



December 2025 Caribbean HDM Menu
Menu Totals include entree, sides, dessert, fruit, bread, milk & margarine.
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	
1	NA+	2	NA+	3	NA+	4	NA+	5	NA+
Dominican Style Chicken	150	Sancocho w/ Beef & Chicken & Potatoes	213	Pork & Bean Stew	146	BBQ Jerk Drumstick	464	Caribbean Beef w/ Peppers & Onions	132
Rice & Beans	65	White Rice	25	Yellow Rice & Black Eyed Peas	61	Cilantro Lime Rice	67	Stewed Beans	356
Vegetable Medley	54	Black Beans, Corn & Peppers	61	Broccoli	38	California Blend Vegetables	34	Green Peas	20
Wheat Bread	65	Dinner Roll	100	Biscuit	370	Wheat Roll	150	Hawaiian Roll	80
Chocolate Pudding	135	Orange	0	Applesauce	2	Fig Newton	180	Banana	1
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	30
Cal:870 CHO:103g Na:604mg	604	Cal:900 CHO:110g Na:534mg	534	Cal:790 CHO:96g Na:752mg	752	Cal:903 CHO:116g Na:1030mg	1030	Cal:909 CHO:103g Na:724mg	724
8	NA+	9	NA+	10	NA+	11	NA+	12	NA+
Frango Assado (Brazilian Chicken)	118	Pork w/ Peach-Mango Salsa	100	Bistec Encebollado (Puerto Rican Steak & Onions)	132	Arroz con Camarones (Shrimp)	417	Beef Picadillo	153
Yellow Rice	25	Plantains	4	Yucca	15	Yellow Rice	25	Brown Rice & Pigeon Peas	70
Green Beans & Red Peppers	20	Mixed Root Vegetables	65	Broccoli	38	Carrots	56	California Blend Vegetables	34
Wheat Bread	65	Dinner Roll	100	Cornbread Loaf	180	Wheat Bread	65	Wheat Bread	65
Peach Cup	5	Vanilla Pudding	130	Chocolate Chip Cookie	80	Pear	2	Orange	0
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	30
Cal:710 CHO:85g Na:368mg	368	Cal:725 CHO:97g Na:534mg	534	Cal:974 CHO:112g Na:580mg	580	Cal:690 CHO:100g Na:700mg	700	Cal:751 CHO:87g Na:457mg	457
15	NA+	16	NA+	17	NA+	18	NA+	19	NA+
Lentil Okra Coconut Stew	124	Pescado con Coco (Coconut Fish)	122	<u>Holiday Meal - High Sodium Meal</u>		Curried Beef	170	Haitian Stewed Chicken Drumstick	213
White Rice	25	Yellow Rice & Black Eyed Peas	61	Maple Glazed Honey Ham	690	White Rice & Lentils	25	Yucca	15
Brussel Sprouts	26	Green Peas	20	Roasted Potatoes	85	Mixed Vegetables	51	Edamame, Corn & Peppers	22
Wheat Roll	150	Dinner Roll	100	Carrots	56	Wheat Bread	65	Cornbread Loaf	180
Apple	2	Orange	0	Dinner Roll	100	Vanilla Pudding	130	Banana	1
Margarine	30	Margarine	30	Chocolate Swirl	105	Margarine	30	Margarine	30
Cal:742 CHO:106g Na:462mg	462	Cal:934 CHO:108g Na:438mg	438	Cal:830 CHO:120g Na:1171mg	1171	Cal:844 CHO:107g Na:576mg	576	Cal:925 CHO:122g Na:566mg	566
22	NA+	23	NA+	24	NA+	25	NA+	26	NA+
Creamy Cajun Chicken	240	Stewed Tomato White Fish	264	Arroz con Pollo	123	Holiday - No Meals		Pastel de Tuna w/ Lemon	480
Mashed Potatoes	23	Cilantro Lime Rice	67	Yellow Rice	25			Roasted Potatoes	85
Brussel Sprouts	26	Mixed Vegetables	50	Carrots	56			Green Peas	20
Wheat Roll	150	Cornbread Loaf	180	Wheat Bread	65			Wheat Roll	150
Oatmeal Cookie	90	Apple	2	Chocolate Pudding	135			Banana	1
Margarine	30	Margarine	30	Margarine	30			Margarine	30
Cal:690 CHO:70g Na:664mg	664	Cal:850 CHO:100g Na:698mg	698	Cal:800 CHO:93g Na:539mg	539			Cal:695 CHO:99g Na:871mg	871
29	NA+	30	NA+	31	NA+				
Haitian Spaghetti (Beef)	770	Pork Linguica w/ Onions	623	Salmon w/ Pineapple-Mango Salsa	60				
Whole Grain Pasta	-	White Rice	25	Roasted Potatoes	85				
Vegetable Medley	54	Green Beans	20	Beets & Greens	118				
Wheat Bread	65	Dinner Roll	100	Cornbread Loaf	180				
Apple	2	Banana	1	Pound Cake	240				
Margarine	30	Margarine	30	Margarine	30				
Cal:870 CHO:98g Na:1026mg	1026	Cal:918 CHO:103g Na:904mg	904	Cal:838 CHO:98g Na:818mg	818				

