



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)²
A \$2.00 confidential donation is suggested per meal.
Donation letters mailed monthly.

Monday		Tuesday		Wednesday		Thursday		Friday	
2	CHO(g)	3	CHO(g)	4	CHO(g)	5	CHO(g)	6	CHO(g)
Harvest Roasted Chicken	3	Salmon with Lemon Wedge	4	Pot Roast with Gravy	4	Chicken Taco with Cheese	2	Whole Grain Cheese Lasagna	29
Mashed Butternut Squash	19	Mashed Potatoes	15	Roasted Sweet Potato	15	Tortilla Wrap (1)	15	with Florentine Sauce	4
California Blend Vegetables	4	Garlic Kale	5	Green Beans	6	Black Beans, Corn & Peppers	16	Carrots	5
Fruit	15	Fruit	15	Fruit	15	Fruit	15	Fruit	15
Milk	13	Milk	13	Milk	13	Milk	13	Milk	13
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	
9	CHO(g)	10	CHO(g)	11	CHO(g)	12	CHO(g)	13	CHO(g)
Egg Omelet with Cheddar Cheese	3	White Fish with Pineapple-Mango Salsa	10	Lemon Ricotta Chicken	3	American Chop Suey (Turkey)	6	Rosemary & Garlic Chicken	15
Rosemary Potatoes	13	Brown Rice & Beans	28	Baked Sweet Potato	15	Whole Grain Pasta	21	Mashed Potatoes	15
Mixed Vegetables	9	Carrots	5	Brussel Sprouts	5	Green Beans w/ Red Peppers	5	Broccoli	5
Fruit	15	Fruit	15	Fruit	15	Fruit	15	Fruit	15
Milk	13	Milk	13	Milk	13	Milk	13	Milk	13
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	
16		17	CHO(g)	18	CHO(g)	19	CHO(g)	20	CHO(g)
Holiday - No Meals		Curried Chicken	17	Pork with Cranberry Apple Chutney	15	Stewed Tomato White Fish	5	White Bean & Chicken Chili	30
		Brown Rice	22	Roasted Potatoes	14	Couscous	22	with Shredded Cheese (Garnish)	0
		Carrots	5	Mixed Root Vegetables (squash, carrot, turnip)	10	Brussel Sprouts	5	California Blend Vegetables	4
		Fruit	15	Fruit	15	Fruit	15	Fruit	15
		Milk	13	Milk	13	Milk	13	Milk	13
		Cal:630 CHO:72g Na:395mg		Cal:605 CHO:67g Na:377mg		Cal:560 CHO:60g Na:356mg		Cal:513 CHO:62g Na:575mg	
23	CHO(g)	24	CHO(g)	25	CHO(g)	26	CHO(g)	27	CHO(g)
Chicken Scampi	9	Honey Mustard Chicken	7	Turkey Meatloaf with Gravy	9	Lentil Bolognese & Parm Cheese	20	Beef Stew	13
Pasta	22	Rice Pilaf	25	Mashed Potatoes	15	Whole Grain Pasta	21	Roasted Potatoes	14
Green Peas	15	Mixed Vegetables	10	Carrots	5	Broccoli	5	Vegetable Medley	10
Fruit	15	Fruit	15	Fruit	15	Fruit	15	Fruit	15
Milk	13	Milk	13	Milk	13	Milk	13	Milk	13
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