



November 2025 Caribbean

HDM Menu Totals include entrée, sides, dessert, fruit, bread, milk & margarine.
***Higher sodium item (>500 mg), Shading = High sodium meal (>1200 mg). Cal = Total Calories, Pro = Total Protein, Na = Total Sodium (also in parentheses) A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly.**
Nutrition Questions? Michelle @ 978- 624-2263
Menus Subject to Change Without Notice

Monday		Tuesday		Wednesday		Thursday		Friday	
3	NA+	4	NA+	5	NA+	6	NA+	7	NA+
Caribbean Pork Tacos w/ Lime	440	Beef Picadillo	153	Chicken Sofrito	115	Pork & Bean Stew	150	Caribbean Fish Curry	135
Mexican Rice	70	Brown Rice & Pigeon Peas	70	Plantains	4	Yellow Rice & Black Eyed Peas	60	White Rice	25
Mixed Vegetables	51	Carrots	56	Broccoli	38	Green Peas	20	Mixed Root Vegetables	65
Tortilla Wrap (2 ea)	270	Cornbread Loaf	180	Dinner Roll	100	Wheat Roll	150	Cornbread Loaf	180
Vanilla Pudding	130	Banana	1	Chocolate Chip Cookie	80	Peach Cup	5	Orange	0
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	30
Cal:768 CHO:97g Na:1096mg	1096	Cal:836 CHO:101g Na:595mg	595	Cal:698 CHO:86g Na:472mg	472	Cal:747 CHO:98g Na:520mg	520	Cal:782 CHO:102g Na:540mg	540
10	NA+	11	NA+	12	NA+	13	NA+	14	NA+
Caribbean Beef w/ Peppers & Onions	95	Holiday - No Meals		Pastelon	277	Haitian Stewed Chicken Drumstick	215	Cod w/ Stewed Tomatoes	264
Cilantro Lime Rice	67			w/ Beef & Plantains	-	Yucca	15	White Rice	25
Vegetable Medley	54			Broccoli	38	Green Beans & Red Peppers	20	California Blend Vegetables	34
Dinner Roll	100			Hawaiian Roll	80	Wheat Bread	65	Dinner Roll	100
Pear Cup	0			Shortbread Cookie	150	Apple	2	Chocolate Pudding	135
Margarine	30			Margarine	30	Margarine	30	Margarine	30
Cal:839 CHO:90g Na:451mg	451			Cal:855 CHO:80g Na:680mg	680	Cal:798 CHO:106g Na:452mg	452	Cal:762 CHO:85g Na:693mg	693
17	NA+	18	NA+	19	NA+	20	NA+	21	NA+
Pork Linguica w/ Onions	623	BBQ Jerk Chicken Drumstick	464	White Fish w/ Peach-Mango Salsa	105	Harvest Holiday Meal		Latin Shepherd's Pie	689
White Rice & Lentils	25	Mofungo (Mashed Plantains)	43	White Rice	25	Roast Turkey & Gravy	580	w/ Beef, Plantains & Potatoes	-
Vegetable Medley	54	Brussel Sprouts	26	Green Peas	20	Mashed Potatoes & Stuffing	267	Carrots	56
Cornbread Loaf	180	Wheat Bread	65	Wheat Roll	150	Green Beans	20	Cornbread Loaf	180
Orange	0	Apple	2	Vanilla Pudding	130	Dinner Roll	100	Banana	1
Margarine	30	Margarine	30	Margarine	30	Fudge Cookie	80	Margarine	30
Cal:973 CHO:104g Na:1017mg	1017	Cal:781 CHO:106g Na:735mg	735	Cal:740 CHO:94g Na:564mg	565	Cal:732 CHO:95g Na:1182mg	1182	Cal:757 CHO:97g Na:1061mg	1061
24	NA+	25	NA+	26	NA+	27	NA+	28	NA+
Chicken w/ Chorizo Creole Sauce	320	Creamy Cajun Salmon	226	Arroz con Pollo	123	No Meals Served		No Meals Served	
Yucca	15	Whole Grain Pasta	4	Yellow Rice	25	Holiday		Holiday	
Kale & Peppers	29	Broccoli	38	Mixed Root Vegetables	65				
Hawaiian Roll	80	Dinner Roll	100	Cornbread Loaf	180				
Oatmeal Cookie	90	Peach Cup	5	Pear	2				
Margarine	30	Margarine	30	Margarine	30				
Cal:752 CHO:87g Na:669mg	669	Cal:750 CHO:80g Na:508mg	508	Cal:854 CHO:108g Na:530mg	530				

To Cancel Meals Please Call 978-624-2263 at least 24 Hours Before Service

Before placing meal orders please determine whether any anticipated consumers have a food allergy and specifically notify City Fresh Foods of the potential allergen requirements at the time that the order is placed. In accordance with Massachusetts General Law and Regulations, before placing your order, please inform your server if a person in your party has a food allergy.



