

January 2026 Vegetarian 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 Holiday - No Meals		2 No Meals	
5 Tuscan Chik'n Roasted Potatoes Vegetable Medley Dinner Roll Cinnamon Apples Cal:784 CHO:90g Na:901mg	NA+ 523 85 55 100 3 901	6 Vegetarian Cacciatore White Rice Green Peas Wheat Roll Shortbread Cookie Cal:822 CHO:102g Na:971mg	NA+ 491 25 20 150 150 971	7 Vegetarian Meatloaf & Gravy Mashed Potatoes Broccoli Hawaiian Roll Chocolate Pudding Cal:697 CHO:86g Na:904mg	NA+ 493 23 38 80 135 904	8 Creamy Cajun Beans Whole Grain Pasta Green Beans & Red Peppers Wheat Bread Apple Cal:751 CHO:112g Na:753mg	NA+ 527 4 20 65 2 753	9 Veggie Burger with Cheese Baked Beans Corn Wheat Hamburger Bun Orange Cal:895 CHO:120g Na:945mg	NA+ 495 140 20 75 0 865
12 Cheese Ravioli w/ Lentil Bolognese & Parmesan Brussel Sprouts Wheat Bread Vanilla Pudding Margarine Cal:784 CHO:111g Na:799mg	NA+ 200 243 26 65 130 30 799	13 Veggie Fritters with Dill Sauce Rice Pilaf California Blend Vegetables Wheat Roll Pear Cup Margarine Cal:767 CHO:106g Na:771mg	NA+ 402 50 34 150 0 30 771	14 Veggie Sausage with Gravy Mashed Sweet Potatoes Vegetable Medley Whole Grain Cornbread Loaf Banana Margarine Cal:799 CHO:113g Na:910mg	NA+ 520 20 54 180 1 30 910	15 Holiday Meal High Sodium Meal Chik'n Cutlet Mac & Cheese Collard Greens Wheat Roll Pound Cake Cal:945 CHO:95g Na:1315mg	NA+ 360 390 40 150 240 1315	16 Veggie Sausage with Peppers & Onions White Rice Green Peas Whole Grain Cornbread Loaf Applesauce Margarine Cal:776 CHO:101g Na:829mg	NA+ 467 25 20 180 2 30 829
19 Holiday - No Meals 		20 Lentil Stew with Whole Grain Buttermilk Biscuit Broccoli Chocolate Pudding Margarine Cal:750 CHO:108g Na:810mg	NA+ 132 370 38 135 30 810	21 Rosemary & Garlic Chik'n Mashed Potatoes Carrots Wheat Roll Vanilla Cupcake Cal:804 CHO:89g Na:1116mg	NA+ 513 23 65 150 230 1116	22 Tofu & Artichoke Picatta Rice Pilaf Mixed Root Vegetables Whole Grain Cornbread Loaf Pear Cal:887 CHO:115g Na:685mg	NA+ 253 50 65 180 2 685	23 Whole Grain Cheese Lasagna with Marinara Sauce & Mozzarella Mixed Vegetables Dinner Roll Orange Cal:701 CHO:94g Na:991mg	NA+ 390 315 51 100 0 991
26 Veggie Fritters Sweet Potato Wedges Kale & Peppers Hawaiian Roll Vanilla Pudding Cal:690 CHO:92g Na:855mg	NA+ 330 150 30 80 130 855	27 Vegetarian Carbonara Whole Grain Pasta Broccoli Wheat Bread Cinnamon Apples Cal:710 CHO:80g Na:708mg	NA+ 463 4 38 65 3 708	28 Roast Tofu with Gravy Mashed Potatoes Vegetable Medley Cornbread Loaf Oatmeal Cookie Cal:695 CHO:85g Na:712mg	NA+ 230 23 54 180 90 712	29 Unstuffed Pepper Bowl with Lentils White Rice California Blend Vegetables Wheat Roll Banana Cal:746 CHO:105g Na:543mg	NA+ 198 25 34 150 1 543	30 Chik'n Marsala Mashed Potatoes Carrots Whole Grain Cornbread Loaf Peach Cup Cal:802 CHO:95g Na:809mg	NA+ 410 23 56 180 5 809

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**