



## May 2026 Modified Cardiac/Diabetic Menu

Menu totals include entrée, sides, dessert, fruit, bread, margarine (0g) and 8oz of 2% milk served with meal daily. A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly.

Monday	Tuesday	Wednesday	Thursday	Friday
Nutrition Questions? Call 978-624-2263 Menus subject to change without notice.	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		1 No Meals Volunteer Appreciation Day
<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
Egg Omelet with Cheddar Cheese Rosemary Potatoes Mixed Vegetables Fruit Milk	White Fish with Pineapple-Mango Salsa Brown Rice & Beans Carrots Fruit Milk	Lemon Ricotta Chicken Baked Sweet Potato Brussel Sprouts Fruit Milk	American Chop Suey (Turkey) Whole Grain Pasta Green Beans & Red Peppers Fruit Milk	Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit Milk
CHO(g) 3 13 9 15 13	CHO(g) 10 28 5 15 13	CHO(g) 3 15 5 15 13	CHO(g) 6 21 5 15 13	CHO(g) 15 15 5 15 13
Cal:485 CHO:53g Na:595mg	Cal:560 CHO:71g Na:346mg	Cal:568 CHO:51g Na:350mg	Cal:585 CHO:60g Na:365mg	Cal:652 CHO:63g Na:530mg
<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>
Braised Beef with Peppers & Onions Quinoa Green Peas Fruit Milk	Curried Chicken Brown Rice Carrots Fruit Milk	Pork with Cranberry Apple Chutney Roasted Potatoes Mixed Root Vegetables (squash, carrot, turnip) Fruit Milk	Stewed Tomato White Fish Couscous Brussel Sprouts Fruit Milk	White Bean & Chicken Chili Shredded Cheese (Garnish) California Blend Vegetables Fruit Milk
CHO(g) 2 18 15 15 13	CHO(g) 17 22 5 15 13	CHO(g) 15 14 10 15 13	CHO(g) 5 22 5 15 13	CHO(g) 30 0 4 15 13
Cal:551 CHO:63g Na:315mg	Cal:630 CHO:72g Na:395mg	Cal:605 CHO:67g Na:377mg	Cal:560 CHO:60g Na:356mg	Cal:513 CHO:62g Na:575mg
<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>
Chicken Scampi Pasta Green Peas Fruit Milk	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Milk	Turkey Meatloaf with Gravy Mashed Potatoes Carrots Fruit Milk	Lentil Bolognese & Parm Cheese Whole Grain Pasta Broccoli Fruit Milk	Beef Stew Roasted Potatoes Vegetable Medley Fruit Milk
CHO(g) 9 22 15 15 13	CHO(g) 7 25 10 15 13	CHO(g) 9 15 5 15 13	CHO(g) 20 21 5 15 13	CHO(g) 13 14 10 15 13
Cal:696 CHO:74g Na:350mg	Cal:665 CHO:70g Na:426mg	Cal:635 CHO:57g Na:502mg	Cal:452 CHO:74g Na:398mg	Cal:590 CHO:65g Na:592mg
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>
Holiday - No Meals	Salmon with Lemon Wedge Mashed Potatoes Garlic Kale Fruit Milk	Pot Roast with Gravy Roasted Sweet Potato Green Beans Fruit Milk	Chicken Taco with Cheese Tortilla Wrap (1) Black Beans, Corn & Peppers Fruit Milk	Whole Grain Cheese Lasagna with Florentine Sauce Carrots Fruit Milk
	CHO(g) 4 15 5 15 13	CHO(g) 4 15 6 15 13	CHO(g) 2 15 16 15 13	CHO(g) 29 4 5 15 13
	Cal:575 CHO:60g Na:250mg	Cal:455 CHO:53g Na:405mg	Cal:608 CHO:61g Na:578mg	Cal:495 CHO:66g Na:624mg