



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				

To cancel meals please call 978-624-2263 at least 24 hours before service. Brought to you by the Older Americans Act.

No meals will be left without seeing someone at delivery.