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= Alternate for fish available
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November 2025 Vegetarian HDM Menu

Monday		Tuesday		Wednesday		Thursday		Friday						
3	Unstuffed Pepper Bowl w/ Lentils White Rice Mixed Vegetables Wheat Bread Vanilla Pudding Margarine	NA+ 197 25 51 65 130 30	4Garbanzo Beans in Tomato Caper Sauce Polenta Carrots Cornbread Loaf Banana Margarine	NA+ 615 15 56 180 1 30	5Vegetarian Carbonara Whole Grain Pasta Broccoli Dinner Roll Chocolate Chip Cookie Margarine	NA+ 467 4 38 100 80 30	6Chik'n w/ Peppers & Onions Mashed Potatoes Green Peas Wheat Roll Peach Cup Margarine	NA+ 408 22 20 150 5 30	73 Bean Chili w/ Shredded Cheese Mixed Root Vegetables Whole Grain Cornbread Bowl Orange Margarine	NA+ 487 96 65 160 0 30				
Cal:832 CHO:110g Na:603mg		603	Cal:746 CHO:118g Na:1002mg		1002	Cal:770 CHO:83g Na:824mg		824	Cal:685 CHO:86g Na:740mg		740	Cal:726 CHO:111g Na:943mg		943
10	Tuscan Chik'n Mashed Potatoes Vegetable Medley Dinner Roll Pear Cup Margarine	NA+ 523 22 54 100 0 30	11Holiday - No Meals		12	Vegetarian Meatloaf & Gravy White Rice Broccoli Hawaiian Roll Shortbread Cookie Margarine	NA+ 493 25 38 80 150 30	13Honey Garlic Tofu Orzo Green Beans & Red Peppers Wheat Bread Apple Margarine	NA+ 122 4 20 65 2 30	14Harvest Chik' w/ Apple Chutney Butternut Squash & Cranberry Couscous California Blend Vegetables Dinner Roll Chocolate Pudding Margarine	NA+ 364 90 34 100 135 30			
Cal:834 CHO:99g Na:834mg		834			Cal:761 CHO:95g Na:921mg		921	Cal:729 CHO:105g Na:348mg		348	Cal:862 CHO:123g Na:858mg		858	
17	Veggie Sausage w/ Gravy Mashed Sweet Potatoes Vegetable Medley Cornbread Loaf Orange Margarine	NA+ 520 20 54 180 0 30	18Creamy Cajun Beans Whole Grain Pasta Brussel Sprouts Wheat Bread Apple Margarine	NA+ 527 4 26 65 2 30	19Cheese Ravioli (3 ea) w/ Lentil Bolognese & Parmesan Green Peas Wheat Roll Vanilla Pudding Margarine	NA+ 200 243 20 150 130 30	20Harvest Holiday Meal Roast Tofu & Gravy Mashed Potatoes & Stuffing Green Beans Dinner Roll Fudge Cookie Margarine	NA+ 230 267 20 100 80 30	21Rosemary & Garlic White Beans Mashed Potatoes Carrots Cornbread Loaf Banana Margarine	NA+ 616 23 56 180 1 30				
Cal:765 CHO:103g Na:909mg		909	Cal:750 CHO:112g Na:759mg		759	Cal:782 CHO:110g Na:878mg		878	Cal:725 CHO:96g Na:832mg		832	Cal:864 CHO:126g Na:1011mg		1011
24	Chik'n Cutlet Sweet Potato Wedges Kale & Peppers Hawaiian Roll Oatmeal Cookie Margarine	NA+ 360 150 29 80 90 30	25Lentil Stew w/ Buttermilk Biscuit Broccoli Applesauce Margarine	NA+ 132 370 38 2 30	26Chik'n Cutlet & Gravy Rice Pilaf Mixed Root Vegetables Cornbread Loaf Pear Margarine	NA+ 513 50 65 180 2 30	27No Meals Served Holiday	28No Meals Served Holiday						
Cal:730 CHO:79g Na:844mg		844	Cal:691 CHO:102g Na:677mg		677	Cal:920 CHO:124g Na:945mg		945						

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 Pro = Total Protein, Na = Total Sodium (also in parentheses) A \$2.00 confidential donation is
 suggested per meal. Donation letters mailed monthly.
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 = Alternate for fish available
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November 2025 Asian-Vietnamese HDM