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No meals will be left without seeing someone at delivery.



December 2025 Vegetarian HDM Menu

Menu Totals include entree, sides, dessert, fruit, bread, milk & margarine.
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	
1	NA+	2	NA+	3	NA+	4	NA+	5	NA+
Braised Veggie Sausage & Vegetables	470	Refried Bean & Cheese Tacos	566	Vegetarian Pot Pie	365	Tuscan Fritters	495	Maple Glazed Chik'n	372
Mashed Potatoes	23	Cilantro Lime Rice	67	w/ Whole Grain Buttermilk Biscuit	370	Roasted Potatoes	85	Butternut Squash	12
Vegetable Medley	54	Black Beans, Corn & Peppers	61	Broccoli	38	California Blend Vegetables	34	Green Peas	20
Wheat Bread	65	Tortilla Wrap	135	Applesauce	2	Wheat Roll	150	Hawaiian Roll	80
Chocolate Pudding	135	Orange	0	Margarine	30	Fig Newton	180	Banana	1
Margarine	30	Margarine	30			Margarine	30	Margarine	30
Cal:698 CHO:91g Na:882mg	882	Cal:699 CHO:104g Na:964mg	964	Cal:763 CHO:98g Na:910mg	910	Cal:810 CHO:115g Na:1079mg	1079	Cal:820 CHO:120g Na:620mg	620
8	NA+	9	NA+	10	NA+	11	NA+	12	NA+
Creamy Cajun Beans	527	High Sodium Meal		BBQ Tofu	290	Vegetarian Meatloaf & Gravy	495	Cheese Ravioli	200
Whole Grain Pasta	4	3 Bean Chili w/ Cheese	535	Baked Beans	140	Garlic Mashed Potatoes	23	w/ Lentil Bolognese & Parmesan	243
Green Beans & Red Peppers	20	w/ Buttermilk Biscuit	370	Broccoli	38	Carrots	56	California Blend Vegetables	34
Wheat Bread	65	Mixed Root Vegetables	65	Cornbread Loaf	180	Cornbread Loaf	180	Wheat Bread	65
Peach Cup	5	Vanilla Pudding	130	Chocolate Chip Cookie	80	Pear	2	Orange	0
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	30
Cal:712 CHO:105g Na:756mg	756	Cal:720 CHO:99g Na:1235mg	1235	Cal:822 CHO:111g Na:863mg	863	Cal:726 CHO:104g Na:891mg	891	Cal:741 CHO:109g Na:677mg	677
15	NA+	16	NA+	17	NA+	18	NA+	19	NA+
Vegetarian Stroganoff	600	Cheesy Casserole	480	Holiday Meal		Egg & Cheese Broccoli Bake	315	Teriyaki Tofu	437
Egg Noodles	7	Seasoned Rice	-	Maple Glazed Veggie Sausage	445	w/ Whole Grain Buttermilk Biscuit	370	White Rice	25
Brussel Sprouts	26	Green Peas	20	Roasted Potatoes	85	Mixed Vegetables	51	Edamame, Corn & Peppers	22
Wheat Roll	150	Dinner Roll	100	Carrots	56	Vanilla Pudding	130	Cornbread Loaf	180
Apple	2	Orange	0	Dinner Roll	100	Margarine	30	Banana	1
Margarine	30	Margarine	30	Chocolate Swirl	105			Margarine	30
				Margarine	30				
Cal:790 CHO:98g Na:920mg	920	Cal:730 CHO:93g Na:735mg	735	Cal:865 CHO:122g Na:926mg	926	Cal:732 CHO:68g Na:1001mg	1001	Cal:898 CHO:130g Na:800mg	800
22	NA+	23	NA+	24	NA+	25		26	NA+
Stewed Tomato Garbanzo Beans	400	Veggie Sausage & Gravy	520	Veggie Fritters w/ Herbed Aioli	524	Holiday - No Meals		Chik'n Anna Maria	538
Rice Pilaf	50	Baked Sweet Potatoes	21	Garlic Mashed Potatoes	23			Roasted Potatoes	85
Brussel Sprouts	26	Mixed Vegetables	50	Carrots	56			Green Peas	20
Wheat Bread	65	Cornbread Loaf	180	Wheat Bread	65			Wheat Roll	150
Oatmeal Cookie	90	Apple	2	Chocolate Pudding	135			Banana	1
Margarine	30	Margarine	30	Margarine	30			Margarine	30
Cal:691 CHO:99g Na:766mg	766	Cal:722 CHO:95g Na:908mg	908	Cal:865 CHO:102g Na:938mg	938			Cal:837 CHO:102g Na:929mg	929
29	NA+	30	NA+	31	NA+				
Vegetarian Chop Suey	530	Vegetarian Shepherd's Pie	530	Chik'n Cutlet	360				
Whole Grain Pasta	4	w/ Mashed Potatoes, Corn & Peas	-	Black Eyed Peas	141				
Vegetable Medley	54	Green Beans	20	Beets & Greens	118				
Wheat Bread	65	Whole Grain Biscuit	370	Cornbread Loaf	180				
Apple	2	Banana	1	Pound Cake	240				
Margarine	30	Margarine	30	Margarine	30				
Cal:715 CHO:112g Na:790mg	790	Cal:822 CHO:107g Na:1056mg	1056	Cal:926 CHO:105g Na:1174mg	1174				

