



April 2026 Traditional Regular HDM Menu

Menu totals include entrée, sides, dessert, fruit, bread, margarine (30mg) 105mg Na+ for 8oz of milk served daily A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly. Menus subject to change without notice.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>To cancel meals please call: 978-624-2263 AT LEAST 24 hours before service. Brought to you by the Older American Act.</p>	<p>NO MEALS WILL BE LEFT WITHOUT SEEING SOMEONE AT DELIVERY Nutrition Questions? Call Michelle at 978-624-2263</p>	<p>1 Potato Pollock 330 Sweet Potato Wedges 150 California Blend Vegetables 34 Hawaiian Roll 80 Shortbread Cookie (MOD) 150 Margarine 30 Tartar Sauce 113 Cal:796 CHO:89g Na:992mg 992</p>	<p>2 Roast Turkey with Apple Chutney 429 Rice Pilaf 49 Brussel Sprouts 26 Wheat Bread 65 Banana 1 Margarine 30 Cal:761 CHO:114g Na:705mg 705</p>	<p>3 <u>Opening Day</u> Hot Dog (beef) 540 Baked Beans 140 Green Beans & Red Peppers 20 Whole Wheat Hot Dog Bun 85 Fruit Cup 0 Margarine 30 Ketchup 82 Cal:883 CHO:103g Na:1002mg 1002</p>
		<p>6 Braised Beef & Vegetables NA+ 75 Mashed Potatoes 23 Vegetable Medley 54 Wheat Bread 65 Chocolate Pudding 135 Cal:832 CHO:90g Na:487mg 487</p>	<p>7 Shrimp Tacos with Cheese NA+ 479 Cilantro Lime Rice 67 Black Beans, Corn & Peppers 61 Tortilla Wrap 136 Orange 0 Cal:647 CHO:91g Na:878mg 878</p>	<p>8 Chicken Pot Pie with Whole Grain Buttermilk Biscuit NA+ 215 Broccoli 370 Applesauce 38 Margarine 2 30 Cal:768 CHO:75g Na:760mg 760</p>
<p>13 BBQ Jerk Salmon NA+ 388 White Rice 25 Green Beans & Red Peppers 20 Wheat Bread 65 Pound Cake 240 Margarine 30 Cal:857 CHO:104g Na:711mg 873</p>	<p>14 Beef Teriyaki NA+ 458 Lo Mein Noodles 125 Corn with Peppers 21 Wheat Roll 150 Pear Fruit Cup 0 Margarine 30 Cal:869 CHO:109g Na:889mg 889</p>	<p>15 <u>High Sodium Meal</u> Baked Ham with Maple Brown Sugar Glaze NA+ 694 Potatoes au Gratin 358 Green Beans & Red Peppers 20 Dinner Roll 100 Chocolate Chip Cookie 78 Cal:811 CHO:108g Na:1547mg 1385</p>	<p>16 Meatloaf with Gravy NA+ 545 Garlic Mashed Potatoes 23 Carrots 56 Whole Grain Cornbread 180 Orange 0 Margarine 30 Cal:766 CHO:86g Na:939mg 939</p>	<p>17 Creamy Pesto Ravioli NA+ 460 With Chicken 289 California Blend Vegetables 34 Wheat Bread 65 Apple 2 Margarine 30 Cal:819 CHO:96g Na:985mg 985</p>
<p>20 HOLIDAY - NO MEALS NA+</p>	<p>21 Chicken Anna Maria (Filet) NA+ 540 White Rice 25 Green Peas & Red Peppers 72 Wheat Roll 150 Vanilla Pudding 130 Cal:735 CHO:89g Na:1052mg 1052</p>	<p>22 Sausage with Abruzzi Sauce NA+ 649 Bowtie Pasta 4 California Blend Vegetables 34 Whole Grain Cornbread 180 Apple 2 Cal:834 CHO:92g Na:1004mg 1004</p>	<p>23 Beef Stroganoff NA+ 201 Egg Noodles 7 Brussel Sprouts 26 Wheat Roll 150 Banana 1 Cal:812 CHO:88g Na:520mg 520</p>	<p>24 BBQ Chicken NA+ 357 Baked Beans 140 Broccoli 38 Cornbread Loaf 180 Fruit Cup 0 Cal:810 CHO:107g Na:850mg 850</p>
<p>27 Creamy Cajun Shrimp NA+ 528 Cheesy Grits 72 Green Beans & Red Pepper 20 Wheat Roll 150 Lemon Square 90 Cal:707 CHO:87g Na:995mg 995</p>	<p>28 Pork in Mustard Wine Sauce NA+ 248 Egg Noodle 7 Mixed Root Vegetables 65 Wheat Roll 150 Chocolate Pudding 135 Cal:731 CHO:84g Na:740mg 740</p>	<p>29 Tortellini NA+ 175 with Beef Bolognese 195 California Blend Vegetables 34 Wheat Roll 150 Banana 1 Cal:747 CHO:80g Na:690mg 690</p>	<p>30 Cheesy Chicken Casserole NA+ 555 Seasoned Rice - Green Peas 20 Dinner Roll 100 Orange 0 Cal:925 CHO:94g Na:810mg 810</p>	