



February 2026 Asian-Vietnamese 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+
Caramel Ginger Chicken	460	Teriyaki Beef	460	Green Curry White Fish	155	Pork Lo Mein	450	Chicken Teriyaki Potstickers with Soy Drizzle	570
White Rice	50	White Rice	50	White Rice	50	Noodles	250	White Rice	50
Cabbage	37	Water Spinach	40	Water Spinach	40	Broccoli	38	Bok Choy	57
Fruit	0	Fruit	0	Fig Newton	180	Fruit	0	Fruit	0
Cal:831 CHO:92g Na:682mg	682	Cal:925 CHO:109g Na:685mg	685	Cal:848 CHO:110g Na:560mg	560	Cal:820 CHO:102g Na:873mg	873	Cal:700 CHO:100g Na:812mg	812

9	NA+	10	NA+	11	NA+	12	NA+	13	NA+
Teriyaki Salmon	456	Sweet & Sour Chicken	448	Lemongrass Beef (Bò xả ớt)	464	<u>Holiday Meal</u>		Pork Meatballs with Nuoc Cham	240
White Rice	50	White Rice	50	White Rice	50	Pot Roast with Gravy	590	Yakisoba Noodles	250
Water Spinach	40	Cabbage	37	Bok Choy	64	Baked Sweet Potatoes	21	Broccoli	38
Fruit	0	Fruit	0	Fruit	0	Vegetable Medley	50	Fruit	0
Margarine	30	Margarine	30	Margarine	30	Wheat Roll	150	Margarine	30
						Chocolate Chip Blondie	190		
Cal:766 CHO:102g Na:681mg	681	Cal:873 CHO:108g Na:670mg	670	Cal:803 CHO:110g Na:713mg	713	Cal:770 CHO:96g Na:1136mg	1136	Cal:778 CHO:90g Na:663mg	663

16		17	NA+	18	NA+	19	NA+	20	NA+
Holiday - No Meals		Mongolian Beef	430	Pork Fried Rice	355	Turmeric & Ginger Fish	220	Pork with Scallion & Ginger Sauce	332
		White Rice	50	White Rice	50	White Rice	50	White Rice	50
		Cabbage	37	Cabbage	37	Water Spinach	40	Broccoli	38
		Fruit	0	Pound Cake	240	Fruit	0	Fruit	0
		Cal:810 CHO:103g Na:652mg	652	Cal:973 CHO:94g Na:817mg	817	Cal:730 CHO:94g Na:445mg	445	Cal:807 CHO:103g Na:555mg	555

23	NA+	24	NA+	25	NA+	26	NA+	27	NA+
Chicken Teriyaki	630	Vietnamese Caramel Shrimp & Pork (Tom Thit Rim)	647	Pork & Vegetable Egg Roll	530	Chinese BBQ Pork	377	Beef & Broccoli Stir Fry (Thit Bo Xao Cai)	395
White Rice	50	White Rice	50	White Rice	50	White Rice	50	White Rice	50
Broccoli	38	Water Spinach	40	Broccoli	38	Cabbage	37	Bok Choy	64
Fruit	0	Fruit	0	Fruit	0	Fruit	0	Oatmeal Cookie	90
Cal:696 CHO:103g Na:853mg	853	Cal:878 CHO:109g Na:872mg	872	Cal:740 CHO:102g Na:753mg	753	Cal:855 CHO:93g Na:599mg	599	Cal:856 CHO:85g Na:734mg	734

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.