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December 2025 Asian-Vietnamese HDM Menu
Menu Totals include entree, sides, dessert, fruit, bread, milk & margarine.
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	
1	NA+	2	NA+	3	NA+	4	NA+	5	NA+
Chicken Teriyaki	630	Vietnamese Caramel Shrimp & Pork (Tom Thit Rim)	647	Pork & Vegetable Egg Roll	530	Chinese BBQ Pork	377	Beef & Broccoli Stir Fry (Thit Bo Xao Cai)	395
White Rice	50	White Rice	50	White Rice	50	White Rice	50	White Rice	50
Broccoli	38	Water Spinach	40	Broccoli	38	Cabbage	37	Bok Choy	64
Fruit	0	Fruit	0	Fruit	0	Fig Newton	180	Fruit	0
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	30
Cal:696 CHO:103g Na:853mg	853	Cal:878 CHO:109g Na:872mg	872	Cal:760 CHO:105g Na:753mg	753	Cal:1005 CHO:120g Na:779mg	779	Cal:823 CHO:85g Na:644mg	644
8	NA+	9	NA+	10	NA+	11	NA+	12	NA+
Caramel Ginger Chicken	460	Teriyaki Beef	460	Green Curry White Fish	155	Pork Lo Mein	450	Chicken Teriyaki Potstickers w/ Soy Drizzle	570
White Rice	50	White Rice	50	White Rice	50	Noodles	250	White Rice	50
Cabbage	37	Water Spinach	40	Water Spinach	40	Broccoli	38	Bok Choy	57
Fruit	0	Fruit	0	Chocolate Chip Cookie	80	Fruit	0	Fruit	0
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	30
Cal:831 CHO:92g Na:682mg	682	Cal:924 CHO:110g Na:685mg	685	Cal:774 CHO:88g Na:460mg	460	Cal:820 CHO:102g Na:873mg	873	Cal:700 CHO:100g Na:812mg	812
15	NA+	16	NA+	17	NA+	18	NA+	19	NA+
Teriyaki Salmon	456	Sweet & Sour Chicken	448	Holiday Meal - High Sodium Meal		Lemongrass Beef (Bò xả ớt)	464	Pork Meatballs w/ Nuoc Cham	240
White Rice	50	White Rice	50	Maple Glazed Honey Ham	690	White Rice	50	Yakisoba Noodles	250
Water Spinach	40	Cabbage	37	Roasted Potatoes	85	Bok Choy	64	Broccoli	38
Fruit	0	Fruit	0	Carrots	56	Fruit	0	Fruit	0
Margarine	30	Margarine	30	Dinner Roll	100	Margarine	30	Margarine	30
		Chocolate Swirl	105						
		Margarine	30						
Cal:766 CHO:102g Na:681mg	681	Cal:873 CHO:108g Na:670mg	670	Cal:830 CHO:120g Na:1171mg	1171	Cal:803 CHO:110g Na:713mg	713	Cal:778 CHO:90g Na:663mg	663
22	NA+	23	NA+	24	NA+	25	NA+	26	NA+
Mongolian Beef	550	Turmeric & Ginger Fish	220	Pork Fried Rice	355	Holiday - No Meals		Pork w/ Scallion & Ginger Sauce	332
White Rice	50	White Rice	50	White Rice	50			White Rice	50
Cabbage	37	Water Spinach	40	Cabbage	37			Broccoli	38
Oatmeal Cookie	90	Fruit	0	Fruit	0			Fruit	0
Margarine	30	Margarine	30	Margarine	30			Margarine	30
Cal:814 CHO:96g Na:862mg	862	Cal:715 CHO:91g Na:445mg	445	Cal:902 CHO:88g Na:577mg	577			Cal:807 CHO:103g Na:555mg	555
29	NA+	30	NA+	31	NA+				
Chicken Teriyaki	630	Vietnamese Caramel Shrimp & Pork (Tom Thit Rim)	647	Pork & Vegetable Egg Roll	530				
White Rice	50	White Rice	50	White Rice	50				
Broccoli	38	Water Spinach	40	Broccoli	38				
Fruit	0	Fruit	0	Pound Cake	240				
Margarine	30	Margarine	30	Margarine	30				
Cal:696 CHO:103g Na:853mg	853	Cal:878 CHO:109g Na:872mg	872	Cal:830 CHO:110g Na:993mg	993				

