



March 2026 Modified Cardiac/Diabetic Menu

Menu totals include entrée, sides, dessert, fruit, bread, margarine and 8oz of 2% milk served with meal daily A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly.

Monday	Tuesday	Wednesday	Thursday	Friday	
2 Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Milk CHO(g): 3 19 4 15 13 Cal:477 CHO:51g Na:280mg	3 Salmon with Lemon Wedge Mashed Potatoes Garlic Kale Fruit Milk CHO(g): 4 15 5 15 13 Cal:575 CHO:60g Na:250mg	4 Pot Roast with Gravy Roasted Sweet Potato Green Beans Fruit Milk CHO(g): 4 15 6 15 13 Cal:455 CHO:53g Na:405mg	5 Chicken Taco with Cheese Tortilla Wrap (1) Black Beans, Corn & Peppers Fruit Milk CHO(g): 2 15 16 15 13 Cal:608 CHO:61g Na:578mg	6 Whole Grain Cheese Lasagna with Florentine Sauce Carrots Fruit Milk CHO(g): 29 4 5 15 13 Cal:495 CHO:66g Na:624mg	
9 Egg Omelet with Cheddar Cheese Rosemary Potatoes Mixed Vegetables Fruit Milk CHO(g): 3 13 9 15 13 Cal:485 CHO:53g Na:595mg	10 White Fish with Pineapple- Mango Salsa Brown Rice & Beans Carrots Fruit Milk CHO(g): 10 28 5 15 13 Cal:560 CHO:71g Na:346mg	11 Lemon Ricotta Chicken Baked Sweet Potato Brussel Sprouts Fruit Milk CHO(g): 3 15 5 15 13 Cal:568 CHO:51g Na:350mg	12 American Chop Suey (Turkey) Whole Grain Pasta Green Beans with Red Peppers Fruit Milk CHO(g): 6 21 5 15 13 Cal:585 CHO:60g Na:365mg	13 Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit Milk CHO(g): 15 15 5 15 13 Cal:652 CHO:63g Na:530mg	
16 Braised Beef with Peppers & Onions Quinoa Green Peas Fruit Milk Margarine CHO(g): 2 18 15 15 13 0 Cal:551 CHO:63g Na:315mg	17 Curried Chicken Brown Rice Carrots Fruit Milk Margarine CHO(g): 17 22 5 15 13 0 Cal:630 CHO:72g Na:395mg	18 Pork with Cranberry Apple Chutney Roasted Potatoes Mixed Root Vegetables (squash, carrot, turnip) Fruit Milk Margarine CHO(g): 15 14 10 15 13 0 Cal:605 CHO:67g Na:377mg	19 Stewed Tomato White Fish Couscous Brussel Sprouts Fruit Milk Margarine CHO(g): 5 22 5 15 13 0 Cal:560 CHO:60g Na:356mg	20 White Bean & Chicken Chili with Shredded Cheese (Garnish) California Blend Vegetables Fruit Milk Margarine CHO(g): 30 0 4 15 13 0 Cal:513 CHO:62g Na:575mg	
23 Chicken Scampi Pasta Green Peas Fruit Milk Margarine CHO(g): 9 22 15 15 13 0 Cal:696 CHO:74g Na:350mg	24 Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Milk Margarine CHO(g): 7 25 10 15 13 0 Cal:665 CHO:70g Na:426mg	25 Turkey Meatloaf with Gravy Mashed Potatoes Carrots Fruit Milk Margarine CHO(g): 9 15 5 15 13 0 Cal:635 CHO:57g Na:502mg	26 Lentil Bolognese & Parm Cheese Whole Grain Pasta Broccoli Fruit Milk Margarine CHO(g): 20 21 5 15 13 0 Cal:452 CHO:74g Na:398mg	27 Beef Stew Roasted Potatoes Vegetable Medley Fruit Milk Margarine CHO(g): 13 14 10 15 13 0 Cal:590 CHO:65g Na:592mg	
30 Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Milk Margarine CHO(g): 3 19 4 15 13 0 Cal:477 CHO:51g Na:280mg	31 Salmon with Lemon Wedge Mashed Potatoes Garlic Kale Fruit Milk Margarine CHO(g): 4 15 5 15 13 0 Cal:575 CHO:60g Na:250mg	Nutrition Questions? Call Michelle at 978-624-2263 Menus subject to change without notice.		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