



April 2026 Modified Cardiac/Diabetic Menu

Menu totals include entrée, sides, dessert, fruit, bread, margarine (0g) and 8oz of 2% milk served with meal daily

Monday	Tuesday	Wednesday	Thursday	Friday
<p>A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly.</p>	<p>Nutrition Questions? Call Michelle at 978-624-2263 Menus subject to change without notice.</p>	<p>1</p> <p>Pot Roast with Gravy</p> <p>Roasted Sweet Potato</p> <p>Green Beans</p> <p>Fruit</p> <p>Milk</p> <p>Cal:455 CHO:53g Na:405mg</p>	<p>2</p> <p>Chicken Taco with Cheese</p> <p>Tortilla Wrap (1)</p> <p>Black Beans, Corn & Peppers</p> <p>Fruit</p> <p>Milk</p> <p>Cal:608 CHO:61g Na:578mg</p>	<p>3</p> <p>Whole Grain Cheese Lasagna</p> <p>with Florentine Sauce</p> <p>Carrots</p> <p>Fruit</p> <p>Milk</p> <p>Cal:495 CHO:66g Na:624mg</p>
		CHO(g)	CHO(g)	CHO(g)
<p>6</p> <p>Egg Omelet with Cheddar Cheese</p> <p>Rosemary Potatoes</p> <p>Mixed Vegetables</p> <p>Fruit</p> <p>Milk</p> <p>Cal:485 CHO:53g Na:595mg</p>	<p>7</p> <p>White Fish with Pineapple-Mango Salsa</p> <p>Brown Rice & Beans</p> <p>Carrots</p> <p>Fruit</p> <p>Milk</p> <p>Cal:560 CHO:71g Na:346mg</p>	<p>8</p> <p>Lemon Ricotta Chicken</p> <p>Baked Sweet Potato</p> <p>Brussel Sprouts</p> <p>Fruit</p> <p>Milk</p> <p>Cal:568 CHO:51g Na:350mg</p>	<p>9</p> <p>American Chop Suey (Turkey)</p> <p>Whole Grain Pasta</p> <p>Green Beans & Red Peppers</p> <p>Fruit</p> <p>Milk</p> <p>Cal:585 CHO:60g Na:365mg</p>	<p>10</p> <p>Rosemary & Garlic Chicken</p> <p>Mashed Potatoes</p> <p>Broccoli</p> <p>Fruit</p> <p>Milk</p> <p>Cal:652 CHO:63g Na:530mg</p>
CHO(g)	CHO(g)	CHO(g)	CHO(g)	CHO(g)
<p>13</p> <p>Braised Beef with Peppers & Onions</p> <p>Quinoa</p> <p>Green Peas</p> <p>Fruit</p> <p>Milk</p> <p>Cal:551 CHO:63g Na:315mg</p>	<p>14</p> <p>Curried Chicken</p> <p>Brown Rice</p> <p>Carrots</p> <p>Fruit</p> <p>Milk</p> <p>Cal:630 CHO:72g Na:395mg</p>	<p>15</p> <p>Pork with Cranberry Apple Chutney</p> <p>Roasted Potatoes</p> <p>Mixed Root Vegetables (squash, carrot, turnip)</p> <p>Fruit</p> <p>Milk</p> <p>Cal:605 CHO:67g Na:377mg</p>	<p>16</p> <p>Stewed Tomato White Fish</p> <p>Couscous</p> <p>Brussel Sprouts</p> <p>Fruit</p> <p>Milk</p> <p>Cal:560 CHO:60g Na:356mg</p>	<p>17</p> <p>White Bean & Chicken Chili</p> <p>& Shredded Cheese (Garnish)</p> <p>California Blend Vegetables</p> <p>Fruit</p> <p>Milk</p> <p>Cal:513 CHO:62g Na:575mg</p>
CHO(g)	CHO(g)	CHO(g)	CHO(g)	CHO(g)
<p>20</p> <p>Holiday - No Meals</p> <p>Cal:696 CHO:74g Na:350mg</p>	<p>21</p> <p>Honey Mustard Chicken</p> <p>Rice Pilaf</p> <p>Mixed Vegetables</p> <p>Fruit</p> <p>Milk</p> <p>Cal:665 CHO:70g Na:426mg</p>	<p>22</p> <p>Turkey Meatloaf with Gravy</p> <p>Mashed Potatoes</p> <p>Carrots</p> <p>Fruit</p> <p>Milk</p> <p>Cal:635 CHO:57g Na:502mg</p>	<p>23</p> <p>Lentil Bolognese & Parm Cheese</p> <p>Whole Grain Pasta</p> <p>Broccoli</p> <p>Fruit</p> <p>Milk</p> <p>Cal:452 CHO:74g Na:398mg</p>	<p>24</p> <p>Beef Stew</p> <p>Roasted Potatoes</p> <p>Vegetable Medley</p> <p>Fruit</p> <p>Milk</p> <p>Cal:590 CHO:65g Na:592mg</p>
CHO(g)	CHO(g)	CHO(g)	CHO(g)	CHO(g)
<p>27</p> <p>Harvest Roasted Chicken</p> <p>Mashed Butternut Squash</p> <p>California Blend Vegetables</p> <p>Fruit</p> <p>Milk</p> <p>Cal:477 CHO:51g Na:280mg</p>	<p>28</p> <p>Salmon with Lemon Wedge</p> <p>Mashed Potatoes</p> <p>Garlic Kale</p> <p>Fruit</p> <p>Milk</p> <p>Cal:575 CHO:60g Na:250mg</p>	<p>29</p> <p>Pot Roast with Gravy</p> <p>Roasted Sweet Potato</p> <p>Green Beans</p> <p>Fruit</p> <p>Milk</p> <p>Cal:455 CHO:53g Na:405mg</p>	<p>30</p> <p>Chicken Taco with Cheese</p> <p>Tortilla Wrap (1)</p> <p>Black Beans, Corn & Peppers</p> <p>Fruit</p> <p>Milk</p> <p>Cal:608 CHO:61g Na:578mg</p>	
CHO(g)	CHO(g)	CHO(g)	CHO(g)	

To cancel meals please call: 978-624-2263 AT LEAST 24 hours before service. Brought to you by the Older American Act. NO MEALS WILL BE LEFT WITHOUT SEEING SOMEONE AT DELIVERY