

January 2026 Traditional Regular HDM Menu									
Monday		Tuesday		Wednesday		Thursday		Friday	

Menu totals include entrée, sides, dessert, fruit, bread, milk & margarine (30mg) A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly.		Nutrition Questions? Call Michelle at 978-624-2263 Menus subject to change without notice				1		2	
						Holiday - No Meals		No Meals	
5	NA+	6	NA+	7	NA+	8	NA+	9	NA+
Tuscan Chicken	403	Pork Cacciatore	360	Meatloaf & Gravy	545	Seafood Cajun Pasta	500	Hot Dog (Beef)	540
Roasted Potatoes	85	White Rice	25	Mashed Potatoes	22	Whole Grain Pasta	4	Baked Beans	140
Vegetable Medley	55	Green Peas	20	Broccoli	38	Green Beans & Red Peppers	20	Corn	20
Dinner Roll	100	Wheat Roll	150	Hawaiian Roll	80	Wheat Bread	65	Wheat Hot Dog Bun	85
Cinnamon Apples	3	Shortbread Cookie	150	Chocolate Pudding	135	Apple	2	Orange	0
Cal:725 CHO:82g Na:781mg	781	Cal:870 CHO:94g Na:840mg	840	Cal:730 CHO:77g Na:955mg	955	Cal:715 CHO:91g Na:726mg	726	Cal:925 CHO:114g Na:1000mg	920
12	NA+	13	NA+	14	NA+	15	NA+	16	NA+
Cheese Ravioli with	200	Salmon w/ Dill Sauce	160	Pot Roast with Brown Gravy	585	<u>Holiday Meal</u>		Italian Sausage with Peppers & Onions (Pork)	575
Turkey Bolognese & Parmesan	222	Rice Pilaf	50	Mashed Sweet Potatoes	20	Roasted Chicken Drumstick	100	White Rice	25
Brussel Sprouts	26	California Blend Vegetables	34	Vegetable Medley	54	Mac & Cheese	390	Green Peas	20
Wheat Bread	65	Wheat Roll	150	Whole Grain Cornbread Loaf	180	Collard Greens	40	Whole Grain Cornbread Loaf	180
Vanilla Pudding	130	Pear Cup	0	Banana	1	Wheat Roll	150	Applesauce	2
Margarine	30	Margarine	30	Margarine	30	Pound Cake	240	Margarine	30
Cal:770 CHO:92g Na:778mg	778	Cal:847 CHO:87g Na:529mg	529	Cal:775 CHO:109g Na:975mg	975	Cal:878 CHO:81g Na:1055mg	1025	Cal:880 CHO:97g Na:937mg	937
19		20	NA+	21	NA+	22	NA+	23	NA+
Holiday - No Meals		Beef Stew with	140	Rosemary & Garlic Chicken	450	White Fish Picatta	388	Whole Grain Cheese Lasagna	390
		Whole Grain Buttermilk Biscuit	370	Mashed Potatoes	23	Rice Pilaf	50	w/ Marinara Sauce & Mozzarella	315
		Broccoli	38	Carrots	56	Mixed Root Vegetables	65	Mixed Vegetables	51
		Chocolate Pudding	135	Wheat Roll	150	Whole Grain Cornbread Loaf	180	Dinner Roll	100
		Margarine	30	Vanilla Cupcake	230	Pear	2	Orange	0
		Cal:767 CHO:73g Na:818mg	818	Cal:715 CHO:82g Na:1044mg	1044	Cal:840 CHO:110g Na:820mg	820	Cal:701 CHO:94g Na:991mg	991
26	NA+	27	NA+	28	NA+	29	NA+	30	NA+
Potato Pollock	330	Chicken Alfredo	610	Roast Turkey & Gravy	580	Unstuffed Pepper Bowl w/ Beef	276	Chicken Marsala	293
Sweet Potato Wedges	150	Whole Grain Pasta	4	Mashed Potatoes	23	White Rice	25	Mashed Potatoes	23
Kale & Peppers	30	Broccoli	38	Vegetable Medley	54	California Blend Vegetables	34	Carrots	56
Hawaiian Roll	80	Wheat Roll	150	Cornbread Loaf	180	Wheat Roll	150	Whole Grain Cornbread Loaf	180
Vanilla Pudding	130	Cinnamon Apples	3	Oatmeal Cookie	90	Banana	1	Peach Cup	1
Tartar Sauce	110								
Cal:763 CHO:85g Na:965mg	965	Cal:675 CHO:76g Na:940mg	940	Cal:700 CHO:84g Na:1062mg	1062	Cal:897 CHO:93g Na:637mg	621	Cal:690 CHO:85g Na:688mg	688

To cancel meals please call: 978-6624-2263 AT LEAST 24 hours before service. Brought to you by the Older American Act.

No meals will be left without seeing someone at delivery.