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December 2025 Cardiac Menu
Menu Totals include entree, sides, dessert, fruit, bread, milk & margarine.
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Menus subject to change without notice.

Monday		Tuesday		Wednesday		Thursday		Friday	
1	NA+	2	NA+	3	NA+	4	NA+	5	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	Whole Grain Pasta	4	Roasted Potatoes	85
Green Peas	20	Mixed Vegetables	33	Carrots	40	Broccoli	20	Vegetable Medley	37
Fruit	0	Fruit	0	Fruit	0	Fruit	0	Fruit	0
Wheat Roll	150	Wheat Roll	150	Hawaiian Roll	80	Wheat Roll	150	Wheat Roll	150
Low Fat Milk	105	Low Fat Milk	105	Low Fat Milk	105	Low Fat Milk	105	Low Fat Milk	105
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	30
Cal:776 CHO:85g Na:499mg	499	Cal:747 CHO:97g Na:573mg	573	Cal:736 CHO:83g Na:582mg	582	Cal:571 CHO:94g Na:541mg	541	Cal:670 CHO:76g Na:547mg	547
8	NA+	9	NA+	10	NA+	11	NA+	12	NA+
Harvest Roasted Chicken	121	Salmon w/ Lemon Wedge	56	Pot Roast w/ Gravy	245	Chicken Tacos	243	Whole Grain Cheese Lasagna	390
Mashed Butternut Squash	3	Mashed Potatoes	23	Roasted Sweet Potato	22	Brown Rice	3	w/ Florentine Sauce	55
California Blend Vegetables	17	Garlic Kale	31	Green Beans	3	Black Beans, Corn & Peppers	61	Carrots	40
Fruit	0	Fruit	0	Fruit	0	Fruit	0	Fruit	0
Wheat Roll	150	Wheat Roll	150	Wheat Roll	150	Wheat Tortilla Wrap (1)	135	Wheat Roll	150
Low Fat Milk	105	Low Fat Milk	105	Low Fat Milk	105	Low Fat Milk	105	Low Fat Milk	105
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	30
Cal:560 CHO:66g Na:426mg	426	Cal:652 CHO:79g Na:395mg	395	Cal:536 CHO:76g Na:555mg	555	Cal:715 CHO:89g Na:577mg	577	Cal:575 CHO:78g Na:770mg	770
15	NA+	16	NA+	17	NA+	18	NA+	19	NA+
Egg Omelet	240	White Fish w/ Pineapple & Mango Salsa	105	Lemon Ricotta Chicken	180	American Chop Suey (Turkey)	225	Rosemary & Garlic Chicken	347
Polenta	15	Brown Rice & Beans	65	Baked Sweet Potato	21	Whole Grain Pasta	4	Mashed Potatoes	23