Monday		Tuesday		Wednesday		Thursday		Friday						
3	Chicken Teriyaki White Rice Broccoli Fruit Margarine	NA+ 630 50 38 0 30	4 ameese Caramel Shrimp & Pork (Tom Thit) White Rice Water Spinach Fruit Margarine	NA+ 647 50 40 0 30	5 Pork & Vegetable Egg Roll White Rice Broccoli Chocolate Chip Cookie Margarine	NA+ 530 50 38 80 30	6 Chinese BBQ Pork White Rice Cabbage Fruit Margarine	NA+ 377 50 37 0 30	7 Beef & Broccoli Stir Fry (Thit Bo Xao Cai) White Rice Bok Choy Fruit Margarine	NA+ 395 50 64 0 30				
Cal:696 CHO:103g Na:853mg		853	Cal:878 CHO:109g Na:872mg		872	Cal:795 CHO:105g Na:833mg		833	Cal:910 CHO:107g Na:599mg		599	Cal:823 CHO:85g Na:644mg		644
10	Caramel Ginger Chicken White Rice Cabbage Fruit Margarine	NA+ 460 50 37 0 30	11 Holiday - No Meals		12 Green Curry White Fish White Rice Water Spinach Shortbread Cookie Margarine	NA+ 155 50 40 150 30	13 Pork Lo Mein Noodles Broccoli Fruit Margarine	NA+ 450 250 38 0 30	14 Chicken Teriyaki Potstickers w/ Soy Drizzl White Rice Bok Choy Fruit Margarine	NA+ 570 50 57 0 30				
Cal:831 CHO:92g Na:682mg		682			Cal:788 CHO:90g Na:530mg		530	Cal:820 CHO:102g Na:873mg		873	Cal:700 CHO:100g Na:812mg		812	
17	Teriyaki Salmon White Rice Water Spinach Fruit Margarine	NA+ 456 50 40 0 30	18 Sweet & Sour Chicken White Rice Cabbage Fruit Margarine	NA+ 448 50 37 0 30	19 Lemongrass Beef (Bò xà ớt) White Rice Bok Choy Fruit Margarine	NA+ 464 50 64 0 30	20 Harvest Holiday Meal Roast Turkey & Gravy Mashed Potatoes & Stuffing Green Beans Dinner Roll Fudge Cookie Margarine	NA+ 580 267 20 100 80 30	21 Pork Meatballs w/ Nuoc Cham Yakisoba Noodles Broccoli Fruit Margarine	NA+ 240 250 38 0 30				
Cal:766 CHO:102g Na:681mg		681	Cal:873 CHO:108g Na:670mg		670	Cal:785 CHO:95g Na:713mg		713	Cal:732 CHO:95g Na:1182mg		1182	Cal:778 CHO:90g Na:663mg		663
24	Mongolian Beef White Rice Cabbage Oatmeal Cookie Margarine	NA+ 550 50 37 90 30	25 Turmeric & Ginger Fish White Rice Water Spinach Fruit Margarine	NA+ 220 50 40 0 30	26 Pork Fried Rice White Rice Cabbage Fruit Margarine	NA+ 355 50 37 0 30	27 No Meals Served Holiday		28 No Meals Served Holiday					
Cal:814 CHO:96g Na:862mg		862	Cal:715 CHO:91g Na:445mg		445	Cal:902 CHO:88g Na:577mg		577						

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No meals will be left without seeing someone at delivery.



November 2025 Low Lactose Menu

Totals include entrée, sides, dessert, fruit, bread, milk & margarine.
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Calories, Pro = Total Protein, Na = Total Sodium (also in parentheses) A \$2.00 confidential
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Nutrition Questions? Michelle @ 978- 624-2263

Menus Subject to Change Without Notice

Monday		Tuesday		Wednesday		Thursday		Friday						
3	Chicken Scampi Pasta Green Peas Fruit Wheat Roll Lactaid Milk Margarine	NA+ 190 4 20 0 150 125 30	4	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Wheat Roll Lactaid Milk Margarine	NA+ 205 50 33 0 150 125 30	5	Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Hawaiian Roll Lactaid Milk Margarine	NA+ 305 23 40 0 80 125 30	6	Lentil Bolognese Whole Grain Pasta Broccoli Fruit Wheat Roll Lactaid Milk Margarine	NA+ 143 4 20 0 150 125 30	7	Beef Stew Roasted Potatoes Vegetable Medley Fruit Wheat Roll Lactaid Milk Margarine	NA+ 140 85 37 0 150 125 30
Cal:785 CHO:86g Na:519mg		519	Cal:756 CHO:97g Na:593mg		593	Cal:745 CHO:85g Na:602mg		603	Cal:552 CHO:93g Na:472mg		472	Cal:680 CHO:77g Na:567mg		567
10	Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Wheat Roll Lactaid Milk Margarine	NA+ 121 3 17 0 150 125 30	11	Holiday - No Meals		12	Pot Roast w/ Gravy Roasted Sweet Potato Green Beans Fruit Wheat Roll Lactaid Milk Margarine	NA+ 245 21 3 0 150 125 30	13	Chicken Tacos (No Cheese) Brown Rice Black Beans, Corn & Peppers Fruit Wheat Tortilla Wrap (1) Lactaid Milk Margarine	NA+ 147 3 61 0 135 125 30	14	Whole Grain Pasta w/ Turkey Bolognese (No Cheese Garnish) Carrots Fruit Wheat Bread Lactaid Milk Margarine	NA+ 213 4 40 0 65 125 30
Cal:566 CHO:67g Na:446mg		446				Cal:545 CHO:78g Na:574mg		574	Cal:669 CHO:90g Na:501mg		501	Cal:630 CHO:65g Na:477mg		477
17	Scrambled Egg (2 ea) Rosemary Potatoes Mixed Vegetables Fruit Wheat Roll Lactaid Milk Margarine	270 85 33 0 150 125 30	18	White Fish w/ Pineapple & Mango Salsa Brown Rice & Beans Carrots Fruit Wheat Roll Lactaid Milk Margarine	NA+ 105 65 39 0 150 125 30	19	Chicken Picatta Baked Sweet Potato Brussel Sprouts Fruit Wheat Roll Lactaid Milk Margarine	NA+ 144 21 10 0 150 125 30	20	American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Wheat Bread Lactaid Milk Margarine	NA+ 225 4 2 0 65 125 30	21	Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit Wheat Roll Lactaid Milk Margarine	NA+ 347 23 20 0 150 125 30
Cal:516 CHO:68g Na:693mg		693	Cal:670 CHO:97g Na:514mg		514	Cal:631 CHO:80g Na:480mg		480	Cal:725 CHO:88g Na:451mg		451	Cal:742 CHO:75g Na:695mg		695
24	Braised Beef w/ Peppers & Onions Quinoa Green Peas Fruit Wheat Roll Lactaid Milk Margarine	NA+ 155 3 20 0 150 125 30	25	Curried Chicken Brown Rice Carrots Fruit Wheat Roll Lactaid Milk Margarine	NA+ 195 3 56 0 150 125 30	26	Pork w/ Cranberry Apple Chutney Mashed Potatoes Red Root Vegetables (squash, carrot, turnip) Fruit Wheat Roll Lactaid Milk Margarine	NA+ 89 23 65 0 150 125 30	27	Holiday No Meals Served		28	Holiday No Meals Served	
Cal:640 CHO:77g Na:483mg		483	Cal:700 CHO:95g Na:559mg		559	Cal:690 CHO:87g Na:482mg		482						

