



# March 2026 Renal Menu

*totals include entrée, sides, dessert, fruit, bread, & margarine (30mg)* A \$2.00 confidential donation is suggested per meal.

Monday		Tuesday		Wednesday		Thursday		Friday	
<b>2</b>	<u>NA+</u>	<b>3</b>	<u>NA+</u>	<b>4</b>	<u>NA+</u>	<b>5</b>	<u>NA+</u>	<b>6</b>	<u>NA+</u>
<b>Harvest Roasted Chicken</b>	121	<b>Herb Crusted White Fish with Lemon</b>	346	<b>Pot Roast with Gravy</b>	245	<b>Chicken Tacos</b>	243	<b>Chicken Primavera Pasta</b>	85
<b>Couscous</b>	4	<b>Orzo</b>	4	<b>Polenta</b>	15	<b>White Rice</b>	25	<b>Bowtie Pasta</b>	4
<b>California Blend Vegetables</b>	17	<b>Broccoli</b>	29	<b>Green Beans</b>	3	<b>Corn &amp; Peppers</b>	21	<b>Carrots</b>	39
<b>Wheat Bread</b>	65	<b>Wheat Bread</b>	65	<b>Wheat Bread</b>	65	<b>Tortilla Wrap (1 each)</b>	135	<b>Wheat Bread</b>	65
<b>Applesauce</b>	2	<b>Cookie (Oatmeal/Sugar only)</b>	90	<b>Fresh Apple</b>	2	<b>Applesauce</b>	2	<b>Fruit Cup (Peach/Pear)</b>	5
Cal:612 CHO:72g Na:289mg	289	Cal:706 CHO:98g Na:614mg	614	Cal:602 CHO:84g Na:410mg	410	Cal:712 CHO:78g Na:506mg	506	Cal:640 CHO:74g Na:278mg	278
<b>9</b>	<u>NA+</u>	<b>10</b>	<u>NA+</u>	<b>11</b>	<u>NA+</u>	<b>12</b>	<u>NA+</u>	<b>13</b>	<u>NA+</u>
<b>Egg Omelet</b>	240	<b>White Fish with Peach Salsa</b>	105	<b>Chicken Picatta</b>	144	<b>Lentil Unstuffed Pepper (No Cheese)</b>	138	<b>Rosemary &amp; Garlic Chicken</b>	347
<b>Mexican Rice</b>	71	<b>Couscous</b>	4	<b>Rice Pilaf</b>	50	<b>White Rice</b>	25	<b>Orzo</b>	4
<b>Mixed Vegetables</b>	33	<b>Carrots</b>	39	<b>Brussel Sprouts</b>	8	<b>Green Beans with Red Peppers</b>	2	<b>Broccoli</b>	20
<b>Wheat Bread</b>	65	<b>Wheat Bread</b>	65	<b>Wheat Bread</b>	65	<b>Wheat Bread</b>	65	<b>Wheat Bread</b>	65
<b>Applesauce</b>	2	<b>Cookie (Oatmeal/Sugar only)</b>	90	<b>Fresh Apple</b>	2	<b>Applesauce</b>	2	<b>Fruit Cup (Peach/Pear)</b>	5
<b>Margarine</b>	30	<b>Margarine</b>	30	<b>Margarine</b>	30	<b>Margarine</b>	30	<b>Margarine</b>	30
Cal:580 CHO:80g Na:491mg	491	Cal:608 CHO:78g Na:383mg	383	Cal:737 CHO:87g Na:349mg	349	Cal:577 CHO:94g Na:312mg	312	Cals:815 CHO:90g Na:521mg	521
<b>16</b>	<u>NA+</u>	<b>17</b>	<u>NA+</u>	<b>18</b>	<u>NA+</u>	<b>19</b>	<u>NA+</u>	<b>20</b>	<u>NA+</u>
<b>Braised Beef with Peppers &amp; Onions</b>	155	<b>Curried Chicken</b>	195	<b>Roast Turkey with Cranberry Apple Chutney</b>	225	<b>Lemon Herb Sauce with White Fish</b>	353	<b>Stewed Chicken</b>	123
