



April 2026 Asian-Vietnamese HDM Menu

Menu totals include entrée, sides, dessert, fruit, bread, margarine (30mg) & 105mg Na+ for 8oz of milk served daily
Nutrition Questions? Call Michelle at 978-624-2263

Monday		Tuesday		Wednesday		Thursday		Friday	
A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly.		Menus subject to change without notice. No meals will be left without seeing someone at delivery.		1 Green Curry White Fish 155 White Rice 50 Water Spinach 40 Shortbread Cookie (MOD) 150 Margarine 30 Cal:777 CHO:92g Na:381mg 381		2 Pork Lo Mein 450 Noodles 250 Broccoli 38 Banana 1 Margarine 30 Cal:873 CHO:97g Na:1023mg 1023		3 Opening Day 540 Hot Dog (beef) 140 Baked Beans 20 Green Beans & Red Peppers 85 Whole Wheat Hot Dog Bun 0 Fruit Cup Cal:883 CHO:103g Na:1002mg 1002	
6 Teriyaki Salmon 456 White Rice 50 Water Spinach 40 Chocolate Pudding 135 Cal:725 CHO:82g Na:684mg 684		7 Sweet & Sour Chicken 448 White Rice 50 Cabbage 37 Orange 0 Cal:725 CHO:82g Na:673mg 673		8 Lemongrass Beef (Bò xả ớt) 464 White Rice 50 Bok Choy 64 Applesauce 2 Cal:730 CHO:77g Na:848mg 848		9 Beef & Broccoli Stir Fry (Thit Bo Xao Cai) 395 White Rice 50 Bok Choy 64 Fig Newton 180 Cal:690 CHO:85g Na:645mg 645		10 Pork Meatballs with Nuoc Cham 240 Rice Noodles 250 Broccoli 38 Banana 1 Cal:848 CHO:89g Na:903mg 903	
13 Mongolian Beef 430 White Rice 50 Cabbage 37 Pound Cake 240 Margarine 30 Cal:770 CHO:92g Na:782mg 782		14 Pork Fried Rice 355 White Rice 50 Cabbage 37 Pear Fruit Cup 0 Margarine 30 Cal:775 CHO:109g Na:577mg 577		15 <u>High Sodium Meal</u> Baked Ham with Maple Brown Sugar Glaze 694 Potatoes au Gratin 358 Green Beans & Red Peppers 20 Dinner Roll 100 Chocolate Chip Cookie 78 Cal:811 CHO:108g Na:1547mg 1385		16 Turmeric & Ginger Fish 220 White Rice 50 Water Spinach 40 Orange 0 Margarine 30 Cal:690 CHO:85g Na:446mg 446		17 Pork with Scallion & Ginger Sauce 332 White Rice 50 Broccoli 38 Apple 2 Margarine 30 Cal:847 CHO:87g Na:555mg 555	
20 HOLIDAY - NO MEALS Cal:715 CHO:91g Na:813mg 813		21 Chicken Teriyaki 630 White Rice 50 Broccoli 38 Vanilla Pudding 130 Cal:700 CHO:84g Na:943mg 943		22 Vietnamese Caramel Shrimp & Pork (Tom Thit Rim) 647 White Rice 50 Water Spinach 40 Apple 2 Cal:767 CHO:73g Na:1007mg 1007		23 Pork & Vegetable Egg Roll 530 White Rice 50 Broccoli 38 Banana 1 Cal:715 CHO:82g Na:754mg 754		24 Chinese BBQ Pork 377 White Rice 50 Cabbage 37 Fruit Cup 0 Cal:840 CHO:110g Na:601mg 601	
27 Chicken Teriyaki Potstickers with Soy Drizzle 570 White Rice 50 Bok Choy 57 Lemon Square 90 Cal:715 CHO:91g Na:813mg 813		28 Vietnamese Caramel Shrimp & Pork (Tom Thit Rim) 647 White Rice 50 Water Spinach 40 Chocolate Pudding 135 Cal:878 CHO:109g Na:872mg 872		29 Green Curry White Fish 155 White Rice 50 Water Spinach 40 Banana 1 Cal:777 CHO:92g Na:381mg 381		30 Pork Lo Mein 450 Noodles 250 Broccoli 38 Orange 0 Cal:873 CHO:97g Na:1023mg 1023			

To cancel meals please call: 978-624-2263 AT LEAST 24 hours before service. Brought to you by the Older American Act.