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November 2025 Ground Menu

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Monday		Tuesday		Wednesday		Thursday		Friday	
3	NA±	4	NA±	5	NA±	6	NA±	7	NA±
Chicken Scampi	190	Honey Mustard Chicken	205	Turkey Meatloaf w/ Gravy	305	Lentil Bolognese & Parmesan Garnish	232	Beef Stew	140
Pasta	4	Rice Pilaf	50	Mashed Potatoes	22	Pasta	4	Mashed Potatoes	23
Green Peas	20	Mixed Vegetables	33	Carrots	40	Broccoli	20	Vegetable Medley	37
Fruit	0	Fruit	0	Fruit	0	Fruit	0	Fruit	0
Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	30
Cal:916 CHO:100g Na:449mg	449	Cal:837 CHO:101g Na:523mg	523	Cal:802 CHO:87g Na:602mg	602	Cal:673 CHO:105g Na:491mg	491	Cal:825 CHO:97g Na:435mg	435
10	NA±	11	NA±	12	NA±	13	NA±	14	NA±
Harvest Roasted Chicken	121	Holiday - No Meals		Pot Roast w/ Gravy	245	Chicken Tacos	243	Whole Grain Cheese Lasagna	390
Mashed Butternut Squash	3			Mashed Sweet Potatoes	20	White Rice	25	w/ Florentine Sauce	55
California Blend Vegetables	17			Green Beans	3	Black Beans, Corn & Peppers	61	Carrots	40
Fruit	0			Fruit	0	Fruit	0	Fruit	0
Nutritional Shake	100			Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100
Margarine	30			Margarine	30	Margarine	30	Margarine	30
Cal:677 CHO:80g Na:396mg	396			Cal:683 CHO:92g Na:503mg	503	Cal:846 CHO:101g Na:564mg	564	Cal:717 CHO:97g Na:720mg	720
17	NA±	18	NA±	19	NA±	20	NA±	21	NA±
Egg Omelet w/ Cheese	240	White Fish w/ Pineapple & Mango Salsa	105	Lemon Ricotta Chicken	180	American Chop Suey (Turkey)	225	Rosemary & Garlic Chicken	347
Mashed Potatoes	23	Stewed Beans	356	Mashed Sweet Potatoes	19	Whole Grain Pasta	4	Mashed Potatoes	23
Mixed Vegetables	33	Carrots	39	Brussel Sprouts	9	Green Beans w/ Red Peppers	2	Broccoli	20
Fruit	0	Fruit	0	Fruit	0	Fruit	0	Fruit	0
Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	30
Cal:662 CHO:86g Na:531mg	531	Cal:760 CHO:101g Na:735mg	735	Cal:795 CHO:91g Na:443mg	443	Cal:767 CHO:88g Na:466mg	466	Cals:874 CHO:93g Na:625mg	625
24	NA±	25	NA±	26	NA±	27	NA±	28	NA±
Braised Beef w/ Peppers & Onions	155	Curried Chicken	195	Pork w/ Cranberry Apple Chutney	85	Holiday		Holiday	
Mashed Potatoes	23	Mashed Potatoes	23	Mashed Potatoes	22	No Meals Served		No Meals Served	
Green Peas	20	Carrots	56	ed Root Vegetables (squash, carrot, turnip)	65				
Fruit	0	Fruit	0	Fruit	0				
Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100				
Margarine	30	Margarine	30	Margarine	30				
Cal:741 CHO:90g Na:433mg	433	Cal:782 CHO:97g Na:509mg	509	Cal:802 CHO:100g Na:427mg	407				