<b>White Rice</b>	25	<b>White Rice</b>	25	<b>Polenta</b>	15	<b>Couscous</b>	4	<b>White Rice</b>	25
<b>Green Peas</b>	20	<b>Mixed Vegetables</b>	33	<b>Carrots</b>	39	<b>Brussel Sprouts</b>	9	<b>California Blend Vegetables</b>	17
<b>Wheat Bread</b>	65	<b>Wheat Bread</b>	65	<b>Wheat Bread</b>	65	<b>Wheat Bread</b>	65	<b>Wheat Bread</b>	65
<b>Applesauce</b>	2	<b>Cookie (Oatmeal/Sugar only)</b>	90	<b>Fresh Apple</b>	0	<b>Applesauce</b>	2	<b>Fruit Cup (Peach/Pear)</b>	5
<b>Margarine</b>	30	<b>Margarine</b>	30	<b>Margarine</b>	30	<b>Margarine</b>	30	<b>Margarine</b>	30
Cal:697 CHO:85g Na:347mg	347	Cal:765 CHO:94g Na:488mg	488	Cal:700 CHO:94g Na:424mg	424	Cal:578 CHO:80g Na:513mg	513	Cal:668 CHO:75g Na:315mg	315
<b>23</b>	<u>NA+</u>	<b>24</b>	<u>NA+</u>	<b>25</b>	<u>NA+</u>	<b>26</b>	<u>NA+</u>	<b>27</b>	<u>NA+</u>
<b>Chicken Scampi</b>	190	<b>Honey Mustard Chicken</b>	205	<b>Turkey Meatloaf with Gravy</b>	305	<b>Balsamic Glazed Chicken</b>	95	<b>Beef Stew</b>	140
<b>Pasta</b>	4	<b>Rice Pilaf</b>	50	<b>White Rice</b>	25	<b>Pasta</b>	4	<b>White Rice</b>	25
<b>Green Peas</b>	20	<b>Mixed Vegetables</b>	33	<b>Carrots</b>	39	<b>Broccoli</b>	20	<b>Vegetable Medley</b>	37
<b>Wheat Dinner Roll</b>	150	<b>Wheat Roll</b>	150	<b>Wheat Bread</b>	65	<b>Wheat Bread</b>	65	<b>Wheat Bread</b>	65
<b>Applesauce</b>	2	<b>Cookie (Oatmeal/Sugar only)</b>	90	<b>Fresh Apple</b>	2	<b>Applesauce</b>	2	<b>Fruit Cup (Peach/Pear)</b>	5
<b>Margarine</b>	30	<b>Margarine</b>	30	<b>Margarine</b>	30	<b>Margarine</b>	30	<b>Margarine</b>	30
Cal:750 CHO:79g Na:446mg	446	Cal:701 CHO:75g Na:608mg	608	Cal:796 CHO:89g Na:516mg	516	Cal:597 CHO:76 Na:466mg	266	Cal:780 CHO:90g Na:352mg	352
<b>30</b>	<u>NA+</u>	<b>31</b>	<u>NA+</u>	<b>Nutrition Questions? Call Michelle at 978-624-2263</b>		<b>To cancel meals please call: 978-6624-2263 AT LEAST 24 hours before service. Brought to you by the Older American Act.</b>		<b>NO MEALS WILL BE LEFT WITHOUT SEEING SOMEONE AT DELIVERY</b>	
<b>Harvest Roasted Chicken</b>	121	<b>Herb Crusted White Fish with Lemon</b>	346	<b>Menus subject to change without notice.</b>					
<b>Couscous</b>	4	<b>Orzo</b>	4						
<b>California Blend Vegetables</b>	17	<b>Broccoli</b>	29						
<b>Wheat Bread</b>	65	<b>Wheat Bread</b>	65						
<b>Applesauce</b>	2	<b>Cookie (Oatmeal/Sugar only)</b>	90						
Cal:612 CHO:72g Na:289mg	289	Cal:706 CHO:98g Na:614mg	614						