Mixed Vegetables	33	Carrots	39	Brussel Sprouts	10	Green Beans w/ Red Peppers	2	Broccoli	20
Fruit	0	Fruit	0	Fruit	0	Fruit	0	Fruit	0
Wheat Roll	150	Wheat Roll	150	Wheat Roll	150	Wheat Bread	65	Wheat Roll	150
Low Fat Milk	105	Low Fat Milk	105	Low Fat Milk	105	Low Fat Milk	105	Low Fat Milk	105
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	30
Cal:447 CHO:53g Na:573mg	573	Cal:662 CHO:97g Na:494mg	494	Cal:648 CHO:75g Na:496mg	496	Cal:714 CHO:87g Na:431mg	431	Cal:732 CHO:75g Na:675mg	675
22	NA+	23	NA+	24	NA+	25	NA+	26	NA+
Braised Beef w/ Peppers & Onions	155	Curried Chicken	195	Pork w/ Cranberry Apple Chutney	85	Holiday - No Meals		White Bean & Chicken Chili	259
Quinoa	3	Brown Rice	3	Mashed Potatoes	23			w/ Shredded Cheese (Garnish)	96
Green Peas	20	Carrots	56	Mixed Root Vegetables (squash, carrot, turnip)	65			California Blend Vegetables	17
Fruit	0	Fruit	0	Fruit	0			Fruit	0
Wheat Roll	150	Wheat Roll	150	Wheat Roll	150			Wheat Roll	150
Low Fat Milk	105	Low Fat Milk	105	Low Fat Milk	105			Low Fat Milk	105
Margarine	30	Margarine	30	Margarine	30			Margarine	30
Cal:631 CHO:75g Na:463mg	463	Cal:612 CHO:94g Na:539mg	539	Cal:6817 CHO:85g Na:458mg	458			Cal:593 CHO:74g Na:657mg	657
29		30	NA+	31	NA+				
Chicken Scampi	190	Honey Mustard Chicken	205	Turkey Meatloaf w/ Gravy	305				
Pasta	4	Rice Pilaf	50	Mashed Potatoes	22				
Green Peas	20	Mixed Vegetables	33	Carrots	40				
Fruit	0	Fruit	0	Fruit	0				
Wheat Roll	150	Wheat Roll	150	Hawaiian Roll	80				
Low Fat Milk	105	Low Fat Milk	105	Low Fat Milk	105				
Margarine	30	Margarine	30	Margarine	30				
Cal:776 CHO:85g Na:499mg	499	Cal:747 CHO:97g Na:573mg	573	Cal:736 CHO:83g Na:582mg	582				

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December 2025 Ground Menu

Menu Totals include entree, sides, dessert, fruit, bread, milk & margarine.

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

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Menus subject to change without notice.