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November 2025 Chopped Menu

Totals include entrée, sides, dessert, fruit, bread, milk & margarine.
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Monday		Tuesday		Wednesday		Thursday		Friday							
3	Chicken Scampi Pasta Green Peas Fruit Nutritional Shake Margarine	NA+ 190 4 20 0 100 30	4	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Nutritional Shake Margarine	NA+ 205 50 33 0 100 30	5	Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Nutritional Shake Margarine	NA+ 305 22 40 0 100 30	6	Lentil Bolognese & Parmesan Garnish Pasta Broccoli Fruit Nutritional Shake Margarine	NA+ 232 4 20 0 100 30	7	Beef Stew Mashed Potatoes Vegetable Medley Fruit Nutritional Shake Margarine	NA+ 140 23 37 0 100 30	
Cal:916 CHO:100g Na:449mg		449	Cal:837 CHO:101g Na:523mg		523	Cal:802 CHO:87g Na:602mg		602	Cal:673 CHO:105g Na:491mg		491	Cal:825 CHO:97g Na:435mg		435	
10	Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Nutritional Shake Margarine	NA+ 121 3 17 0 100 30	11	Holiday - No Meals		12	Pot Roast w/ Gravy Mashed Sweet Potatoes Green Beans Fruit Nutritional Shake Margarine	NA+ 245 20 3 0 100 30	13	Chicken Tacos White Rice Black Beans, Corn & Peppers Fruit Nutritional Shake Margarine	NA+ 243 25 61 0 100 30	14	Whole Grain Cheese Lasagna w/ Florentine Sauce Carrots Fruit Nutritional Shake Margarine	NA+ 390 55 40 0 100 30	
Cal:677 CHO:80g Na:396mg		396				Cal:683 CHO:92g Na:503mg		503	Cal:846 CHO:101g Na:564mg		564	Cal:717 CHO:97g Na:720mg		720	
17	Egg Omelet w/ Cheese Mashed Potatoes Mixed Vegetables Fruit Nutritional Shake Margarine	NA+ 240 23 33 0 100 30	18	White Fish w/ Pineapple & Mango Salsa Stewed Beans Carrots Fruit Nutritional Shake Margarine	NA+ 105 356 39 0 100 30	19	Lemon Ricotta Chicken Mashed Sweet Potatoes Brussel Sprouts Fruit Nutritional Shake Margarine	NA+ 180 19 9 0 100 30	20	American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Nutritional Shake Margarine	NA+ 225 4 2 0 100 30	21	Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit Nutritional Shake Margarine	NA+ 347 23 20 0 100 30	
Cal:662 CHO:86g Na:531mg		531	Cal:760 CHO:101g Na:735mg		735	Cal:795 CHO:91g Na:443mg		443	Cal:767 CHO:88g Na:466mg		466	Cals:874 CHO:93g Na:625mg		625	
24	Braised Beef w/ Peppers & Onions Mashed Potatoes Green Peas Fruit Nutritional Shake Margarine	NA+ 155 23 20 0 100 30	25	Curried Chicken Mashed Potatoes Carrots Fruit Nutritional Shake Margarine	NA+ 195 23 56 0 100 30	26	Pork w/ Cranberry Apple Chutney Mashed Potatoes Mixed Root Vegetables (squash, carrot, turnip) Fruit Nutritional Shake Margarine	NA+ 85 22 65 0 100 30	27	Holiday No Meals Served			28	Holiday No Meals Served	
Cal:741 CHO:90g Na:433mg		433	Cal:782 CHO:97g Na:509mg		509	Cal:802 CHO:100g Na:427mg		407							

