



April 2026 Ground, Puree, Chopped Menu

Menu totals include entrée, sides, dessert, fruit, margarine (30mg), 4oz Nutritional Shake supplement (100mg), and 8oz 1% milk daily

Monday		Tuesday		Wednesday		Thursday		Friday	
A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly.		Nutrition Questions? Call Michelle at 978-624-2263 Menus subject to change without notice.		1	NA+	2	NA+	3	NA+
				Pot Roast with Gravy Mashed Sweet Potatoes Green Beans Fruit Nutritional Shake Cal:683 CHO:92g Na:503mg	245 20 3 0 100 503	Chicken Tacos White Rice Black Beans, Corn & Peppers Fruit Nutritional Shake Cal:846 CHO:101g Na:564mg	243 25 61 0 100 564	Whole Grain Cheese Lasagna with Florentine Sauce Carrots Fruit Nutritional Shake Cal:717 CHO:97g Na:720mg	390 55 40 0 100 720
6	NA+	7	NA+	8	NA+	9	NA+	10	NA+
Egg Omelet with Cheese Mashed Potatoes Mixed Vegetables Fruit Nutritional Shake Cal:662 CHO:86g Na:531mg	240 23 33 0 100 531	White Fish with Pineapple & Mango Salsa Stewed Beans Carrots Fruit Nutritional Shake Cal:760 CHO:101g Na:735mg	105 356 39 0 100 735	Lemon Ricotta Chicken Mashed Sweet Potatoes Brussel Sprouts Fruit Nutritional Shake Cal:795 CHO:91g Na:443mg	180 19 9 0 100 443	American Chop Suey (Turkey) Whole Grain Pasta Green Beans & Red Peppers Fruit Nutritional Shake Cal:767 CHO:88g Na:466mg	225 4 2 0 100 466	Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit Nutritional Shake Cals:874 CHO:93g Na:625mg	347 23 20 0 100 625
13	NA+	14	NA+	15	NA+	16	NA+	17	NA+
Braised Beef with Peppers & Onions Mashed Potatoes Green Peas Fruit Nutritional Shake Cal:741 CHO:90g Na:433mg	155 23 20 0 100 433	Curried Chicken Mashed Potatoes Carrots Fruit Nutritional Shake Cal:782 CHO:97g Na:509mg	195 23 56 0 100 509	Pork with Cranberry Apple Chutney Mashed Potatoes Mixed Root Vegetables (squash, carrot, turnip) Fruit Nutritional Shake Cal:802 CHO:100g Na:427mg	85 22 65 0 100 407	Stewed Tomato White Fish Orzo Brussel Sprouts Fruit Nutritional Shake Cal:739 CHO:88g Na:512mg	264 4 9 0 100 512	White Bean & Chicken Chili with Shredded Cheese (Garnish) California Blend Vegetables Fruit Nutritional Shake Cal:734 CHO:92g Na:608mg	260 96 17 0 100 608
20	NA+	21	NA+	22	NA+	23	NA+	24	NA+
Holiday - No Meals Cal:916 CHO:100g Na:449mg	190 4 20 0 100 449	Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Nutritional Shake Cal:837 CHO:101g Na:523mg	205 50 33 0 100 523	Turkey Meatloaf with Gravy Mashed Potatoes Carrots Fruit Nutritional Shake Cal:802 CHO:87g Na:602mg	305 22 40 0 100 602	Lentil Bolognese & Parmesan Garnish Pasta Broccoli Fruit Nutritional Shake Cal:673 CHO:105g Na:491mg	232 4 20 0 100 491	Beef Stew Mashed Potatoes Vegetable Medley Fruit Nutritional Shake Cal:825 CHO:97g Na:435mg	140 23 37 0 100 435
27	NA+	28	NA+	29	NA+	30	NA+	To cancel meals please call: 978-624-2263 AT LEAST 24 hours before service. Brought to you by the Older American Act.	
Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Nutritional Shake Cal:677 CHO:80g Na:396mg	121 3 17 0 100 396	Baked Salmon Mashed Potatoes Garlic Kale Fruit Nutritional Shake Cal:742 CHO:83g Na:345mg	56 23 31 0 100 345	Pot Roast with Gravy Mashed Sweet Potatoes Green Beans Fruit Nutritional Shake Cal:683 CHO:92g Na:503mg	245 20 3 0 100 503	Chicken Tacos White Rice Black Beans, Corn & Peppers Fruit Nutritional Shake Cal:846 CHO:101g Na:564mg	243 25 61 0 100 564		