



February 2026 Vegetarian 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	NA+	3	NA+	4	NA+	5	NA+	6	NA+
Braised Veggie Sausage & Vegetables	470	Refried Bean & Cheese Tacos	566	Vegetarian Pot Pie	365	Tuscan Fritters	495	Maple Glazed Chik'n	372
Mashed Potatoes	23	Cilantro Lime Rice	67	with Whole Grain Buttermilk Biscuit	370	Roasted Potatoes	85	Butternut Squash	12
Vegetable Medley	54	Black Beans, Corn & Peppers	61	Broccoli	38	California Blend Vegetables	34	Green Beans & Red Peppers	30
Wheat Bread	65	Tortilla Wrap	135	Fig Newton	180	Cornbread Loaf	180	Hawaiian Roll	80
Chocolate Pudding	135	Orange	0	Margarine	30	Applesauce	0	Orange	1
Cal:832 CHO:91g Na:882mg	882	Cal:680 CHO:90g Na:964mg	964	Cal:915 CHO:102 Na:1088mg	1088	Cal:690 CHO:80g Na:929mg	929	Cal:780 CHO:101g Na:630mg	630
9	NA+	10	NA+	11	NA+	12	NA+	13	NA+
Creamy Cajun Beans	527	Vegetarian Chop Suey	530	Tofu & Artichoke Scampi	215	<u>Holiday Meal</u>		Vegetarian Shepherd's Pie	530
Mashed Potatoes	23	Whole Grain Pasta	4	Whole Grain Pasta	4	Veggie Sausage with Gravy	520	with Mashed Potatoes, Corn & Peas	-
Carrots	54	Broccoli	38	Green Peas	20	Baked Sweet Potatoes	21	Green Beans	20
Dinner Roll	100	Wheat Bread	65	Wheat Roll	150	Vegetable Medley	50	Cornbread Loaf	180
Vanilla Pudding	130	Fruit Cup	5	Banana	1	Wheat Roll	150	Peach Fruit Cup	5
Margarine	30	Margarine	30	Margarine	30	Chocolate Chip Blondie	190	Margarine	30
Cal:774 CHO:76g Na:969mg	969	Cal:761 CHO:93g Na:777mg	777	Cal:805 CHO:98g Na:525mg	525	Cal:770 CHO:96g Na:1066mg	1066	Cal:877 CHO:83g Na:870mg	870
16		17	NA+	18	NA+	19	NA+	20	NA+
Holiday - No Meals		Chik'n Anna Maria White Rice	538	Ash Wednesday Egg & Cheese Broccoli Bake	315	Vegetarian Stroganoff	600	Veggie Fritters with Herbed Aioli	524
		Carrots	54	with Whole Grain Buttermilk Biscuit	370	Egg Noodles	7	Garlic Mashed Potatoes	23
		Wheat Roll	150	Mixed Vegetables	51	Brussel Sprouts	26	Broccoli	38
		Banana	1	Pound Cake	240	Wheat Roll	150	Wheat Bread	65
						Cinnamon Apples	3	Chocolate Chip Cookie	80
		Cal:705 CHO:89g Na:903mg	903	Cal:782 CHO:76g Na:1111mg	1111	Cal:752 CHO:73g Na:921mg	921	Cal:766 CHO:97g Na:865mg	865
23	NA+	24	NA+	25	NA+	26	NA+	27	NA+
Stewed Tomato Garbanzo Beans	400			Teriyaki Tofu	437	Vegetarian Meatloaf with Gravy	495	Cheesy Vegetable & Rice Casserole	480
Rice Pilaf	50	3 Bean Chili with Cheese	535	White Rice	25	Garlic Mashed Potatoes	23	Seasoned Rice	-
Kale & Red Peppers	29	with Whole Grain Buttermilk Biscuit	370	Edamame, Corn & Peppers	22	Carrots	56	Green Peas	20
Wheat Roll	150	Mixed Root Vegetables	65	Cornbread Loaf	180	Wheat Bread	65	Dinner Roll	100
Vanilla Pudding	130	Pear	1	Banana	1	Orange	1	Oatmeal Cookie	90
Cal:761 CHO:77g Na:894mg	894	Cal:755 CHO:85g Na:894mg	1106	Cal:795 CHO:115g Na:800mg	800	Cal:716 CHO:83g Na:775mg	775	Cal:742 CHO:88g Na:825mg	825

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