



January 2026 Renal Menu

Sodium content includes 50mg from 4oz whole milk

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

Holiday - No Meals

No Meals

5	Harvest Roasted Chicken	121	Couscous	4	California Blend Vegetables	17	Wheat Bread	65	Applesauce	2	Cal:612 CHO:72g Na:289mg
12	Egg Omelet	240	Mexican Rice	71	Mixed Vegetables	33	Wheat Bread	65	Applesauce	2	Cal:580 CHO:80g Na:491mg
19	Holiday - No Meals										
26	Chicken Scampi	190	Pasta	4	Green Peas	20					
6	Herb Crusted White Fish with Lemon	346	Orzo	4	Broccoli	29	Wheat Bread	65	Cookie (Oatmeal/Sugar only)	90	Cal:706 CHO:98g Na:614mg
7	Pot Roast with Gravy	245	Polenta	15	Green Beans	3	Wheat Bread	65	Fresh Apple	2	Cal:602 CHO:84g Na:410mg
8	Chicken Tacos	243	White Rice	25	Corn & Peppers	21	Tortilla Wrap (1 each)	135	Applesauce	2	Cal:712 CHO:78g Na:506mg
9	Chicken Primavera Pasta	85	Bowtie Pasta	4	Carrots	39	Wheat Bread	65	Fruit Cup (Peach/Pear)	5	Cal:640 CHO:74g Na:278mg
13	White Fish with Peach Salsa	105	Couscous	4	Carrots	39	Wheat Bread	65	Cookie (Oatmeal/Sugar only)	90	Cal:608 CHO:78g Na:383mg
14	Chicken Picatta	144	Rice Pilaf	50	Brussel Sprouts	8	Wheat Bread	65	Fresh Apple	2	Cal:737 CHO:87g Na:349mg
15	Lentil Unstuffed Pepper (No Cheese)	138	White Rice	25	Green Beans w/ Red Peppers	2	Wheat Bread	65	Applesauce	2	Cal:577 CHO:94g Na:312mg
16	Rosemary and Garlic Chicken	347	Orzo	4	Broccoli	20	Wheat Bread	65	Fruit Cup (Peach/Pear)	5	Cals:815 CHO:90g Na:521mg
20	Curried Chicken	195	White Rice	25	Mixed Vegetables	33	Wheat Bread	65	Cookie (Oatmeal/Sugar only)	90	Cal:765 CHO:94g Na:488mg
21	Roast Turkey with Cranberry Apple Chutney	225	Polenta	15	Carrots	39	Wheat Bread	65	Fresh Apple	0	Cal:700 CHO:94g Na:424mg
22	Lemon Herb Sauce with White Fish	353	Couscous	4	Brussel Sprouts	9	Wheat Bread	65	Applesauce	2	Cal:578 CHO:80g Na:513mg
23	Stewed Chicken	123	White Rice	25	California Blend Vegetables	17	Wheat Bread	65	Fruit Cup (Peach/Pear)	5	Cal:668 CHO:75g Na:315mg
27	Honey Mustard Chicken	205	Rice Pilaf	50	Mixed Vegetables	33					
28	Turkey Meatloaf w/ Gravy	305	White Rice	25	Carrots	39					
29	Balsamic Glazed Chicken	95	Pasta	4	Broccoli	20					
30	Beef Stew	140	White Rice	25	Vegetable Medley	37					