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November 2025 Puree Menu

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Monday		Tuesday		Wednesday		Thursday		Friday	
3	NA+	4	NA+	5	NA+	6	NA+	7	NA+
Chicken Scampi	190	Honey Mustard Chicken	205	Turkey Meatloaf w/ Gravy	305	Lentil Bolognese & Parmesan Garnish	232	Beef Stew	140
Pasta	4	Rice Pilaf	50	Mashed Potatoes	22	Pasta	4	Mashed Potatoes	23
Green Peas	20	Mixed Vegetables	33	Carrots	40	Broccoli	20	Vegetable Medley	37
Fruit	0	Fruit	0	Fruit	0	Fruit	0	Fruit	0
Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	30
Cal:916 CHO:100g Na:449mg	449	Cal:837 CHO:101g Na:523mg	523	Cal:802 CHO:87g Na:602mg	602	Cal:673 CHO:105g Na:491mg	491	Cal:825 CHO:97g Na:435mg	435
10	NA+	11	NA+	12	NA+	13	NA+	14	NA+
Harvest Roasted Chicken	121	Holiday - No Meals		Pot Roast w/ Gravy	245	Chicken Tacos	243	Whole Grain Cheese Lasagna	390
Mashed Butternut Squash	3			Mashed Sweet Potatoes	20	White Rice	25	w/ Florentine Sauce	55
California Blend Vegetables	17			Green Beans	3	Black Beans, Corn & Peppers	61	Carrots	40
Fruit	0			Fruit	0	Fruit	0	Fruit	0
Nutritional Shake	100			Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100
Margarine	30			Margarine	30	Margarine	30	Margarine	30
Cal:677 CHO:80g Na:396mg	396			Cal:683 CHO:92g Na:503mg	503	Cal:846 CHO:101g Na:564mg	564	Cal:717 CHO:97g Na:720mg	720
17	NA+	18	NA+	19	NA+	20	NA+	21	NA+
Egg Omelet w/ Cheese	240	White Fish w/ Pineapple & Mango	105	Lemon Ricotta Chicken	180	American Chop Suey (Turkey)	225	Rosemary & Garlic Chicken	347
Mashed Potatoes	23	Salsa		Mashed Sweet Potatoes	19	Whole Grain Pasta	4	Mashed Potatoes	23
Mixed Vegetables	33	Stewed Beans	356	Brussel Sprouts	9	Green Beans w/ Red Peppers	2	Broccoli	20
Fruit	0	Carrots	39	Fruit	0	Fruit	0	Fruit	0
Nutritional Shake	100	Fruit	0	Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100
Margarine	30	Nutritional Shake	100	Margarine	30	Margarine	30	Margarine	30
Cal:662 CHO:86g Na:531mg	531	Cal:760 CHO:101g Na:735mg	735	Cal:795 CHO:91g Na:443mg	443	Cal:767 CHO:88g Na:466mg	466	Cals:874 CHO:93g Na:625mg	625
24	NA+	25	NA+	26	NA+	27	NA+	28	NA+
Braised Beef w/ Peppers & Onions	155	Curried Chicken	195	Pork w/ Cranberry Apple Chutney	85	Holiday - No Meals		Holiday-No Meals	
Mashed Potatoes	23	Mashed Potatoes	23	Mashed Potatoes	22				
Green Peas	20	Carrots	56	ed Root Vegetables (squash, carrot, turn	65				
Fruit	0	Fruit	0	Fruit	0				
Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100				
Margarine	30	Margarine	30	Margarine	30				
Cal:741 CHO:90g Na:433mg	433	Cal:782 CHO:97g Na:509mg	509	Cal:802 CHO:100g Na:427mg	407				

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November 2025 Renal Menu

Totals include entrée, sides, dessert, fruit, bread, milk & margarine.
**Higher sodium item (>500 mg), Shading = High sodium meal (>1200 mg). Cal = Total Calories, Pro = Total Protein, Na = Total Sodium (also in parentheses) A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly.*
Nutrition Questions? Michelle @ 978- 624-2263
Menus Subject to Change Without Notice

Monday		Tuesday		Wednesday		Thursday		Friday						
3	Chicken Scampi Pasta Green Peas Wheat Dinner Roll Applesauce Margarine	NA+ 190 4 20 150 2 30	4Honey Mustard Chicken Rice Pilaf Mixed Vegetables Wheat Roll Cookie (Oatmeal/Sugar only) Margarine	NA+ 205 50 33 150 90 30	5Turkey Meatloaf w/ Gravy White Rice Carrots Wheat Bread Fresh Apple Margarine	NA+ 305 25 39 65 2 30	6Balsamic Glazed Chicken Pasta Broccoli Wheat Bread Applesauce Margarine	NA+ 95 4 20 65 2 30	7Beef Stew White Rice Vegetable Medley Wheat Bread Fruit Cup (Peach/Pear) Margarine	NA+ 140 25 37 65 5 30				
Cal:750 CHO:79g Na:446mg		446	Cal:701 CHO:75g Na:608mg		608	Cal:796 CHO:89g Na:516mg		516	Cal:597 CHO:76 Na:466mg		266	Cal:780 CHO:90g Na:352mg		352
10	Harvest Roasted Chicken Couscous California Blend Vegetables Wheat Bread Applesauce Margarine	NA+ 121 4 17 65 2 30	11Holiday - No Meals		12Pot Roast w/ Gravy Polenta Green Beans Wheat Bread Fresh Apple Margarine	NA+ 245 15 3 65 2 30	13Chicken Tacos White Rice Corn & Peppers Tortilla Wrap (1 each) Applesauce Margarine	NA+ 243 25 21 135 2 30	14Chicken Primavera Pasta Bowtie Pasta Carrots Wheat Bread Fruit Cup (Peach/Pear) Margarine	NA+ 85 4 39 65 5 30				
Cal:612 CHO:72g Na:289mg		289			Cal:602 CHO:84g Na:410mg		410	Cal:712 CHO:78g Na:506mg		506	Cal:640 CHO:74g Na:278mg		278	
17	Egg Omelet Mexican Rice Mixed Vegetables Wheat Bread Applesauce Margarine	NA+ 240 71 33 65 2 30	18White Fish w/ Peach Salsa Couscous Carrots Wheat Bread Cookie (Oatmeal/Sugar only) Margarine	NA+ 105 4 39 65 90 30	19Chicken Picatta Rice Pilaf Brussel Sprouts Wheat Bread Fresh Apple Margarine	NA+ 144 50 8 65 2 30	20Lentil Unstuffed Pepper (No Cheese) White Rice Green Beans w/ Red Peppers Wheat Bread Applesauce Margarine	NA+ 138 25 2 65 2 30	21Rosemary & Garlic Chicken Orzo Broccoli Wheat Bread Fruit Cup (Peach/Pear) Margarine	NA+ 347 4 20 65 5 30				
Cal:580 CHO:80g Na:491mg		491	Cal:608 CHO:78g Na:383mg		383	Cal:737 CHO:87g Na:349mg		349	Cal:577 CHO:94g Na:312mg		312	Cals:815 CHO:90g Na:521mg		521
24	Braised Beef w/ Peppers & Onions White Rice Green Peas Wheat Bread Applesauce Margarine	NA+ 155 25 20 65 2 30	25Curried Chicken White Rice Mixed Vegetables Wheat Bread Cookie (Oatmeal/Sugar only) Margarine	NA+ 195 25 33 65 90 30	26Roast Turkey w/ Cranberry Apple Chutney Polenta Carrots Wheat Bread Fresh Apple Margarine	NA+ 225 15 39 65 0 30	27Holiday - No Meals		28Holiday-No Meals					
Cal:697 CHO:85g Na:347mg		347	Cal:765 CHO:94g Na:488mg		488	Cal:700 CHO:94g Na:424mg		424						

