



# April 2026 Renal Menu

Menu totals include entrée, sides, dessert, fruit, bread, milk & margarine (30mg). Sodium content includes 50mg from 4oz whole milk

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 Pot Roast with Gravy Polenta Green Beans Wheat Bread Fresh Apple Cal:602 CHO:84g Na:410mg	2 Chicken Tacos White Rice Corn & Peppers Tortilla Wrap (1 each) Applesauce Cal:712 CHO:78g Na:506mg	3 Chicken Primavera Pasta Bowtie Pasta Carrots Wheat Bread Fruit Cup (Peach/Pear) Cal:640 CHO:74g Na:278mg
6 Egg Omelet Mexican Rice Mixed Vegetables Wheat Bread Applesauce Cal:580 CHO:80g Na:491mg	7 White Fish with Peach Salsa Couscous Carrots Wheat Bread Cookie (Oatmeal/Sugar only) Cal:608 CHO:78g Na:383mg	8 Chicken Picatta Rice Pilaf Brussel Sprouts Wheat Bread Fresh Apple Cal:737 CHO:87g Na:349mg	9 Lentil Unstuffed Pepper (No Cheese) White Rice Green Beans & Red Peppers Wheat Bread Applesauce Cal:577 CHO:94g Na:312mg	10 Rosemary & Garlic Chicken Orzo Broccoli Wheat Bread Fruit Cup (Peach/Pear) Cals:815 CHO:90g Na:521mg
13 Braised Beef with Peppers & Onions White Rice Green Peas Wheat Bread Applesauce Cal:697 CHO:85g Na:347mg	14 Curried Chicken White Rice Mixed Vegetables Wheat Bread Cookie (Oatmeal/Sugar only) Cal:765 CHO:94g Na:488mg	15 Roast Turkey with Cranberry Apple Chutney Polenta Carrots Wheat Bread Fresh Apple Cal:700 CHO:94g Na:424mg	16 Lemon Herb Sauce with White Fish Couscous Brussel Sprouts Wheat Bread Applesauce Cal:578 CHO:80g Na:513mg	17 Stewed Chicken White Rice California Blend Vegetables Wheat Bread Fruit Cup (Peach/Pear) Cal:668 CHO:75g Na:315mg
20 Holiday - No Meals Cal:750 CHO:79g Na:446mg	21 Honey Mustard Chicken Rice Pilaf Mixed Vegetables Wheat Roll Cookie (Oatmeal/Sugar only) Cal:701 CHO:75g Na:608mg	22 Turkey Meatloaf with Gravy White Rice Carrots Wheat Bread Fresh Apple Cal:796 CHO:89g Na:516mg	23 Balsamic Glazed Chicken Pasta Broccoli Wheat Bread Applesauce Cal:597 CHO:76 Na:466mg	24 Beef Stew White Rice Vegetable Medley Wheat Bread Fruit Cup (Peach/Pear) Cal:780 CHO:90g Na:352mg
27 Harvest Roasted Chicken Couscous California Blend Vegetables Wheat Bread Applesauce Cal:612 CHO:72g Na:289mg	28 Herb Crusted White Fish with Lemon Orzo Broccoli Wheat Bread Cookie (Oatmeal/Sugar only) Cal:706 CHO:98g Na:614mg	29 Pot Roast with Gravy Polenta Green Beans Wheat Bread Fresh Apple Cal:602 CHO:84g Na:410mg	30 Chicken Tacos White Rice Corn & Peppers Tortilla Wrap (1 each) Applesauce Cal:712 CHO:78g Na:506mg	