



February 2026 Renal Menu

Sodium content includes 50mg from 4oz whole milk 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	NA+	3	NA+	4	NA+	5	NA+	6	NA+
Harvest Roasted Chicken	121	Herb Crusted White Fish with Lemon	346	Pot Roast with Gravy	245	Chicken Tacos	243	Chicken Primavera Pasta	85
Couscous	4	Orzo	4	Polenta	15	White Rice	25	Bowtie Pasta	4
California Blend Vegetables	17	Broccoli	29	Green Beans	3	Corn & Peppers	21	Carrots	39
Wheat Bread	65	Wheat Bread	65	Wheat Bread	65	Tortilla Wrap (1 each)	135	Wheat Bread	65
Applesauce	2	Cookie (Oatmeal/Sugar only)	90	Fresh Apple	2	Applesauce	2	Fruit Cup (Peach/Pear)	5
Cal:612 CHO:72g Na:289mg	289	Cal:706 CHO:98g Na:614mg	614	Cal:602 CHO:84g Na:410mg	410	Cal:712 CHO:78g Na:506mg	506	Cal:640 CHO:74g Na:278mg	278
9	NA+	10	NA+	11	NA+	12	NA+	13	NA+
Egg Omelet	240	White Fish with Peach Salsa	105	Chicken Picatta	144	Lentil Unstuffed Pepper (No Cheese)	138	Rosemary & Garlic Chicken	347
Mexican Rice	71	Couscous	4	Rice Pilaf	50	White Rice	25	Orzo	4
Mixed Vegetables	33	Carrots	39	Brussel Sprouts	8	Green Beans with Red Peppers	2	Broccoli	20
Wheat Bread	65	Wheat Bread	65	Wheat Bread	65	Wheat Bread	65	Wheat Bread	65
Applesauce	2	Cookie (Oatmeal/Sugar only)	90	Fresh Apple	2	Applesauce	2	Fruit Cup (Peach/Pear)	5
Cal:580 CHO:80g Na:491mg	491	Cal:608 CHO:78g Na:383mg	383	Cal:737 CHO:87g Na:349mg	349	Cal:577 CHO:94g Na:312mg	312	Cals:815 CHO:90g Na:521mg	521
16		17	NA+	18	NA+	19	NA+	20	NA+
Holiday - No Meals		Curried Chicken	195	Roast Turkey with Cranberry Apple Chutney	225	Lemon Herb Sauce with White Fish	353	Stewed Chicken	123
		White Rice	25	Polenta	15	Couscous	4	White Rice	25
		Mixed Vegetables	33	Carrots	39	Brussel Sprouts	9	California Blend Vegetables	17
		Wheat Bread	65	Wheat Bread	65	Wheat Bread	65	Wheat Bread	65
		Cookie (Oatmeal/Sugar only)	90	Fresh Apple	0	Applesauce	2	Fruit Cup (Peach/Pear)	5
		Cal:765 CHO:94g Na:488mg	488	Cal:700 CHO:94g Na:424mg	424	Cal:578 CHO:80g Na:513mg	513	Cal:668 CHO:75g Na:315mg	315
23	NA+	24	NA+	25	NA+	26	NA+	27	NA+
Chicken Scampi	190	Honey Mustard Chicken	205	Turkey Meatloaf with Gravy	305	Balsamic Glazed Chicken	95	Beef Stew	140
Pasta	4	Rice Pilaf	50	White Rice	25	Pasta	4	White Rice	25
Green Peas	20	Mixed Vegetables	33	Carrots	39	Broccoli	20	Vegetable Medley	37
Wheat Dinner Roll	150	Wheat Roll	150	Wheat Bread	65	Wheat Bread	65	Wheat Bread	65
Applesauce	2	Cookie (Oatmeal/Sugar only)	90	Fresh Apple	2	Applesauce	2	Fruit Cup (Peach/Pear)	5
Cal:750 CHO:79g Na:446mg	446	Cal:701 CHO:75g Na:608mg	608	Cal:796 CHO:89g Na:516mg	516	Cal:597 CHO:76 Na:466mg	266	Cal:780 CHO:90g Na:352mg	352

Nutrition Questions? Call Michelle at 978-406-4618 Menus subject to change without notice. To cancel meals please call: 978-624-2263 AT LEAST 24 hours before service. Brought to you by the Older American Act. NO MEALS WILL BE LEFT WITHOUT SEEING SOMEONE AT DELIVERY