To Cancel a Meal Please Call 978-624-2263 at least 24 hours before service

November Cold Supper 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 Caprese Pasta Salad w/ Mozzarella, Tomatoes & Basil Chickpeas, Craisin & Apple Salad Cornbread Loaf Vanilla Pudding	4 Crispy Chicken Salad Ranch Pasta Salad Wheat Roll Banana	5 Turkey & Swiss Cheese on Wheat Bread Potato Salad Carrot Raisin Salad Chocolate Chip Cookie	6 Waldorf Chicken Salad Sandwich Butternut Squash & Cranberry Couscous Salad Tomato Cucumber Salad Peaches	7 Whole Grain Tuna Pasta Salad w/ Green Peas Cornbread Loaf Zucchini Salad Orange
10 Turkey & Provolone on Wheat Bread Pea Salad Carrot Raisin Salad Pears	11 Holiday No Meals	12 Ham & Swiss on Wheat Bun Sweet Potato & Craisin Salad Beet Salad Shortbread Cookie	13 Egg Salad Sandwich on Wheat Bun Italian Pasta Salad Brussel Sprout Salad Chocolate Pudding	14 Chicken Salad on Wheat Bread Artichoke, Feta & Roasted Pepper & Couscous Salad Broccoli Salad Peaches
17 Roast Beef & Swiss on Wheat Bread Italian Pasta Salad Cole Slaw Orange	18 Turkey & Cheese on Wheat Bun Corn & Red Pepper Salad Beet Salad Apple	19 Honey Mustard Chicken Salad on Wheat Bread Pea Salad Zucchini Salad Fudge Filled Cookie	20 Tortellini Pasta Salad w/ Beans, Spinach & Sundried Tomatoes Broccoli Salad Dinner Roll Vanilla Pudding	21 Tuna Salad Wheat Bun Ranch Pasta Salad Pickled Cabbage Salad Banana
24 Ham & Cheese on Wheat Bun Butternut Squash & Cranberry Couscous Salad Beet Salad Oatmeal Cookie	25 Chicken Caesar Wrap Whole Grain Tortilla Carrot Raisin Salad Orange	26 Turkey & Provolone On Wheat Bun Italian Pasta Salad Cole Slaw Pear	27 Greek Pasta Salad w/ Chicken, Olives & Feta Pea Salad Wheat Roll Apple Crisp	28 Egg Salad on Wheat Bun Sweet Potato & Craisin Salad Pickled Cabbage Slaw Applesauce

Nutrition Questions? Michelle Zelikman @ 978-624-2263 or mzelikman@agespan.org

A \$2.00 confidential donation is suggested per meal.

