



## February 2026 Modified Cardiac/Diabetic Menu

*Menu Includes nutrition from 8oz of 2% milk served with meal daily Menu totals include entrée, sides, dessert, fruit, bread, milk & margarine (0g)☐  
A \$2.00 confidential donation is suggested per meal.  
Donation letters mailed monthly.*

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>2</b>	<b>CHO(g)</b>	<b>3</b>	<b>CHO(g)</b>	<b>4</b>	<b>CHO(g)</b>	<b>5</b>	<b>CHO(g)</b>	<b>6</b>	<b>CHO(g)</b>
<b>Harvest Roasted Chicken</b>	<b>3</b>	<b>Salmon with Lemon Wedge</b>	<b>4</b>	<b>Pot Roast with Gravy</b>	<b>4</b>	<b>Chicken Taco with Cheese</b>	<b>2</b>	<b>Whole Grain Cheese Lasagna</b>	<b>29</b>
<b>Mashed Butternut Squash</b>	<b>19</b>	<b>Mashed Potatoes</b>	<b>15</b>	<b>Roasted Sweet Potato</b>	<b>15</b>	<b>Tortilla Wrap (1)</b>	<b>15</b>	<b>with Florentine Sauce</b>	<b>4</b>
<b>California Blend Vegetables</b>	<b>4</b>	<b>Garlic Kale</b>	<b>5</b>	<b>Green Beans</b>	<b>6</b>	<b>Black Beans, Corn &amp; Peppers</b>	<b>16</b>	<b>Carrots</b>	<b>5</b>
<b>Fruit</b>	<b>15</b>	<b>Fruit</b>	<b>15</b>	<b>Fruit</b>	<b>15</b>	<b>Fruit</b>	<b>15</b>	<b>Fruit</b>	<b>15</b>
<b>Milk</b>	<b>13</b>	<b>Milk</b>	<b>13</b>	<b>Milk</b>	<b>13</b>	<b>Milk</b>	<b>13</b>	<b>Milk</b>	<b>13</b>
Cal:477 CHO:51g Na:280mg		Cal:575 CHO:60g Na:250mg		Cal:455 CHO:53g Na:405mg		Cal:608 CHO:61g Na:578mg		Cal:495 CHO:66g Na:624mg	
<b>9</b>	<b>CHO(g)</b>	<b>10</b>	<b>CHO(g)</b>	<b>11</b>	<b>CHO(g)</b>	<b>12</b>	<b>CHO(g)</b>	<b>13</b>	<b>CHO(g)</b>
<b>Egg Omelet with Cheddar Cheese</b>	<b>3</b>	<b>White Fish with Pineapple-Mango Salsa</b>	<b>10</b>	<b>Lemon Ricotta Chicken</b>	<b>3</b>	<b>American Chop Suey (Turkey)</b>	<b>6</b>	<b>Rosemary &amp; Garlic Chicken</b>	<b>15</b>
<b>Rosemary Potatoes</b>	<b>13</b>	<b>Brown Rice &amp; Beans</b>	<b>28</b>	<b>Baked Sweet Potato</b>	<b>15</b>	<b>Whole Grain Pasta</b>	<b>21</b>	<b>Mashed Potatoes</b>	<b>15</b>
<b>Mixed Vegetables</b>	<b>9</b>	<b>Carrots</b>	<b>5</b>	<b>Brussel Sprouts</b>	<b>5</b>	<b>Green Beans w/ Red Peppers</b>	<b>5</b>	<b>Broccoli</b>	<b>5</b>
<b>Fruit</b>	<b>15</b>	<b>Fruit</b>	<b>15</b>	<b>Fruit</b>	<b>15</b>	<b>Fruit</b>	<b>15</b>	<b>Fruit</b>	<b>15</b>
<b>Milk</b>	<b>13</b>	<b>Milk</b>	<b>13</b>	<b>Milk</b>	<b>13</b>	<b>Milk</b>	<b>13</b>	<b>Milk</b>	<b>13</b>