Monday			Tuesday			Wednesday			Thursday			Friday			
1		NA+	2		NA+	3		NA+	4		NA+	5		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	
8		NA+	9		NA+	10		NA+	11		NA+	12		NA+	
	Harvest Roasted Chicken	121		Baked Salmon	56		Pot Roast w/ Gravy	245		Chicken Tacos	243		Whole Grain Cheese Lasagna	390	
	Mashed Butternut Squash	3		Mashed Potatoes	23		Mashed Sweet Potatoes	20		White Rice	25		w/ Florentine Sauce	55	
	California Blend Vegetables	17		Garlic Kale	31		Green Beans	3		Black Beans, Corn & Peppers	61		Carrots	40	
	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:677 CHO:80g Na:396mg	396		Cal:742 CHO:83g Na:345mg	345		Cal:683 CHO:92g Na:503mg	503		Cal:846 CHO:101g Na:564mg	564		Cal:717 CHO:97g Na:720mg	720	
15		NA+	16		NA+	17		NA+	18		NA+	19		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	
22		NA+	23		NA+	24		NA+	25			26		NA+	
	Braised Beef w/ Peppers & Onions	155		Curried Chicken	195		Pork w/ Cranberry Apple Chutney	85		Holiday - No Meals			White Bean & Chicken Chili	260	
	Mashed Potatoes	23		Mashed Potatoes	23		Mashed Potatoes	22						w/ Shredded Cheese (Garnish)	96
	Green Peas	20		Carrots	56		Mixed Root Vegetables (squash, carrot, turnip)	65						California Blend Vegetables	17
	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:741 CHO:90g Na:433mg	433		Cal:782 CHO:97g Na:509mg	509		Cal:802 CHO:100g Na:427mg	407					Cal:734 CHO:92g Na:608mg	608	
29		NA+	30		NA+	31		NA+							
	Chicken Scampi	190		Honey Mustard Chicken	205		Turkey Meatloaf w/ Gravy	305							
	Pasta	4		Rice Pilaf	50		Mashed Potatoes	22							
	Green Peas	20		Mixed Vegetables	33		Carrots	40							
	Fruit	0		Fruit	0		Fruit	0							
	Nutritional Shake	100		Nutritional Shake	100		Nutritional Shake	100							
	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							

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December 2025 Chopped Menu
Menu Totals include entree, sides, dessert, fruit, bread, milk & margarine.
A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly.
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Menus subject to change without notice.

Monday		Tuesday		Wednesday		Thursday		Friday	
1	NA+	2	NA+	3	NA+	4	NA+	5	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
8	NA+	9	NA+	10	NA+	11	NA+	12	NA+
Harvest Roasted Chicken	121	Baked Salmon	56	Pot Roast w/ Gravy	245	Chicken Tacos	243	Whole Grain Cheese Lasagna	390
Mashed Butternut Squash	3	Mashed Potatoes	23	Mashed Sweet Potatoes	20	White Rice	25	w/ Florentine Sauce	55
California Blend Vegetables	17	Garlic Kale	31	Green Beans	3	Black Beans, Corn & Peppers	61	Carrots	40
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:677 CHO:80g Na:396mg	396	Cal:742 CHO:83g Na:345mg	345	Cal:683 CHO:92g Na:503mg	503	Cal:846 CHO:101g Na:564mg	564	Cal:717 CHO:97g Na:720mg	720
15	NA+	16	NA+	17	NA+	18	NA+	19	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
22	NA+	23	NA+	24	NA+	25	NA+	26	NA+
Braised Beef w/ Peppers & Onions	155	Curried Chicken	195	Pork w/ Cranberry Apple Chutney	85	Holiday - No Meals		White Bean & Chicken Chili	260
Mashed Potatoes	23	Mashed Potatoes	23	Mashed Potatoes	22			w/ Shredded Cheese (Garnish)	96
Green Peas	20	Carrots	56	Mixed Root Vegetables (squash, carrot, turnip)	65			California Blend Vegetables	17
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:741 CHO:90g Na:433mg	433	Cal:782 CHO:97g Na:509mg	509	Cal:802 CHO:100g Na:427mg	407			Cal:734 CHO:92g Na:608mg	608
29	NA+	30	NA+	31	NA+				
Chicken Scampi	190	Honey Mustard Chicken	205	Turkey Meatloaf w/ Gravy	305				
Pasta	4	Rice Pilaf	50	Mashed Potatoes	22				
Green Peas	20	Mixed Vegetables	33	Carrots	40				
Fruit	0	Fruit	0	Fruit	0				
Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100				
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				

