

SENIORCARE HOME DELIVERED MEALS - FEBRUARY 2019

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
28 Turkey Divan w/ Red peppers 229 Cheese Sauce/Crumbs 137 Rotini 20 Broccoli 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 Breaded Fish 97 Tartar Sauce 75 Whipped Sweet Potato 70 Pearl Onions & Peas 68 Oatmeal Raisin Cookie 90 DB: Choc. Chip Whole Wheat Roll 127 Cal: 742 / Na: 700	31 Eggplant Parm. 585 Marinara & Cheese Pasta 20 Garlic Spinach 112 Cantaloupe 7 Whole Wheat Bread 138 Cal: 750 / Na: 1219	1 Chicken Pot Pie 570 Peas, Carrots, Gravy in Puff Pastry Parslied Potatoes 5 Yogurt & Juice (NO MILK) 90 Snack & Loaf 160 Cal: 848 / Na: 987
4 Honey Rosemary Pork 161 Rst. Sweet Potato 104 Brussel Sprouts 5 Marble Cake 169 DB: Angel Food Cake Multigrain Bread 138 Cal:773 / Na: 732	5 Cranberry Orange 305 Glazed Chicken Cheddar Mashed Potato 70 Mixed Vegetables 24 Cantaloupe 7 Snack & Loaf 160 Cal: 637 / Na: 630	6 Rib-Q 410 w/ BBQ Sauce 169 Zucchini 10 Whipped Sweet Potato 70 Strawberry Cup 0 DB: Mandarins White Burger roll 248 Cal: 727 / Na: 1053	7 Chicken Meatball 250 Stroganoff Peas 68 Buttered Noodles 20 Applesauce 14 Whole Wheat Roll 127 127 Cal: 764 / Na: 627	8 Omelet OR 372 Egg & Cheese Croissant Ketchup 82 Roasted Potatoes 121 BakedApple/ Raisins 10 Yogurt /Juice(No Milk) 80 Oatmeal Bread 142 Cal: 844 / Na: 961
11 Chicken Cacciatore 290 w red/green peppers Pasta 20 Spinach 113 Applesauce 14 Multigran Bread 130 Cal: 749 / Na: 722	12 **Hot Dog* 540 Mustard/Relish 55/81 Baked Beans 206 Carrots 65 Mandarin Oranges 7 Hot Dog Roll 210 Cal: 740 / Na: 1289*	13 Beef Stew 117 with peas & carrots Mashed Potatoes 109 Fresh Fruit 2 Whole Wheat Roll 127 Cal: 727 / Na: 509	14 Friendship Celebration Braised Beef Cheddar mashed potato Stewed Tomatoes Red Velvet Cake DB: Angel Food Cake Biscuit Cal: / Na:	15 Mac & Cheese 285 CAPRI Veg Blend 22 Broccoli 32 Chocolate Pudding 190 DB: Vanilla Pudding Oatmeal Bread 142 Cal: 687/ Na: 831
18 NO SERVICE PRESIDENTS DAY Cal: / Na:	19 Hoisin Chicken 533 Stir Fry* Fried Rice 116 Asian Veg Blend 10 Chilled Pineapple 1 Snack n Loaf 160 Cal: 665 / Na: 974	20 Salisbury Steak 459 with gravy Whipped potatoes 109 Corn & Peas 34 Vanilla Pudding 170 DB: Choc. Pudding Hearty White Bread 122 Cal: 722 / Na: 1016	21 Lasagna 290 Marinara Sauce 194 Roasted Cauliflower 32 Raisins 4 Whole Wheat Roll 127 Cal: 572 / Na: 802	22 Baked Fish 300 Tartar Sauce 85 Whipped Sweet Potato 70 Green Beans 2 Fruit Crisp 10 DB: Baked ??? 0 Hearty Wheat Bread 138 Cal: 815 / Na: 760
25 Chicken Mirabella 284 Roasted Carrots 65 Rice Pilaf 93 Mandarin Oranges 8 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 Green Beans 2 Roasted Potatoes 121 Cantaloupe 7 Wheat Roll 127 Cal: 528 / Na: 753	28 Beef Shephard's pie 201 w/ 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 w/ 390 Marinara Sauce 294 Garlic Broccoli & Cauliflower 32 Mixed Fruit 10 Vienna Bread 129 Cal: 542 / Na : 910

Menu subject to change without notice. Sodium (Na) values listed in parentheses: Milk (100 mg), Margarine (30 mg), Crackers (56 mg). * Indicates high sodium entrée having more than 500 mg. ** Indicates high sodium meal having more than 1200 mg. Requested voluntary confidential donation: \$2.00 per meal. All donations go to providing meals.