



May 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 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.	To cancel meals please call: 978-624-2263 AT LEAST 24 hours before service. Brought to you by the Older American Act.	¹ No Meals Served Volunteer Appreciation Day
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4	<u>NA+</u>	5	<u>NA+</u>	6	<u>NA+</u>	7	<u>NA+</u>	8	<u>NA+</u>
Teriyaki Salmon	470	Sweet & Sour Chicken	448	Lemongrass Beef (Bò xả ớt)	464	Beef & Broccoli Stir Fry (Thit Bo Xao Cai)	395	Pork Meatballs with Nuoc Cham	240
White Rice	50	White Rice	50	White Rice	50	White Rice	50	Rice Noodles	250
Water Spinach	40	Cabbage	37	Bok Choy	64	Bok Choy	64	Broccoli	38
Fruit	0	Fruit	0	Lemon White Chocolate Cookie	100	Fruit	0	Fruit	0
Cal:850 CHO:109g Na:695mg	695	Cal:870 CHO:108g Na:673mg	670	Cal:885 CHO:113g Na:813mg	813	Cal:844 CHO:90g Na:644mg	644	Cal:778 CHO:87g Na:663mg	663

11	<u>NA+</u>	12	<u>NA+</u>	13	<u>NA+</u>	14	<u>NA+</u>	15	<u>NA+</u>
Mongolian Beef	430	Pork Fried Rice	355	Chicken Teriyaki Potstickers with Soy Drizzle	570	Turmeric & Ginger Fish	220	Pork with Scallion & Ginger Sauce	332
White Rice	50	White Rice	50	White Rice	50	White Rice	50	White Rice	50
Cabbage	37	Cabbage	37	Bok Choy	64	Water Spinach	40	Broccoli	38
Fig Newton	180	Fruit	0	Fruit	0	Shortbread Cookie	150	Fruit	0
Cal:930 CHO:125g Na:832mg	832	Cal:884 CHO:85g Na:577mg	577	Cal:710 CHO:106g Na:819mg	819	Cal:783 CHO:93g Na:595mg	595	Cal:782 CHO:95g Na:555mg	555

18	<u>NA+</u>	19	<u>NA+</u>	20	<u>NA+</u>	21	<u>NA+</u>	22	<u>NA+</u>
Caramel Ginger Chicken	460	Chicken Teriyaki	630	Vietnamese Caramel Shrimp & Pork (Tom Thit Rim)	647	Pork & Vegetable Egg Roll	530	Chinese BBQ Pork	377
White Rice	50	White Rice	50	White Rice	50	White Rice	50	White Rice	50
Cabbage	37	Broccoli	38	Water Spinach	40	Broccoli	38	Cabbage	37
Fruit	0	Oatmeal Cookie	90	Pound Cake	240	Fruit	0	Fruit	0
Cal:869 CHO:100g Na:682mg	682	Cal:728 CHO:102g Na:943mg	943	Cal:933 CHO:108g Na:1112mg	1112	Cal:760 CHO:107g Na:753mg	753	Cal:907 CHO:107g Na:599mg	599

25		26	<u>NA+</u>	27	<u>NA+</u>	28	<u>NA+</u>	29	<u>NA+</u>
Holiday - No Meals		Lemongrass Chicken	437	Green Curry White Fish	155	Pork Lo Mein	450	Teriyaki Beef	458
		White Rice	50	White Rice	50	Noodles	250	White Rice	50
		Bok Choy	64	Water Spinach	40	Broccoli	38	Cabbage	40
		Fruit	0	Fruit	0	Chocolate Chip Cookie	80	Fruit	0
		Margarine	30	Margarine	30	Margarine	30	Margarine	30
		Cal:813 CHO:110g Na:686mg	686	Cal:753 CHO:97g Na:380mg	380	Cal:876 CHO:104g Na:953mg	953	Cal:906 CHO:106g Na:683mg	683