

March Latino HDM Menu 2023



Monday	Tuesday	Wednesday	Thursday	Friday																														
Total Calories, Na and Carb include: Entrée, sides, bread, milk & margarine. Sodium (Na): Milligrams in parenthesis. Nutrition Questions? Please contact Leigh Hartwell @ 978-651-3023 or lhartwell@agespan.org		1 Spaghetti (210) Tomato Sauce w/Vegetables Mixed Veg (55) WW Roll (180)	2 Turkey & Sweet Potato Chili*(530) Cauliflower (15) Cornbread (240) Applesauce (15)	3 Salmon, Mango & Pineapple (70) Mshd Potato (110) Black Beans (140) Vienna Bread (140)																														
		<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">Cal</td> <td style="text-align: center;">Carb</td> <td style="text-align: center;">Na</td> </tr> <tr> <td style="text-align: center;">710</td> <td style="text-align: center;">105</td> <td style="text-align: center;">615</td> </tr> </table>	Cal	Carb	Na	710	105	615	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">Cal</td> <td style="text-align: center;">Carb</td> <td style="text-align: center;">Na</td> </tr> <tr> <td style="text-align: center;">620</td> <td style="text-align: center;">90</td> <td style="text-align: center;">965</td> </tr> </table>	Cal	Carb	Na	620	90	965	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">Cal</td> <td style="text-align: center;">Carb</td> <td style="text-align: center;">Na</td> </tr> <tr> <td style="text-align: center;">700</td> <td style="text-align: center;">100</td> <td style="text-align: center;">640</td> </tr> </table>	Cal	Carb	Na	700	100	640												
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6 Chicken (460) Pigeon Peas & Rice (85) Peas (60) MG Bread (150) Mixed Fruit (10)	7 Cheese Enchiladas (820) Cauliflower (15) Mixed Fruit (10)	8 Pastelon (375) Garden Salad (150) Oat Bread (150) Warm Berry Cobbler (100)	9 Crab Cakes w/Sauce* (690) Yucca (10) Vegetables (55) WW Roll (180) Fresh Fruit (5)	10 Lentil Stew (190) Brown Rice (25) Veg Blend (20) Roll (260) Pudding (170)																														
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13 Pork, Tomato & Eggplant (320) Butternut (25) Corn (5) Roll (250) Applesauce (20)	14 Chicken (540) w/Pico de Gallo Rice & Beans (75) Green Beans (5) WW Roll (180) Peaches (5)	15 Cold: Egg Salad (350) Potato Salad(110) Garden Salad (35) WW Bread (330) Yogurt (75) Juice (0)	16 Braised (580) Beef w/Tomato Carrots (30) Potatoes (5) Rye Bread (150) Mint Bar (160)	17 Ravioli (395) w/Butternut Sage Sauce (260) Zucchini (5) Oat Bread (150) Mixed Fruit (10)																														
<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">Cal</td> <td style="text-align: center;">Carb</td> <td style="text-align: center;">Na</td> </tr> <tr> <td style="text-align: center;">720</td> <td style="text-align: center;">100</td> <td style="text-align: center;">670</td> </tr> </table>	Cal	Carb	Na	720	100	670	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">Cal</td> <td style="text-align: center;">Carb</td> <td style="text-align: center;">Na</td> </tr> <tr> <td style="text-align: center;">605</td> <td style="text-align: center;">80</td> <td style="text-align: center;">875</td> </tr> </table>	Cal	Carb	Na	605	80	875	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">Cal</td> <td style="text-align: center;">Carb</td> <td style="text-align: center;">Na</td> </tr> <tr> <td style="text-align: center;">800</td> <td style="text-align: center;">95</td> <td style="text-align: center;">900</td> </tr> </table>	Cal	Carb	Na	800	95	900	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">Cal</td> <td style="text-align: center;">Carb</td> <td style="text-align: center;">Na</td> </tr> <tr> <td style="text-align: center;">1120</td> <td style="text-align: center;">100</td> <td style="text-align: center;">1100</td> </tr> </table>	Cal	Carb	Na	1120	100	1100	<table style="width: 100%; border-collapse: collapse;"> <tr> <td style="text-align: center;">Cal</td> <td style="text-align: center;">Carb</td> <td style="text-align: center;">Na</td> </tr> <tr> <td style="text-align: center;">660</td> <td style="text-align: center;">90</td> <td style="text-align: center;">700</td> </tr> </table>	Cal	Carb	Na	660	90	700
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20 Chicken & Rice (350) Broccoli (10) MG Bread (165) Mixed Fruit (10)	21 Turkey (650) w/Mojo Sauce Mshd Potato(110) Carrots (45) Bread (0) Mixed Fruit (10)	22 Pork w/Olives & Peppers (390) Sweet Potato (25) Brd Pudding(190) Garden Salad (150) Oat Bread (150)	23 Beef, Onions & Peppers (380) Black Beans (140) Spanish Rice (260) Tortilla (220) Mixed Fruit (10)	24 Frittata (180) Okra&Tomato(10) Rstd Potatoes (5) Muffin (190) Yogurt (75) Juice (0)																														
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27 Meatballs (220) w/Tomato&Garlic Pasta (200) Green Beans (5) Oat Bread (150) Mixed Fruit (10)	28 Pot Roast w/Au jus (320) Yucca (20) Peas (60) WW Bread (165) Mixed Fruit (10)	29 Birthday: Chicken (240) Stew w/Potato Carrots (60) MG Bread (150) Cupcake (175)	30 Opening Day Hot Dog* (540) Charro Beans (385) Slaw (45) Roll (250) Corn Pudding (10)	31 Coconut Cod w/Peppers (275) Cilantro Rice (20) Veg Blend (15) WW Roll (180) Mixed Fruit (10)																														
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To Cancel Meals please call 978-686-1422 at least 24 hours prior to service.

Menu Subject to Change Without Notice

A \$2.00 confidential donation is suggested per meal. Donation letters are mailed monthly