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December 2025 Renal Menu

Menu Totals include entree, sides, dessert, fruit, bread, milk & margarine.
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	
1	NA+	2	NA+	3	NA+	4	NA+	5	NA+
Chicken Scampi	190	Honey Mustard Chicken	205	Turkey Meatloaf w/ Gravy	305	Balsamic Glazed Chicken	95	Beef Stew	140
Pasta	4	Rice Pilaf	50	White Rice	25	Pasta	4	White Rice	25
Green Peas	20	Mixed Vegetables	33	Carrots	39	Broccoli	20	Vegetable Medley	37
Wheat Dinner Roll	150	Wheat Roll	150	Wheat Bread	65	Wheat Bread	65	Wheat Bread	65
Applesauce	2	Cookie (Oatmeal/Sugar only)	90	Fresh Apple	2	Applesauce	2	Fruit Cup (Peach/Pear)	5
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	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
8	NA+	9	NA+	10	NA+	11	NA+	12	NA+
Harvest Roasted Chicken	121	Herb Crusted White Fish w/ Lemon	346	Pot Roast w/ Gravy	245	Chicken Tacos	243	Chicken Primavera Pasta	85
Couscous	4	Orzo	4	Polenta	15	White Rice	25	Bowtie Pasta	4
California Blend Vegetables	17	Broccoli	29	Green Beans	3	Corn & Peppers	21	Carrots	39
Wheat Bread	65	Wheat Bread	65	Wheat Bread	65	Tortilla Wrap (1 each)	135	Wheat Bread	65
Applesauce	2	Cookie (Oatmeal/Sugar only)	90	Fresh Apple	2	Applesauce	2	Fruit Cup (Peach/Pear)	5
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	30
Cal:612 CHO:72g Na:289mg	289	Cal:706 CHO:98g Na:614mg	614	Cal:602 CHO:84g Na:410mg	410	Cal:712 CHO:78g Na:506mg	506	Cal:640 CHO:74g Na:278mg	278
15	NA+	16	NA+	17	NA+	18	NA+	19	NA+
Egg Omelet	240	White Fish w/ Peach Salsa	105	Chicken Picatta	144	Lentil Unstuffed Pepper (No Cheese)	138	Rosemary & Garlic Chicken	347
Mexican Rice	71	Couscous	4	Rice Pilaf	50	White Rice	25	Orzo	4
Mixed Vegetables	33	Carrots	39	Brussel Sprouts	8	Green Beans w/ Red Peppers	2	Broccoli	20
Wheat Bread	65	Wheat Bread	65	Wheat Bread	65	Wheat Bread	65	Wheat Bread	65
Applesauce	2	Cookie (Oatmeal/Sugar only)	90	Fresh Apple	2	Applesauce	2	Fruit Cup (Peach/Pear)	5
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	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
22	NA+	23	NA+	24	NA+	25	NA+	26	NA+
Braised Beef w/ Peppers & Onions	155	Curried Chicken	195	Roast Turkey w/ Cranberry Apple Chutney	225	Holiday - No Meals		Stewed Chicken	123
White Rice	25	White Rice	25	Polenta	15			White Rice	25
Green Peas	20	Mixed Vegetables	33	Carrots	39			California Blend Vegetables	17
Wheat Bread	65	Wheat Bread	65	Wheat Bread	65			Wheat Bread	65
Applesauce	2	Cookie (Oatmeal/Sugar only)	90	Fresh Apple	0			Fruit Cup (Peach/Pear)	5
Margarine	30	Margarine	30	Margarine	30			Margarine	30
Cal:697 CHO:85g Na:347mg	347	Cal:765 CHO:94g Na:488mg	488	Cal:700 CHO:94g Na:424mg	424			Cal:668 CHO:75g Na:315mg	315
29	NA+	30	NA+	31	NA+				
Chicken Scampi	190	Honey Mustard Chicken	205	Turkey Meatloaf w/ Gravy	305				
Pasta	4	Rice Pilaf	50	White Rice	25				
Green Peas	20	Mixed Vegetables	33	Carrots	39				
Wheat Dinner Roll	150	Wheat Roll	150	Wheat Bread	65				
Applesauce	2	Cookie (Oatmeal/Sugar only)	90	Fresh Apple	2				
Margarine	30	Margarine	30	Margarine	30				
Cal:750 CHO:79g Na:446mg	446	Cal:701 CHO:75g Na:608mg	608	Cal:796 CHO:89g Na:516mg	516				

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