

January 2026 Asian-Vietnamese 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		To cancel meals please call: 978-6624-2263 AT LEAST 24 hours before service. Brought to you by the Older American Act.		1 Holiday - No Meals		2 No Meals	
5	NA+	6	NA+	7	NA+	8	NA+	9	NA+
Caramel Ginger Chicken	460	Teriyaki Beef	460	Green Curry White Fish	155	Pork Lo Mein	450	Chicken Teriyaki Potstickers with 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	Shortbread Cookie	150	Fruit	0	Fruit	0	Fruit	0
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	30
Cal:831 CHO:92g Na:682mg	682	Cal:975 CHO:109g Na:835mg	835	Cal:737 CHO:90g Na:380mg	380	Cal:820 CHO:102g Na:873mg	873	Cal:700 CHO:100g Na:812mg	812

12	NA+	13	NA+	14	NA+	15	NA+	16	NA+
Teriyaki Salmon	456	Sweet & Sour Chicken	448	Lemongrass Beef (Bò xả ớt)	464	<u>Holiday Meal</u>		Pork Meatballs with Nuoc Cham	240
White Rice	50	White Rice	50	White Rice	50	Roasted Chicken Drumstick	100	Yakisoba Noodles	250
Water Spinach	40	Cabbage	37	Bok Choy	64	Mac & Cheese	390	Broccoli	38
Fruit	0	Fruit	0	Fruit	0	Collard Greens	40	Fruit	0
Margarine	30	Margarine	30	Margarine	30	Wheat Roll	150	Margarine	30
						Pound Cake	240		
						Margarine	30		
Cal:766 CHO:102g Na:681mg	681	Cal:873 CHO:108g Na:670mg	670	Cal:803 CHO:110g Na:713mg	713	Cal:878 CHO:81g Na:1055mg	1055	Cal:778 CHO:90g Na:663mg	663
19		20	NA+	21	NA+	22	NA+	23	NA+
		Mongolian Beef	430	Pork Fried Rice	355	Turmeric & Ginger Fish	220	Pork with Scallion & Ginger Sauce	332
		White Rice	50	White Rice	50	White Rice	50	White Rice	50
		Cabbage	37	Cabbage	37	Water Spinach	40	Broccoli	38
		Fruit	0	Vanilla Cupcake	230	Fruit	0	Fruit	0
		Margarine	30	Margarine	30	Margarine	30	Margarine	30
		Cal:810 CHO:103g Na:652mg	652	Cal:923 CHO:84g Na:807mg	807	Cal:730 CHO:94g Na:445mg	445	Cal:807 CHO:103g Na:555mg	555
26	NA+	27	NA+	28	NA+	29	NA+	30	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	Oatmeal Cookie	9	Fruit	0	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:750 CHO:98g Na:762mg	762	Cal:855 CHO:93g Na:599mg	599	Cal:823 CHO:85g Na:644mg	644