

March Cardiac Diabetic HDM Menu 2023

Monday	Tuesday	Wednesday	Thursday	Friday																														
Total Calories, Na and Carb include: Entrée, sides, bread, milk & margarine. Sodium (Na): Milligrams in parenthesis.  = Alternate for fish available Nutrition Questions? Please contact Leigh Hartwell @ 978-651-3023 or lhartwell@agespan.org		1 Spaghetti (210) Tomato Sauce w/Vegetables Mixed Veg (55) Roll (120)	2 Turkey & Sweet Potato Chili*(530) Br. Sprouts (15) Oat Bread (150)	3 Dill  Salmon (90) Mshd Potato (110) Carrots (45) Vienna Bread (140)																														
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6 Brocc & Cheese Chicken (460) Rice Pilaf (70) Peas (60) MG Bread (150)	7 Stuffed Shells w/Marinara (585) Cauliflower (15) Vienna Brd (140)	8 Meatloaf w/Gravy (460) Mshd Potato(110) Warm Berries (5)	9 Pollock (250)  w/Lemon Butter Orzo Pilaf (30) Mixed Veg (55) WW Roll (120)	10 Lentil Stew (190) Brown Rice (15) Veg Blend (20) No Bread																														
<table border="1" style="margin: auto;"> <tr><td>Cal</td><td>Carb</td><td>Na</td></tr> <tr><td>630</td><td>70</td><td>890</td></tr> </table>	Cal	Carb	Na	630	70	890	<table border="1" style="margin: auto;"> <tr><td>Cal</td><td>Carb</td><td>Na</td></tr> <tr><td>510</td><td>70</td><td>890</td></tr> </table>	Cal	Carb	Na	510	70	890	<table border="1" style="margin: auto;"> <tr><td>Cal</td><td>Carb</td><td>Na</td></tr> <tr><td>625</td><td>70</td><td>870</td></tr> </table>	Cal	Carb	Na	625	70	870	<table border="1" style="margin: auto;"> <tr><td>Cal</td><td>Carb</td><td>Na</td></tr> <tr><td>640</td><td>65</td><td>600</td></tr> </table>	Cal	Carb	Na	640	65	600	<table border="1" style="margin: auto;"> <tr><td>Cal</td><td>Carb</td><td>Na</td></tr> <tr><td>450</td><td>70</td><td>380</td></tr> </table>	Cal	Carb	Na	450	70	380
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13 BBQ Pork Roast (505) Butternut (25) Corn (5) Roll (120)	14 Chicken (540) w/Pico de Gallo Rice & Beans(75) Green Beans (5) MG Bread (150)	15 Cold: Egg Salad (350) Swt Potato (220) Garden Salad (35) WW Bread (165) Juice (0)	16 Special: Corned Beef & Cabbage*(740) Carrot&Turnip(30) Potatoes (5) No Bread	17 Ravioli (395) w/Garlic Sauce Zucchini (5) Oat Bread (150)																														
<table border="1" style="margin: auto;"> <tr><td>Cal</td><td>Carb</td><td>Na</td></tr> <tr><td>660</td><td>70</td><td>800</td></tr> </table>	Cal	Carb	Na	660	70	800	<table border="1" style="margin: auto;"> <tr><td>Cal</td><td>Carb</td><td>Na</td></tr> <tr><td>560</td><td>70</td><td>900</td></tr> </table>	Cal	Carb	Na	560	70	900	<table border="1" style="margin: auto;"> <tr><td>Cal</td><td>Carb</td><td>Na</td></tr> <tr><td>600</td><td>65</td><td>770</td></tr> </table>	Cal	Carb	Na	600	65	770	<table border="1" style="margin: auto;"> <tr><td>Cal</td><td>Carb</td><td>Na</td></tr> <tr><td>520</td><td>45</td><td>900</td></tr> </table>	Cal	Carb	Na	520	45	900	<table border="1" style="margin: auto;"> <tr><td>Cal</td><td>Carb</td><td>Na</td></tr> <tr><td>680</td><td>60</td><td>700</td></tr> </table>	Cal	Carb	Na	680	60	700
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20 Chicken (545) Alfredo w/Pasta Broccoli (10) MG Bread (165)	21 Breaded  Fish (190) Mshd Potato(110) Carrots (45) Bread (0)	22 Pork w/Apples (295) Sweet Potato (25) Green Beans (5) Oat Bread (150)	23 Beef, Onions & Peppers (380) Black Beans (140) Corn (5) Tortilla (220)	24 Frittata (180) Ratatouille (115) Rstd Potatoes (5) Muffin (190) Juice (0)																														
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27 Meatballs w/Tomato&Garlic Pasta (670) Green Beans (5) Dinner Roll (120)	28 Pot Roast (565) Brown Rice (25) Peas (60) WW Bread (165)	29 Chicken Pot Pie (485) Mshd Potato (110) MG Bread (150)	30 Hamburger(250) Rsted Potatoes (5) Beets (140) WW Bun (250)	31 Cod w/Wine Sauce (245)  Couscous (5) Veg Blend (15) WW Roll (180)																														
<table border="1" style="margin: auto;"> <tr><td>Cal</td><td>Carb</td><td>Na</td></tr> <tr><td>580</td><td>70</td><td>890</td></tr> </table>	Cal	Carb	Na	580	70	890	<table border="1" style="margin: auto;"> <tr><td>Cal</td><td>Carb</td><td>Na</td></tr> <tr><td>585</td><td>70</td><td>800</td></tr> </table>	Cal	Carb	Na	585	70	800	<table border="1" style="margin: auto;"> <tr><td>Cal</td><td>Carb</td><td>Na</td></tr> <tr><td>440</td><td>60</td><td>895</td></tr> </table>	Cal	Carb	Na	440	60	895	<table border="1" style="margin: auto;"> <tr><td>Cal</td><td>Carb</td><td>Na</td></tr> <tr><td>635</td><td>65</td><td>840</td></tr> </table>	Cal	Carb	Na	635	65	840	<table border="1" style="margin: auto;"> <tr><td>Cal</td><td>Carb</td><td>Na</td></tr> <tr><td>520</td><td>70</td><td>600</td></tr> </table>	Cal	Carb	Na	520	70	600
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To Cancel Meals please call 978-686-1422 at least 24 hours prior to service.
 A \$2.00 confidential donation is suggested per meal. Donation letters are mailed monthly

A snack or fruit is sent with each meal containing less than 20g of carbohydrates, between 50–100 calories and under 100mg of sodium, to be eaten between meals.

Menu Subject to Change Without Notice