



March 2026 Traditional Regular 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+
Tuscan Chicken		Roast Turkey & Gravy		Torta di Polenta (Pork Sausage & Beef)		Potato Pollock		Seafood Cajun Pasta	
with Orzo		Mashed Potatoes		Polenta with Cheese		Sweet Potato Wedges		Whole Grain Pasta	
California Blend Vegetables		Carrots		Kale & Peppers		Green Beans & Red Peppers		Green Peas	
Wheat Roll		Wheat Roll		Cornbread Loaf		Hawaiian Roll		Wheat Bread	
Apple		Orange		Banana		Shortbread Cookie (MOD)		Fruit Cup	
Tartar Sauce									
Cal:870 CHO:94g Na:727mg	727	Cal:897 CHO:93g Na:944mg	944	Cal:777 CHO:92g Na:832mg	832	Cal:873 CHO:97g Na:975mg	975	Cal:715 CHO:91g Na:725mg	725
9	NA+	10	NA+	11	NA+	12	NA+	13	NA+
Beef with Onions & Peppers		Honey Mustard Chicken		Pot Roast with Brown Gravy		3 Bean Chili		Herb Crusted Fish with Lemon	
White Rice		Butternut Squash		Mashed Potatoes		with Shredded cheese		Rice Pilaf	
Broccoli		Vegetable Medley		Brussel Sprouts		Green Beans & Red Peppers		Broccoli	
Dinner Roll		Dinner Roll		Hawaiian Roll		Cornbread Bowl		Pound Cake	
Cinnamon Apples		Pear		Chocolate Pudding		Fruit Cup		Wheat Roll	
Cal:725 CHO:82g Na:456mg	456	Cal:725 CHO:82g Na:707mg	707	Cal:730 CHO:77g Na:984mg	984	Cal:690 CHO:85g Na:899mg	899	Cal:848 CHO:89g Na:958mg	958
16	NA+	17	NA+	18	NA+	19	NA+	20	NA+
Cheese Ravioli with Turkey Bolognese & Parmesan		High Sodium Meal		Stewed Tomato Chicken		Egg & Cheese Broccoli Bake		Honey Glazed Salmon	
Brussel Sprouts		Corned Beef & Cabbage		White Rice		with Whole Grain Biscuit		Roasted Sweet Potatoes	
Wheat Bread		Boiled Potatoes		Vegetable Medley		Mixed Vegetables		California Blend Vegetables	
Vanilla Pudding		Carrots		Whole Grain Cornbread Loaf		Banana		Wheat Roll	
Margarine		Wheat Roll		Orange		Margarine		Pear Cup	
Shamrock Cookie		Shamrock Cookie		Margarine				Margarine	
Cal:770 CHO:92g Na:778mg	778	Cal:847 CHO:87g Na:1254mg	1254	Cal:775 CHO:109g Na:607mg	607	Cal:690 CHO:85g Na:872mg	872	Cal:847 CHO:87g Na:500mg	500
23	NA+	24	NA+	25	NA+	26	NA+	27	NA+
Creamy Turkey & Spinach Casserole		Beef Stew		Broccoli Cheddar Stuffed Chicken		White Fish Picatta		Whole Grain Cheese Lasagna	
with Orzo		with Whole Grain Buttermilk Biscuit		Rice Pilaf		Mashed Potatoes		with Marinara Sauce & Mozzarella	
Green Peas & Red Peppers		Broccoli		Mixed Root Vegetables		Carrots		Mixed Vegetables	
Cornbread Loaf		Chocolate Pudding		Wheat Roll		Whole Grain Cornbread Loaf		Dinner Roll	
Oatmeal Cookie		Margarine		Apple		Pear		Orange	
Cal:700 CHO:84g Na:955mg	955	Cal:767 CHO:73g Na:818mg	818	Cal:715 CHO:82g Na:797mg	797	Cal:840 CHO:110g Na:784mg	784	Cal:701 CHO:94g Na:991mg	991
30	NA+	31	NA+	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		No meals will be left without seeing someone at delivery.	
Shepherd's Pie with Mashed Potatoes, Corn & Peas		Chicken Alfredo Whole Grain Pasta		Menus subject to change without notice.					
Green Beans		Broccoli							
Whole Grain Biscuit		Wheat Roll							
Cinnamon Apples		Vanilla Pudding							
Cal:763 CHO:85g Na:841mg	841	Cal:675 CHO:76g Na:1067mg	1067						