



## April 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 Michelle at 978-624-2263

Monday		Tuesday		Wednesday		Thursday		Friday	
<p>A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly. Menus subject to change without notice.</p>		<p>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</p>		<p>1</p> <p><b>Veggie Fritters</b> 330</p> <p>Sweet Potato Wedges 150</p> <p>California Blend Vegetables 34</p> <p>Hawaiian Roll 80</p> <p>Shortbread Cookie (MOD) 150</p> <p>Margarine 30</p> <p>Tartar Sauce 113</p>		<p>2</p> <p><b>Roast Tofu with Apple Chutney</b> 26</p> <p>Rice Pilaf 49</p> <p>Brussel Sprouts 26</p> <p>Wheat Bread 65</p> <p>Banana 1</p> <p>Margarine 30</p>		<p>3</p> <p><b>Opening Day</b></p> <p>Veggie Burger with Cheese 570</p> <p>Baked Beans 140</p> <p>Green Beans &amp; Red Peppers 20</p> <p>Whole Wheat Hamburger Bun 85</p> <p>Fruit Cup 0</p> <p>Margarine 30</p>	
				Cal:758 CHO:99g Na:992mg 992		Cal:788 CHO:119g Na:302mg 302		Cal:1033 CHO:140g Na:1032mg 1032	
<p>6</p> <p><b>Braised Veggie Sausage &amp; Vegetables</b> 470</p> <p>Mashed Potatoes 23</p> <p>Vegetable Medley 54</p> <p>Wheat Bread 65</p> <p>Chocolate Pudding 135</p>		<p>7</p> <p><b>Refried Bean &amp; Cheese Tacos</b> 566</p> <p>Cilantro Lime Rice 67</p> <p>Black Beans, Corn &amp; Peppers 61</p> <p>Tortilla Wrap 136</p> <p>Orange 0</p>		<p>8</p> <p><b>Vegetarian Pot Pie</b> 365</p> <p>with Whole Grain Buttermilk Biscuit 370</p> <p>Broccoli 38</p> <p>Applesauce 2</p> <p>Margarine 30</p>		<p>9</p> <p><b>Tuscan Fritters</b> 495</p> <p>Roasted Potatoes 85</p> <p>California Blend Vegetables 34</p> <p>Wheat Roll 150</p> <p>Fig Newton 180</p>		<p>10</p> <p><b>Honey Mustard Chik'n</b> 474</p> <p>Butternut Squash 12</p> <p>Green Peas 20</p> <p>Hawaiian Roll 80</p> <p>Banana 1</p>	
Cal:692 CHO:91g Na:882mg 882		Cal:698 CHO:104g Na:965mg 965		Cal:763 CHO:98g Na:910mg 910		Cal:809 CHO:115g Na:1079mg 1079		Cal:833 CHO:116g Na:722mg 722	
<p>13</p> <p><b>BBQ Jerk Tofu</b> 342</p> <p>White Rice 25</p> <p>Green Beans &amp; Red Peppers 20</p> <p>Wheat Bread 65</p> <p>Pound Cake 240</p> <p>Margarine 30</p>		<p>14</p> <p><b>Teriyaki Tofu</b> 437</p> <p>Lo Mein Noodles 125</p> <p>Corn with Peppers 21</p> <p>Wheat Roll 150</p> <p>Pear Fruit Cup 0</p> <p>Margarine 30</p>		<p>15</p> <p><b>High Sodium Meal</b></p> <p>Veggie Sausage with Maple Brown Sugar Glaze 420</p> <p>Potatoes au Gratin 358</p> <p>Green Beans &amp; Red Peppers 20</p> <p>Dinner Roll 100</p> <p>Chocolate Chip Cookie 78</p>		<p>16</p> <p><b>Vegetarian Meatloaf with Gravy</b> 493</p> <p>Garlic Mashed Potatoes 23</p> <p>Carrots 56</p> <p>WG Cornbread 180</p> <p>Orange 0</p> <p>Margarine 30</p>		<p>17</p> <p><b>Creamy Pesto Ravioli</b> 460</p> <p>With White Beans 353</p> <p>California Blend Vegetables 34</p> <p>Wheat Bread 65</p> <p>Apple 2</p> <p>Margarine 30</p>	
Cal:761 CHO:106g Na:665mg 827		Cal:730 CHO:114g Na:868mg 868		Cal:846 CHO:110g Na:1273mg 1111		Cal:595 CHO:82g Na:857mg 887		Cal:852 CHO:116g Na:1049mg 1049	
<p>20</p> <p><b>HOLIDAY - NO MEALS</b></p>		<p>21</p> <p><b>Chik'n Anna Maria (Filet)</b> 607</p> <p>White Rice 25</p> <p>Green Peas &amp; Red Peppers 72</p> <p>Wheat Roll 150</p> <p>Vanilla Pudding 130</p>		<p>22</p> <p><b>Veggie Sausage with Abruzzi Sauce</b> 728</p> <p>Bowtie Pasta 4</p> <p>California Blend Vegetables 34</p> <p>Whole Grain Cornbread 180</p> <p>Apple 2</p>		<p>23</p> <p><b>Vegetarian Stroganoff</b> 600</p> <p>Egg Noodles 7</p> <p>Brussel Sprouts 26</p> <p>Wheat Roll 150</p> <p>Banana 1</p>		<p>24</p> <p><b>BBQ Chickpeas</b> 467</p> <p>Baked Beans 140</p> <p>Broccoli 38</p> <p>Cornbread Loaf 180</p> <p>Fruit Cup 0</p>	
		Cal:870 CHO:102g Na:1119mg 1119		Cal:776 CHO:99g Na:1083mg 1083		Cal:806 CHO:104g Na:919mg 919		Cal:732 CHO:116g Na:960mg 960	
<p>27</p> <p><b>Creamy Cajun Beans</b> 527</p> <p>Cheesy Grits 72</p> <p>Green Beans &amp; Red Peppers 20</p> <p>Wheat Roll 150</p> <p>Lemon Square 90</p>		<p>28</p> <p><b>Tofu in Mustard Wine Sauce</b> 212</p> <p>Egg Noodle 7</p> <p>Mixed Root Vegetables 65</p> <p>Wheat Roll 150</p> <p>Chocolate Pudding 135</p>		<p>29</p> <p><b>Tortellini</b> 175</p> <p>with Lentil Bolognese 143</p> <p>California Blend Vegetables 34</p> <p>Wheat Roll 150</p> <p>Banana 1</p>		<p>30</p> <p><b>Cheesy Vegetable &amp; Rice Casserole</b> 480</p> <p>Seasoned Rice -</p> <p>Green Peas 20</p> <p>Dinner Roll 100</p> <p>Orange 0</p>			
Cal:765 CHO:107g Na:994mg 994		Cal:615 CHO:80g Na:571mg 704		Cal:700 CHO:98g Na:638mg 638		Cal:730 CHO:93g Na:735mg 735			