


March Regular HDM Menu 2023

Monday	Tuesday	Wednesday	Thursday	Friday																														
Total Calories, Na and Carb include: Entrée, sides, dessert, fruit, bread, milk & margarine. Sodium (Na): Milligrams noted in parenthesis *High sodium item (>500mg) Shading = High sodium meal (>1200mg) Nutrition Questions? Please contact Leigh Hartwell @ 978-651-3023 or lhartwell@agespan.org		1 Mac & Cheese*(650) Peas (60) WW Roll (180) Fruit Whip (5)	2 Turkey & Sweet Potato Chili*(530) Br. Sprouts (15) Cornbread (235) Mixed Fruit (10)	3 Salmon (90)  Mshd Potato (110) Carrots (45) Vienna Bread (140) Mixed Fruit (10)																														
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6 Broc & Cheese Chicken (460) Rice Pilaf (70) Peas (60) MG Bread (150) Mixed Fruit (10)	7 Stuffed Shells w/ Marinara*(585) Cauliflower (15) Vienna Brd (140) Mixed Fruit (10)	8 Meatloaf w/Gravy (460) Mshd Potato(110) Garden Salad (150) Oat Bread (150) Berry Cobbler(105)	9 Crab Cakes  w/Sauce* (690) Orzo Pilaf (40) Mixed Veg (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 BBQ Boneless Pork Rib* (695) Butternut (25) Corn (5) Roll (250) Applesauce (20)	14 Brded Chicken w/Gravy*(570) Mshd Potato(110) Green Beans (5) WW Roll (180) Peaches (5)	15 Cold: Egg Salad (350) Swt Potato (220) Garden Salad (35) WW Bread (330) Yogurt (75) Juice (0)	16 Special: Corned Beef & Cabbage*(740) Carrot&Turnip(30) Potatoes (5) Rye Bread (150) Mint Bar (160)	17 Ravioli (395) w/Garlic Sauce Zucchini (5) Oat Bread (150) Mixed Fruit (10)																														
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27 Meatballs w/Marinara (310) Pasta (200) Spinach (220) Sub Roll (330) Mixed Fruit (10)	28 Pot Roast*(565) Scallop Potato(280) Peas (60) WW Bread (165) Mixed Fruit (10)	29 B-Day Chicken Pot Pie* (570) Mshd Potato (110) MG Bread (150) Cupcake (175)	30 Opening Day Hot Dog* (540) Baked Beans (370) Coleslaw (45) Roll (250) Warm Apples (10)	31 Cod w/Wine Sauce (245)  Couscous (5) 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

 = Alternate for fish available