



March 2026 Asian-Vietnamese HDM Menu

Menu totals include entrée, sides, dessert, fruit, bread, margarine (30mg) & 105mg Na+ for 8oz of milk served daily 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
Apple	1	Orange	0	Banana	1	Shortbread Cookie (MOD)	150	Fruit Cup	1
Cal:870 CHO:94g Na:683mg	683	Cal:897 CHO:93g Na:685mg	685	Cal:777 CHO:92g Na:381mg	381	Cal:873 CHO:97g Na:1023mg	1023	Cal:715 CHO:91g Na:813mg	813
9	NA+	10	NA+	11	NA+	12	NA+	13	NA+
Teriyaki Salmon	456	Sweet & Sour Chicken	448	Lemongrass Beef (Bò xà ớt)	464	Beef & Broccoli Stir Fry (Thit Bo Xao Cai)	395	Pork Meatballs with Nuoc Cham	240
White Rice	50	White Rice	50	White Rice	50	White Rice	50	Yakisoba Noodles	250
Water Spinach	40	Cabbage	37	Bok Choy	64	Bok Choy	64	Broccoli	38
Cinnamon Apples	3	Pear	3	Chocolate Pudding	135	Fruit Cup	1	Pound Cake	240
Cal:725 CHO:82g Na:684mg	684	Cal:725 CHO:82g Na:673mg	673	Cal:730 CHO:77g Na:848mg	848	Cal:690 CHO:85g Na:645mg	645	Cal:848 CHO:89g Na:903mg	903
16	NA+	17	NA+	18	NA+	19	NA+	20	NA+
Mongolian Beef	430	<u>High Sodium Meal</u>		Pork Fried Rice	355	Turmeric & Ginger Fish	220	Pork with Scallion & Ginger Sauce	332
White Rice	50	Corned Beef & Cabbage	745	White Rice	50	White Rice	50	White Rice	50
Cabbage	37	Boiled Potatoes	133	Cabbage	37	Water Spinach	40	Broccoli	38
Vanilla Pudding	130	Carrots	56	Orange	0	Banana	1	Pear Cup	0
Margarine	30	Wheat Roll	150	Margarine	30	Margarine	30	Margarine	30
		Shamrock Cookie	65						
Cal:770 CHO:92g Na:782mg	782	Cal:847 CHO:87g Na:1254mg	1254	Cal:775 CHO:109g Na:577mg	577	Cal:690 CHO:85g Na:446mg	446	Cal:847 CHO:87g 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
Oatmeal Cookie	90	Chocolate Pudding	135	Apple	1	Pear	2	Orange	0
Cal:700 CHO:84g Na:943mg	943	Cal:767 CHO:73g Na:1007mg	1007	Cal:715 CHO:82g Na:754mg	754	Cal:840 CHO:110g Na:601mg	601	Cal:701 CHO:94g Na:644mg	644
30	NA+	31	NA+						
Caramel Ginger Chicken	460	Teriyaki Beef	460	Nutrition Questions? Call Michelle at 978-624-2263		To cancel meals please call: 978-6624-2263 AT LEAST 24 hours before service. Brought to you by the Older American Act.		A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly.	
White Rice	50	White Rice	50	Menus subject to change without notice.					
Cabbage	37	Water Spinach	40						
Cinnamon Apples	3	Vanilla Pudding	130						
Cal:763 CHO:85g Na:685mg	685	Cal:675 CHO:76g Na:815mg	815						