Donation letters are mailed monthly. Menu Subject to Change Without Notice

Brought to you by the Older Americans Act

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November Modified Menu 2025

Monday			Tuesday			Wednesday			Thursday			Friday		
3 Chicken Scampi Pasta Green Peas Fruit			4 Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit			5 Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit			6 Lentil Bolognese Whole Grain Pasta Broccoli Fruit			7 Beef Stew Roasted Potatoes Vegetable Medley Fruit		
Cal 696	Na 350	Cho 74	Cal 665	Na 426	Cho 70	Cal 635	Na 502	Cho 57	Cal 452	Na 398	Cho 74	Cal 590	Na 592	Cho 65
10 Roasted Chicken Butternut Squash California Blend Vegetables Fruit			11 Holiday No Meals			12 Pot Roast w/ Gravy Roasted Sweet Potato Green Beans Fruit			13 Chicken Taco w/ Cheese Tortilla Wrap Black Beans, Corn & Peppers Fruit			14 Whole Grain Cheese Lasagna w/ Florentine Sauce Carrots Fruit		
Cal 477	Na 280	Cho 51				Cal 455	Na 405	Cho 53	Cal 608	Na 578	Cho 61	Cal 495	Na 624	Cho 66
17 Egg Omelet w/ Cheddar Cheese Rosemary Potatoes Mixed Vegetables Fruit			18 White Fish w/ Pineapple-Mango Salsa  Rice & Beans Carrots Fruit			19 Lemon Ricotta Chicken Baked Sweet Potato Brussel Sprouts Fruit			20 American Chop Suey WG Pasta Green Beans w/ Red Peppers Fruit			21 Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit		
Cal 485	Na 595	Cho 53	Cal 560	Na 345	Cho 70	Cal 568	Na 350	Cho 60	Cal 585	Na 365	Cho 60	Cal 652	Na 530	Cho 63
24 Braised Beef w/ Peppers & Onions Quinoa Green Peas Fruit			25 Curried Chicken Brown Rice Carrots Fruit			26 Pork w/Cran Apple Chutney Rstd Potatoes Root Vegetables Fruit			27 Holiday No Meals			28 Holiday No Meals		
Cal 551	Na 315	Cho 63	Cal 630	Na 395	Cho 72	Cal 605	Na 377	Cho 67						
A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly. Totals include entrée, sides, beverage & margarine. Cal = Total Calories, Carb = Total Carbohydrates, Na = Total Sodium  Alternate for fish available on request Nutrition Questions? Michelle @ 978- 624-2263 or mzelikman@agespan.org Menus Subject to Change Without Notice														

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November Regular Menu 2025

Monday			Tuesday			Wednesday			Thursday			Friday		
3)Unstuffed Pepper Bowl w/ Beef (276) White Rice (25) Mixed Veg (51) Wheat Bread (65) Pudding (130)			4 Shrimp with Tomato Caper Sauce (637) 🐟 Polenta (15) Carrots (56) Cornbread (180) Banana (1)			5 Chicken Alfredo (610) WW Pasta (4) Broccoli (38) Roll (100) Cookie (80)			6 Sausage Peppers & Onions (575) Potato (22) Peas (20) WW Roll (150) Peaches (5)			7 Beef Chili w/Cheese (417) Veggies (65) Cornbread (160) Orange (0)		
Cal 952	Na 682	Cho 93	Cal 692	Na 1024	Cho 100	Cal 786	Na 1024	Cho 88	Cal 705	Na 907	Cho 75	Cal 809	Na 777	Cho 88
10 Tuscan Chicken (403) Mashd Potato (22) Veg Medley (54) Dinner Roll (100) Pear (0)			11 Veterans Day No Meals Served			12) Meatloaf & Gravy (546) Rice (25) Broccoli (38) Roll (80) Cookie (150)			13 Honey Garlic Salmon (155) 🐟 Orzo (4) Green Beans & Red Peppers (20) WW Bread (65) Pudding (135)			14 Harvest Chicken (123) Squash & Cran Couscous (90) Veg Blend (34) Roll (100) Peaches (5)		
Cal 775	Na 715	Cho 91				Cal 832	Na 974	Cho 86	Cal 814	Na 514	Cho 108	Cal 749	Na 487	Cho 98
17 Pot Roast(587) Sweet Potato(20) Veg Blend (54) Cornbread (180) Orange (0)			18 Seafood Cajun Pasta(500) 🐟 WW Pasta (4) Br. Sprouts (26) WW Bread (65) Apple (2)			19 Ravioli (200) w/ Bolognese & Parmesan (284) Peas (20) WW Roll (150) Pudding (130)			20 Special Turkey (580) Mashed Potatoes & Stuffing (267) Green Beans(20) Roll (100) Cookie (80)			21 Rosemary & Garlic Chicken (474) Mashd Potato(23) Carrots (56) Cornbread (180) Banana (1)		
Cal 740	Na 975	Cho 100	Cal 713	Na 732	Cho 90	Cal 830	Na 919	Cho 93	Cal 732	Na 1182	Cho 95	Cal 793	Na 869	Cho 102
24 Potato Pollock (330) 🐟 Sweet Potato(150) Veg Blend (29) Roll (80) Cookie (90)			25 Beef Stew (140) Biscuit (370) Broccoli (38) Applesauce (0)			26 Brocc & Chz Stuffed Chicken (410) Rice Pilaf (50) Root Veggi (65) Cornbread (180) Pear (2)			27 Thanksgiving No Meals Served			28 Black Friday No Meals Served		
Cal 785	Na 924	Cho 80	Cal 708	Na 683	Cho 66	Cal 880	Na 842	Cho 114						
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