

March Renal HDM Menu 2023

| Monday | | | Tuesday | | | Wednesday | | | Thursday | | | Friday | | |
|--|--------------------|------------------|--|--------------------|------------------|--|--------------------|------------------|--|--------------------|------------------|--|--------------------|------------------|
| Potassium (K), Sodium (Na) & Phosphorus (Phos) Include Entrée, sides, dessert or fruit, bread, margarine, and juice. Sodium (Na): Milligrams in parentheses Nutrition Questions? Please contact Leigh Hartwell @ 978-651-3023 or lhartwell@agespan.org | | | 1 Mac & Cheese*(650) Mixed Veg (55) Roll (180) Fruit (5) | | | 2 Ground Turkey & Rice (90) Br. Sprouts (15) Oat Bread (150) Mixed Fruit (10) | | | 3 Salmon (90) White Rice (5) Carrots (45) Vienna Bread (140) Mixed Fruit (10) | | | | | |
| | | | | | | | | | | | | K 855 | Phos 295 | Na 890 |
| 6 Chicken Supreme (375) Rice Pilaf (70) Peas (60) Roll (180) Mixed Fruit (10) | | | 7 Stuffed Shells w/Red Pepper Sauce (410) Cauliflower (15) Vienna Brd (140) Mixed Fruit (10) | | | 8 Meatloaf w/Gravy (460) Corn (5) Warm Berries(5) Garden Salad (150) Oat Bread (150) | | | 9 Pollock (180) w/Lemon Butter Orzo Pilaf (40) Mixed Veg (55) Roll (180) Fresh Fruit (5) | | | 10 Veggie Burger (570) Brown Rice (25) Veg Blend (20) Roll (260) Lorna Doones(60) | | |
| K 830 | Phos 340 | Na 750 | K 700 | Phos 260 | Na 735 | K 840 | Phos 340 | Na 815 | K 910 | Phos 310 | Na 505 | K 725 | Phos 290 | Na 680 |
| 13 BBQ Pork Roast (505) Cauliflower (15) Corn (5) Roll (250) Applesauce (20) | | | 14 Brded Chicken w/Gravy*(570) White Rice (5) Green Beans (5) Roll (180) Peaches (5) | | | 15 Cold: Egg Salad (350) Pasta Salad (10) Garden Salad (35) Roll (180) Yogurt (75) Juice (0) | | | 16 Beef (370) w/Cabbage Carrot (65) Turnip (65) Roll (180) Fruit (5) | | | 17 Ravioli (395) w/Garlic Sauce Zucchini (5) Oat Bread (150) Mixed Fruit (10) | | |
| K 640 | Phos 280 | Na 730 | K 945 | Phos 290 | Na 815 | K 880 | Phos 500 | Na 650 | K 975 | Phos 270 | Na 720 | K 760 | Phos 440 | Na 610 |
| 20 Chicken *(545) Alfredo w/Pasta Peas (60) Roll (180) Mixed Fruit (10) | | | 21 Breaded Fish (190) Orzo (40) Carrots (45) Roll (180) Mixed Fruit (10) | | | 22 Pork w/Apples (295) Cauliflower (100) Green Beans (5) Oat Bread (150) Fresh Fruit (5) | | | 23 Beef, Onions & Peppers (380) Corn (5) White Rice (5) Tortilla (220) Mixed Fruit (10) | | | 24 Frittata (180) Zucchini (5) Warm Apples Muffin (190) Yogurt (75) Juice (0) | | |
| K 815 | Phos 430 | Na 845 | K 680 | Phos 250 | Na 595 | K 965 | Phos 355 | Na 600 | K 790 | Phos 355 | Na 620 | K 690 | Phos 420 | Na 510 |
| 27 Meatballs (410) w/Piccata Sauce Pasta (5) G.Beans (5) Roll (180) Mixed Fruit (10) | | | 28 Pot Roast (565) Brown Rice (25) Peas (60) Roll (180) Mixed Fruit (10) | | | 29 Chicken Pot Pie (485) Corn (5) Roll (180) Grahams (70) | | | 30 Hamburger(250) White Rice Beets (140) WW Bun (250) Fruit (5) | | | 31 Cod w/Wine Sauce (245) Couscous (5) Veg Blend (15) Roll (180) Mixed Fruit (10) | | |
| K 625 | Phos 275 | Na 685 | K 865 | Phos 260 | Na 970 | K 540 | Phos 335 | Na 790 | K 650 | Phos 285 | Na 750 | K 745 | Phos 330 | Na 590 |

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