut Sweet potatoes 170 Braised Red Cabbage 99 Jell-o 64 Burger Roll 248 Cal: 940 / Na: 999	27 Lazy Chicken Cordon 342 Blu w/Supreme Sauce Roasted Potatoes 121 Vegetable Orzo Soup 136 Cantaloupe 7 Wheat Roll 127 Cal: 623 / Na: 887	28 Beef Shepard's Pie w/ 201 Mashed potato, corn, peas Rst. Butternut Squash 20 Chocolate Cake 159 DB: Angel Food Cake Whole wheat bread 138 Cal: 715 / Na: 842	1 Stuffed Shells 390 Marinara Sauce 194 Broccoli/Cauliflower 32 Minestrone Soup 216 Mixed Fruit 10 Vienna Bread 129 Cal: 615 / Na: 1183

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.