



March 2026 Vegetarian 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	Tuscan Chik'n with Orzo California Blend Vegetables Wheat Roll Apple Cal:870 CHO:94g Na:847mg	3	Roast Tofu with Gravy Mashed Potatoes Carrots Wheat Roll Orange Cal:416 CHO:93g Na:594mg	4	Vegetarian Torta di Polenta Polenta with Cheese Kale & Peppers Cornbread Loaf Banana Cal:777 CHO:92g Na:968mg	5	Veggie Fritters Sweet Potato Wedges Green Beans with Red Peppers Hawaiian Roll Shortbread Cookie (MOD) Tartar Sauce Cal:873 CHO:97g Na:975mg	6	Creamy Cajun Beans Whole Grain Pasta Green Peas Wheat Bread Fruit Cup Cal:715 CHO:91g Na:752mg
9	Tofu with Onions & Peppers White Rice Broccoli Dinner Roll Cinnamon Apples Cal:725 CHO:82g Na:376mg	10	Honey Mustard Chik'n Butternut Squash Vegetable Medley Dinner Roll Pear Cal:725 CHO:82g Na:779mg	11	Veggie Sausage with Gravy Mashed Potatoes Brussel Sprouts Hawaiian Roll Chocolate Pudding Cal:730 CHO:77g Na:919mg	12	3 Bean Chili with Shredded cheese Green Beans & Red Peppers Cornbread Bowl Fruit Cup Cal:690 CHO:85g Na:899mg	13	Veggie Fritters with Herbed Aioli Rice Pilaf Broccoli Pound Cake Wheat Roll Cal:848 CHO:89g Na:1137mg
16	Cheese Ravioli with Lentil Bolognese & Parmesan Brussel Sprouts Wheat Bread Vanilla Pudding Margarine Cal:770 CHO:92g Na:799mg	17	High Sodium Meal Veggie Sausage & Cabbage Boiled Potatoes Carrots Wheat Roll Shamrock Cookie Cal:847 CHO:87g Na:852mg	18	Stewed Tomato Garbanzo Beans White Rice Vegetable Medley Whole Grain Cornbread Loaf Orange Margarine Cal:775 CHO:109g Na:794mg	19	Egg & Cheese Broccoli Bake with Whole Grain Biscuit Mixed Vegetables Banana Margarine Cal:690 CHO:85g Na:872mg	20	Honey Glazed Chik'n Roasted Sweet Potatoes California Blend Vegetables Wheat Roll Pear Cup Margarine Cal:847 CHO:87g Na:734mg
23	Creamy Bean & Spinach Casserole with Orzo Green Peas with Red Peppers Cornbread Loaf Oatmeal Cookie Cal:700 CHO:84g Na:879mg	24	Lentil Stew with Whole Grain Buttermilk Biscuit Broccoli Chocolate Pudding Margarine Cal:767 CHO:73g Na:810mg	25	Chik'n Cutlet & Gravy Rice Pilaf Mixed Root Vegetables Wheat Roll Apple Cal:715 CHO:82g Na:900mg	26	Tofu & Artichoke Picatta Mashed Potatoes Carrots Whole Grain Cornbread Loaf Pear Cal:840 CHO:110g Na:649mg	27	Whole Grain Cheese Lasagna with Marinara Sauce & Mozzarella Mixed Vegetables Dinner Roll Orange Cal:701 CHO:94g Na:991mg
30	Vegetarian Shepherd's Pie with Mashed Potatoes, Corn & Peas Green Beans Whole Grain Biscuit Cinnamon Apples Cal:763 CHO:85g Na:1058mg	31	Vegetarian Carbonara Whole Grain Pasta Broccoli Wheat Roll Vanilla Pudding Cal:675 CHO:76g Na:920mg	Nutrition Questions? Call Michelle at 978-624-2263		Menus subject to change without notice. NO MEALS WILL BE LEFT WITHOUT SEEING SOMEONE AT DELIVERY		To cancel meals please call: 978-6624-2263 AT LEAST 24 hours before service. Brought to you by the Older American Act.	