



# May 2026 HDM Cold Supper 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	
To cancel meals please call: 978-624-2263 AT LEAST 24 hours before service. Brought to you by the Older American Act.		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.				1 No Meals Volunteer Appreciation Day	
4	NA+	5	NA+	6	NA+	7	NA+	8	NA+
Turkey & Cheese Sandwich	530	Honey Mustard Chicken Salad Sandwich	260	Tortellini Pasta Salad with Beans, Spinach & Sundried Tomatoes	430	Roast Beef & Swiss Cheese Sandwich	280	Egg Salad Sandwich	287
Wheat Hamburger Bun (LowNa)	75	Wheat Bread (2 slices)	130	Broccoli Salad	-	Wheat Bread (2 slices)	130	Wheat Bun	75
Sweet Potato & Craisin Salad	34	Chickpea & Red Pepper Salad	182	Dinner Roll	147	Corn & Red Pepper Salad	7	Italian Pasta Salad	195
Beet Salad	83	Cole Slaw	96	Lemon White Chocolate Cookie	100	Shaved Brussel Sprout Salad	16	Cole Slaw	96
Orange Mayo	0	Fruit Cup	5			Pear Mustard	2	Chocolate Pudding	130
Cal:765 CHO:97g Na:882mg	882	Cal:869 CHO:96g Na:778mg	778	Cal:860 CHO:100g Na:882mg	882	Cal:841 CHO:116g Na:595mg	595	Cal:955 CHO:89g Na:888mg	888
11	NA+	12	NA+	13	NA+	14	NA+	15	NA+
Curried Chicken Salad	156	Buffalo Chicken & Cheese Sandwich	525	Tuna Salad with Lettuce	403	Greek Pasta Salad with Chicken, Olives & Feta	232	Turkey & Provolone Cheese Sandwich	668
Whole Grain Croissant	190	Wheat Hamburger Bun	75	Wheat Hamburger Bun	75	Sweet Potato & Craisin Salad	34	Wheat Hamburger Bun	75
Artichoke, Feta & Roasted Pepper Couscous Salad	142	Butternut Squash & Cranberry Couscous	90	Italian Pasta Salad	195	Wheat Roll	150	Ranch Pasta Salad	178
Pea Salad	189	Beet Salad	83	Zucchini Salad	131	Shortbread Cookie	150	Pickled Cabbage Slaw	10
Fig Newton	180	Orange Mayo	1	Apple	2			Banana Mayo	1
Cal:1055 CHO:116g Na:962mg	962	Cal:710 CHO:100g Na:934mg	934	Cal:817 CHO:96g Na:911mg	911	Cal:852 CHO:98g Na:671mg	671	Cal:795 CHO:103g Na:1092mg	1092
18	NA+	19	NA+	20	NA+	21	NA+	22	NA+
Roast Beef & Cheese Sandwich	280	Turkey & Swiss Cheese Sandwich	440	<b>High Sodium Meal</b>		Caprese Pasta Salad	411	Whole Grain Tuna Pasta Salad with Green Peas	463
Wheat Bread (2 slices)	130	Wheat Hamburger Bun	190	Crispy Chicken Salad over Romaine, Tomatoes, Cucumbers	407	w/ Mozzarella, Tomatoes & Basil	-	Cornbread Loaf	180
Corn & Red Pepper Salad	7	Italian Pasta Salad	196	Pea Salad	-	Chickpeas, Craisin & Apple Salad	199	Shaved Brussel Sprout Salad	16
Butternut Squash & Cranberry Couscous	90	Tomato Cucumber Salad	73	Wheat Roll	189	Wheat Roll	150	Apple	1
Pear Mustard	2	Oatmeal Cookie	90	Pound Cake	150	Orange	1		
	55	Mustard	55	Honey Mustard Dressing	240				
Cal:909 CHO:138g Na:669mg	669	Cal:731 CHO:84g Na:1149mg	1149	Cal:858 CHO:89g Na:1311mg	1311	Cal:741 CHO:92g Na:866mg	866	Cal:891 CHO:106g Na:765mg	765
25		26	NA+	27	NA+	28	NA+	29	NA+
Holiday - No Meals		Ham & Swiss Cheese	650	Waldorf Chicken Salad Sandwich	161	<b>High Sodium Meal</b>		Egg Salad Sandwich	287
		Wheat Hamburger Bun (Low Na)	75	Whole Grain Croissant	190	Turkey & Provolone Cheese Sandwich	670	Wheat Bread (2 slices)	130
		Beet Salad	83	Italian Pasta Salad	195	Wheat Hamburger Bun	75	Potato Salad	252
		Sweet Potato & Craisin Salad	34	Carrot Raisin Salad	124	Pea Salad	188	Cole Slaw	96
		Vanilla Pudding	130	Orange	0	Tomato Cucumber Salad	73	Pear	2
		Cal:767 CHO:97g Na:1077mg	1077	Cal:865 CHO:99g Na:775mg	775	Chocolate Chip Cookie	80		
						Mayo	55		
						Cal:795 CHO:76g Na:1246mg	1246	Cal:1037 CHO:104g Na:872mg	872