



# May 2026 Vegetarian HDM Menu

Menu totals include entrée, sides, dessert, fruit, bread, margarine (30mg) and 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.		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	
4	NA+	5	NA+	6	NA+	7	NA+	8	NA+
Creamy Cajun Beans	470	3 Bean Chili	470	Chik'n in Sundried Tomato Sauce	520	BBQ Chickpeas	467	Veggie Burger & Cheese	495
Whole Grain Pasta	4	with Shredded cheese	96	Orzo	4	Butternut Squash	12	Potato Wedges	20
Green Peas	20	Green Beans & Red Peppers	20	Broccoli	38	Vegetable Medley	54	California Blend Vegetables	34
Wheat Bread	65	Cornbread Bowl	160	Wheat Roll	150	Dinner Roll	100	Wheat Hamburger Bun	75
Orange	1	Fruit Cup	0	Lemon White Chocolate Cookie	100	Pear	2	Chocolate Pudding	130
Cal:741 CHO:115g Na:695mg	695	Cal:724 CHO:107g Na:881mg	881	Cal:816 CHO:100g Na:947mg	947	Cal:681 CHO:121g Na:770mg	770	Cal:829 CHO:98g Na:969mg	969
11	NA+	12	NA+	13	NA+	14	NA+	15	NA+
Cheese Ravioli	200	Stewed Garbanzo Beans & Tomatoes	400	Vegetarian Torta di Polenta	515	Honey Glazed Chik'n	386	Egg & Cheese Broccoli Bake	656
with Lentil Bolognese & Parmesan	243	White Rice	25	Polenta with Cheese	-	Roasted Sweet Potatoes	21	with Wheat Roll	150
Brussel Sprouts	26	Carrots	56	Kale & Peppers	29	California Blend Vegetables	34	Mixed Vegetables	51
Wheat Roll	150	Whole Grain Cornbread Loaf	180	Hawaiian Roll	80	Dinner Roll	100	Banana	1
Fig Newton	180	Orange	0	Apple	1	Shortbread Cookie	150	Margarine	30
Cal:824 CHO:125g Na:934mg	934	Cal:707 CHO:106g Na:796mg	796	Cal:700 CHO:86g Na:760mg	760	Cal:822 CHO:107g Na:826mg	826	Cal:834 CHO:75g Na:993mg	993
18	NA+	19	NA+	20	NA+	21	NA+	22	NA+
Lentil Stew	133	<b>High Sodium Meal</b>		<b>Holiday Meal</b>		Whole Grain Cheese Lasagna	390	<b>Tuscan Tofu</b>	185
with Whole Grain Buttermilk Biscuit	370	Creamy White Bean & Spinach Casserole	795	BBQ Chik'n	493	with Marinara Sauce & Mozzarella	315	<b>Rice Pilaf</b>	50
Green Peas & Red Peppers	72	with Orzo	-	Sweet Potato Fries	150	Mixed Vegetables	51	California Blend Vegetables	34
Pear	2	Broccoli	38	Zucchini & Red Peppers	19	Dinner Roll	100	Wheat Roll	150
Margarine	30	Cornbread Loaf	180	Wheat Sandwich Bun	75	Orange	0	Apple	1
		Oatmeal Cookie	90	Pound Cake	240	Margarine	30	Margarine	30
Cal:770 CHO:124g Na:712mg	712	Cal:854 CHO:103g Na:1238mg	1238	Cal:886 CHO:112g Na:1112mg	1112	Cal:701 CHO:94g Na:991mg	991	Cal:771 CHO:91g Na:555mg	555
25		26	NA+	27	NA+	28	NA+	29	NA+
<b>Holiday - No Meals</b>		Veggie Sausage & Gravy	520	Veggie Burger & Cheese	495	Vegetarian Carbonara	467	Tofu & Artichoke Picatta	253
		Mashed Potatoes	23	Baked Beans	140	Whole Grain Pasta	4	Mashed Potatoes	23
		Brussel Sprouts	26	Carrots	56	Broccoli	38	Vegetable Medley	54
		Cornbread Loaf	180	Wheat Hamburger Bun	75	Wheat Roll	150	Whole Grain Cornbread Loaf	180
		Vanilla Pudding	135	Orange	1	Chocolate Chip Cookie	80	Pear	2
				Ketchup	80				
		Cal:732 CHO:89g Na:1019mg	1019	Cal:840 CHO:107g Na:982mg	982	Cal:740 CHO:78g Na:874mg	874	Cal:815 CHO:105g Na:647mg	647