



May 2026 Renal Menu

Menu totals include entrée, sides, dessert, fruit, bread, milk & margarine (30mg). Sodium content includes 50mg from 4oz whole milk
A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly.

Monday		Tuesday		Wednesday		Thursday		Friday	
To cancel meals please call: 978-624-2263 AT LEAST 24 hours before service. Brought to you by the Older American Act.		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	240	White Fish with Peach Salsa	105	Chicken Picatta	144	Lentil Unstuffed Pepper	138	Rosemary & Garlic Chicken	347
Mexican Rice	71	Couscous	4	Rice Pilaf	50	White Rice	25	Orzo	4
Mixed Vegetables	33	Carrots	39	Brussel Sprouts	8	Green Beans & Red Peppers	2	Broccoli	20
Wheat Bread	65	Wheat Bread	65	Wheat Bread	65	Wheat Bread	65	Wheat Bread	65
Applesauce	2	Cookie	90	Fresh Apple	2	Applesauce	2	Fruit Cup	5
Cal:580 CHO:80g Na:491mg		Cal:608 CHO:78g Na:383mg		Cal:737 CHO:87g Na:349mg		Cal:577 CHO:94g Na:312mg		Cals:815 CHO:90g Na:521mg	
11	NA+	12	NA+	13	NA+	14	NA+	15	NA+
Braised Beef with Peppers & Onions	155	Curried Chicken	195	Roast Turkey with Cranberry Apple Chutney	225	Lemon Herb Sauce with White Fish	353	Stewed Chicken	123
White Rice	25	White Rice	25	Polenta	15	Couscous	4	White Rice	25
Green Peas	20	Mixed Vegetables	33	Carrots	39	Brussel Sprouts	9	California Blend Vegetables	17
Wheat Bread	65	Wheat Bread	65	Wheat Bread	65	Wheat Bread	65	Wheat Bread	65
Applesauce	2	Cookie	90	Fresh Apple	0	Applesauce	2	Fruit Cup	5
Cal:697 CHO:85g Na:347mg		Cal:765 CHO:94g Na:488mg		Cal:700 CHO:94g Na:424mg		Cal:578 CHO:80g Na:513mg		Cal:668 CHO:75g Na:315mg	
18	NA+	19	NA+	20	NA+	21	NA+	22	NA+
Chicken Scampi	190	Honey Mustard Chicken	205	Turkey Meatloaf with Gravy	305	Balsamic Glazed Chicken	95	Beef Stew	140
Pasta	4	Rice Pilaf	50	White Rice	25	Pasta	4	White Rice	25
Green Peas	20	Mixed Vegetables	33	Carrots	39	Broccoli	20	Vegetable Medley	37
Wheat Dinner Roll	150	Wheat Roll	150	Wheat Bread	65	Wheat Bread	65	Wheat Bread	65
Applesauce	2	Cookie	90	Fresh Apple	2	Applesauce	2	Fruit Cup	5
Cal:750 CHO:79g Na:446mg		Cal:701 CHO:75g Na:608mg		Cal:796 CHO:89g Na:516mg		Cal:597 CHO:76 Na:466mg		Cal:780 CHO:90g Na:352mg	
25		26	NA+	27	NA+	28	NA+	29	NA+
Holiday - No Meals		Herb Crusted White Fish with Lemon	346	Pot Roast with Gravy	245	Chicken Tacos	243	Chicken Primavera Pasta	85
		Orzo	4	Polenta	15	White Rice	25	Bowtie Pasta	4
		Broccoli	29	Green Beans	3	Corn & Peppers	21	Carrots	39
		Wheat Bread	65	Wheat Bread	65	Tortilla Wrap (1 each)	135	Wheat Bread	65