



January 2026 Modified Cardiac Menu

Menu Includes nutrition from 8oz of 2% milk served with meal daily

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 Holiday - No Meals		2 No Meals	
5	CHO(g)	6	CHO(g)	7	CHO(g)	8	CHO(g)	9	CHO(g)
Harvest Roasted Chicken	3	Salmon w/ Lemon Wedge	4	Pot Roast w/ Gravy	4	Chicken Taco w/ Cheese	2	Whole Grain Cheese Lasagna	29
Mashed Butternut Squash	19	Mashed Potatoes	15	Roasted Sweet Potato	15	Tortilla Wrap (1)	15	with Florentine Sauce	4
California Blend Vegetables	4	Garlic Kale	5	Green Beans	6	Black Beans, Corn & Peppers	16	Carrots	5
Fruit	15	Fruit	15	Fruit	15	Fruit	15	Fruit	15
Milk	13	Milk	13	Milk	13	Milk	13	Milk	13
Cal:477 CHO:54g Na:280mg	159	Cal:575 CHO:52g Na:250mg	157	Cal:455 CHO:53g Na:405mg	158	Cal:608 CHO:61g Na:578mg	166	Cal:495 CHO:66g Na:624mg	171
12	CHO(g)	13	CHO(g)	14	CHO(g)	15	CHO(g)	16	CHO(g)
Egg Omelet with Cheddar Cheese	3	White Fish with Pineapple-Mango Salsa	10	Lemon Ricotta Chicken	3	American Chop Suey (Turkey)	6	Rosemary & Garlic Chicken	15
Rosemary Potatoes	13	Brown Rice & Beans	28	Baked Sweet Potato	15	Whole Grain Pasta	21	Mashed Potatoes	15
Mixed Vegetables	9	Carrots	5	Brussel Sprouts	5	Green Beans w/ Red Peppers	5	Broccoli	5
Fruit	15	Fruit	15	Fruit	15	Fruit	15	Fruit	15
Milk	13	Milk	13	Milk	13	Milk	13	Milk	13
Cal:485 CHO:53g Na:595mg	158	Cal:560 CHO:71g Na:346mg	176	Cal:568 CHO:51g Na:350mg	156	Cal:585 CHO:60g Na:365mg	165	Cal:652 CHO:63g Na:530mg	168
19		20	CHO(g)	21	CHO(g)	22	CHO(g)	23	CHO(g)
Holiday - No Meals		Curried Chicken	17	Pork with Cranberry Apple Chutney	15	Stewed Tomato White Fish	5	White Bean & Chicken Chili	30
		Brown Rice	22	Roasted Potatoes	14	Couscous	22	w/ Shredded Cheese (Garnish)	0
		Carrots	5	Root Vegetables (squash, carrot, t	10	Brussel Sprouts	5	California Blend Vegetables	4
		Fruit	15	Fruit	15	Fruit	15	Fruit	15
		Milk	13	Milk	13	Milk	13	Milk	13
		Cal:630 CHO:72g Na:395mg	177	Cal:605 CHO:67g Na:377mg	172	Cal:560 CHO:60g Na:356mg	165	Cal:513 CHO:62g Na:575mg	167
26	CHO(g)	27	CHO(g)	28	CHO(g)	29	CHO(g)	30	CHO(g)
Chicken Scampi	9	Honey Mustard Chicken	7	Turkey Meatloaf with Gravy	9	Lentil Bolognese and Parmesan		Beef Stew	13
Pasta	22	Rice Pilaf	25	Mashed Potatoes	15	Cheese	20	Roasted Potatoes	14
Green Peas	15	Mixed Vegetables	10	Carrots	5	Whole Grain Pasta	21	Vegetable Medley	10
Fruit	15	Fruit	15	Fruit	15	Broccoli	5	Fruit	15
Milk	13	Milk	13	Milk	13	Fruit	15	Milk	13
Cal:696 CHO:74g Na:350mg	179	Cal:665 CHO:70g Na:426mg	175	Cal:635 CHO:57g Na:502mg	162	Cal:452 CHO:74g Na:398mg	179	Cal:590 CHO:65g Na:592mg	170

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