Cal:485 CHO:53g Na:595mg		Cal:560 CHO:71g Na:346mg		Cal:568 CHO:51g Na:350mg		Cal:585 CHO:60g Na:365mg		Cal:652 CHO:63g Na:530mg	
<b>16</b>		<b>17</b>	<b>CHO(g)</b>	<b>18</b>	<b>CHO(g)</b>	<b>19</b>	<b>CHO(g)</b>	<b>20</b>	<b>CHO(g)</b>
<b>Holiday - No Meals</b>		<b>Curried Chicken</b>	<b>17</b>	<b>Pork with Cranberry Apple Chutney</b>	<b>15</b>	<b>Stewed Tomato White Fish</b>	<b>5</b>	<b>White Bean &amp; Chicken Chili</b>	<b>30</b>
		<b>Brown Rice</b>	<b>22</b>	<b>Roasted Potatoes</b>	<b>14</b>	<b>Couscous</b>	<b>22</b>	<b>with Shredded Cheese (Garnish)</b>	<b>0</b>
		<b>Carrots</b>	<b>5</b>	<b>Mixed Root Vegetables (squash, carrot, turnip)</b>	<b>10</b>	<b>Brussel Sprouts</b>	<b>5</b>	<b>California Blend Vegetables</b>	<b>4</b>
		<b>Fruit</b>	<b>15</b>	<b>Fruit</b>	<b>15</b>	<b>Fruit</b>	<b>15</b>	<b>Fruit</b>	<b>15</b>
		<b>Milk</b>	<b>13</b>	<b>Milk</b>	<b>13</b>	<b>Milk</b>	<b>13</b>	<b>Milk</b>	<b>13</b>
		Cal:630 CHO:72g Na:395mg		Cal:605 CHO:67g Na:377mg		Cal:560 CHO:60g Na:356mg		Cal:513 CHO:62g Na:575mg	
<b>23</b>	<b>CHO(g)</b>	<b>24</b>	<b>CHO(g)</b>	<b>25</b>	<b>CHO(g)</b>	<b>26</b>	<b>CHO(g)</b>	<b>27</b>	<b>CHO(g)</b>
<b>Chicken Scampi</b>	<b>9</b>	<b>Honey Mustard Chicken</b>	<b>7</b>	<b>Turkey Meatloaf with Gravy</b>	<b>9</b>	<b>Lentil Bolognese &amp; Parm Cheese</b>	<b>20</b>	<b>Beef Stew</b>	<b>13</b>
<b>Pasta</b>	<b>22</b>	<b>Rice Pilaf</b>	<b>25</b>	<b>Mashed Potatoes</b>	<b>15</b>	<b>Whole Grain Pasta</b>	<b>21</b>	<b>Roasted Potatoes</b>	<b>14</b>
<b>Green Peas</b>	<b>15</b>	<b>Mixed Vegetables</b>	<b>10</b>	<b>Carrots</b>	<b>5</b>	<b>Broccoli</b>	<b>5</b>	<b>Vegetable Medley</b>	<b>10</b>
<b>Fruit</b>	<b>15</b>	<b>Fruit</b>	<b>15</b>	<b>Fruit</b>	<b>15</b>	<b>Fruit</b>	<b>15</b>	<b>Fruit</b>	<b>15</b>
<b>Milk</b>	<b>13</b>	<b>Milk</b>	<b>13</b>	<b>Milk</b>	<b>13</b>	<b>Milk</b>	<b>13</b>	<b>Milk</b>	<b>13</b>
Cal:696 CHO:74g Na:350mg		Cal:665 CHO:70g Na:426mg		Cal:635 CHO:57g Na:502mg		Cal:452 CHO:74g Na:398mg		Cal:590 CHO:65g Na:592mg	

To cancel meals please call: 978-406-4618 AT LEAST 24 hours before service. Brought to you by the Older American Act. Nutrition Questions? Call Michelle at 978-624-2263 ☐

Menus subject to change without notice. NO MEALS WILL BE LEFT WITHOUT SEEING SOMEONE AT DELIVERY