



March 2026 Ground, Chopped, Puree Menu

Menu totals include entrée, sides, dessert, fruit, 8 oz 1% milk & 4 oz Nutritional Shake supplement (100mg) 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+
Harvest Roasted Chicken	121	Baked Salmon	56	Pot Roast with Gravy	245	Chicken Tacos	243	Whole Grain Cheese Lasagna	390
Mashed Butternut Squash	3	Mashed Potatoes	23	Mashed Sweet Potatoes	20	White Rice	25	with Florentine Sauce	55
California Blend Vegetables	17	Garlic Kale	31	Green Beans	3	Black Beans, Corn & Peppers	61	Carrots	40
Fruit	0	Fruit	0	Fruit	0	Fruit	0	Fruit	0
Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100
Cal:677 CHO:80g Na:396mg	396	Cal:742 CHO:83g Na:345mg	345	Cal:683 CHO:92g Na:503mg	503	Cal:846 CHO:101g Na:564mg	564	Cal:717 CHO:97g Na:720mg	720
9	NA+	10	NA+	11	NA+	12	NA+	13	NA+
Egg Omelet with Cheese	240	White Fish with Pineapple & Mango Salsa	105	Lemon Ricotta Chicken	180	American Chop Suey (Turkey)	225	Rosemary & Garlic Chicken	347
Mashed Potatoes	23	Stewed Beans	356	Mashed Sweet Potatoes	19	Whole Grain Pasta	4	Mashed Potatoes	23
Mixed Vegetables	33	Carrots	39	Brussel Sprouts	9	Green Beans with Red Peppers	2	Broccoli	20
Fruit	0	Fruit	0	Fruit	0	Fruit	0	Fruit	0
Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100
Cal:662 CHO:86g Na:531mg	531	Cal:760 CHO:101g Na:735mg	735	Cal:795 CHO:91g Na:443mg	443	Cal:767 CHO:88g Na:466mg	466	Cals:874 CHO:93g Na:625mg	625
16	NA+	17	NA+	18	NA+	19	NA+	20	NA+
Braised Beef with Peppers & Onions	155	Curried Chicken	195	Pork with Cranberry Apple Chutney	85	Stewed Tomato White Fish	264	White Bean & Chicken Chili	260
Mashed Potatoes	23	Mashed Potatoes	23	Mashed Potatoes	22	Orzo	4	with Shredded Cheese (Garnish)	96
Green Peas	20	Carrots	56	Mixed Root Vegetables (squash, carrot, turnip)	65	Brussel Sprouts	9	California Blend Vegetables	17
Fruit	0	Fruit	0	Fruit	0	Fruit	0	Fruit	0
Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100
Cal:741 CHO:90g Na:433mg	433	Cal:782 CHO:97g Na:509mg	509	Cal:802 CHO:100g Na:427mg	407	Cal:739 CHO:88g Na:512mg	512	Cal:734 CHO:92g Na:608mg	608
23	NA+	24	NA+	25	NA+	26	NA+	27	NA+
Chicken Scampi	190	Honey Mustard Chicken	205	Turkey Meatloaf with Gravy	305	Lentil Bolognese & Parmesan Garnish	232	Beef Stew	140
Pasta	4	Rice Pilaf	50	Mashed Potatoes	22	Pasta	4	Mashed Potatoes	23
Green Peas	20	Mixed Vegetables	33	Carrots	40	Broccoli	20	Vegetable Medley	37
Fruit	0	Fruit	0	Fruit	0	Fruit	0	Fruit	0
Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100
Cal:916 CHO:100g Na:449mg	449	Cal:837 CHO:101g Na:523mg	523	Cal:802 CHO:87g Na:602mg	602	Cal:673 CHO:105g Na:491mg	491	Cal:825 CHO:97g Na:435mg	435
30	NA+	31	NA+						
Harvest Roasted Chicken	121	Baked Salmon	56	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	
Mashed Butternut Squash	3	Mashed Potatoes	23	Menus subject to change without notice.					
California Blend Vegetables	17	Garlic Kale	31						
Fruit	0	Fruit	0						
Nutritional Shake	100	Nutritional Shake	100						
Cal:677 CHO:80g Na:396mg	396	Cal:742 CHO:83g Na:345mg	345						