



February 2026 Traditional Regular HDM Menu

Totals Include 105mg Na+ for 8oz of milk served daily Menu totals include entrée, sides, dessert, fruit, bread, milk & margarine (30mg) A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly.

Monday		Tuesday		Wednesday		Thursday		Friday	
2	Braised Beef & Vegetables	3	Pulled Pork Tacos	4	Chicken Pot Pie	5	Tuscan White Fish	6	Maple-Bacon Glazed Chicken
	Mashed Potatoes		Cilantro Lime Rice		with Whole Grain Buttermilk Biscuit		Roasted Potatoes		Butternut Squash
	Vegetable Medley		Black Beans, Corn & Peppers		Broccoli		California Blend Vegetables		Green Beans & Red Peppers
	Wheat Bread		Tortilla Wrap		Fig Newton		Cornbread Loaf		Hawaiian Roll
	Chocolate Pudding		Orange		Margarine		Applesauce		Orange
	Cal:832 CHO:91g Na:487mg		Cal:680 CHO:90g Na:948mg		Cal:915 CHO:102 Na:938mg		Cal:690 CHO:80g Na:847mg		Cal:780 CHO:101g Na:420mg
9	Creamy Cajun Salmon	10	American Chop Suey (Turkey)	11	Chicken Scampi	12	Holiday Meal	13	Shepherd's Pie
	Mashed Potatoes		Whole Grain Pasta		Whole Grain Pasta		Pot Roast with Gravy		with Mashed Potatoes, Corn & Peas
	Carrots		Broccoli		Green Peas		Baked Sweet Potatoes		Green Beans
	Dinner Roll		Wheat Bread		Wheat Roll		Vegetable Medley		Cornbread Loaf
	Vanilla Pudding		Fruit Cup		Banana		Wheat Roll		Peach Fruit Cup
	Margarine		Margarine		Margarine		Chocolate Chip Blondie		Margarine
	Cal:774 CHO:76g Na:668mg		Cal:761 CHO:93g Na:472mg		Cal:805 CHO:98g Na:482mg		Cal:770 CHO:96g Na:1136mg		Cal:877 CHO:83g Na:635mg
16	Holiday - No Meals	17	Chicken Anna Maria (Filet)	18	Ash Wednesday	19	Beef Stroganoff	20	Herb Crusted White Fish
			White Rice		Egg & Cheese Broccoli Bake		Egg Noodles		with Lemon
			Carrots		with Whole Grain Buttermilk Biscuit		Brussel Sprouts		Garlic Mashed Potatoes
			Wheat Roll		Mixed Vegetables		Wheat Roll		Broccoli
			Banana		Pound Cake		Cinnamon Apples		Wheat Bread
			Cal:705 CHO:89g Na:905mg		Cal:782 CHO:76g Na:1111mg		Cal:752 CHO:73g Na:522mg		Chocolate Chip Cookie
			905		1111		522		686
23	Stewed Tomato Chicken	24	Beef Chili with Cheese	25	Teriyaki Shrimp	26	Meatloaf with Gravy	27	Cheesy Vegetable & Rice
	Drumstick		with Whole Grain Buttermilk Biscuit		White Rice		Garlic Mashed Potatoes		Casserole
	Rice Pilaf		Mixed Root Vegetables		Edamame, Corn & Peppers		Carrots		Seasoned Rice
	Kale & Red Peppers		Pear		Cornbread Loaf		Wheat Bread		Green Peas
	Wheat Roll		Margarine		Banana		Orange		Dinner Roll
	Vanilla Pudding								Oatmeal Cookie
	Cal:761 CHO:77g Na:707mg		Cal:755 CHO:85g Na:894mg		Cal:795 CHO:115g Na:923mg		Cal:716 CHO:83g Na:825mg		Cal:742 CHO:88g Na:825mg
	707		894		923		825		825

To cancel meals please call: 978-624-2263 AT LEAST 24 hours before service. Brought to you by the Older American

Nutrition Questions? Call Michelle at 978-406-4618 Menus subject to change without notice. NO MEALS WILL BE LEFT WITHOUT SEEING SOMEONE AT DELIVERY