



May 2026 Ground, Puree, Chopped Menu

Menu totals include entrée, sides, dessert, fruit, margarine (30mg), 4oz Nutritional Shake supplement (100mg), and 8oz 1% milk daily

Monday		Tuesday		Wednesday		Thursday		Friday	
A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly.		Nutrition Questions? Call 978-624-2263 Menus subject to change without notice.		NO MEALS WILL BE LEFT WITHOUT SEEING SOMEONE AT DELIVERY				1 No Meals Volunteer Appreciation Day	
4	NA+	5	NA+	6	NA+	7	NA+	8	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 & 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	
11	NA+	12	NA+	13	NA+	14	NA+	15	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	Shredded Cheese	96
Green Peas	20	Carrots	56	Mixed Root Vegetables	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	
18	NA+	19	NA+	20	NA+	21	NA+	22	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	
25		26	NA+	27	NA+	28	NA+		
Holiday - No Meals		Baked Salmon	56	Pot Roast with Gravy	245	Chicken Tacos	243	Whole Grain Cheese Lasagna	390
		Mashed Potatoes	23	Mashed Sweet Potatoes	20	White Rice	25	with Florentine Sauce	55
		Garlic Kale	31	Green Beans	3	Black Beans, Corn & Peppers	61	Carrots	40
		Fruit	0	Fruit	0	Fruit	0	Fruit	0