



June 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	
1	NA+	2	NA+	3	NA+	4	NA+	5	NA+
White Fish Picatta	388	Roast Turkey with Cranberry Apple Chutney	429	Cheese Tortellini	175	BBQ Chicken	357	Braised Beef & Vegetables	161
Brown Rice Pilaf	50	Brown Rice	50	with Beef Bolognese	195	Brown Rice	50	Polenta	30
Vegetable Medley	54	Carrots	56	Brussel Sprouts	26	Broccoli	38	Spinach & Peppers	65
Soft Fruit	0	Soft Fruit	0	Brown Rice	25	Soft Fruit	0	Soft Fruit	0
Nutritional Shake	100	Nutritional Shake	100	Soft Fruit	0	Nutritional Shake	100	Nutritional Shake	100
				Nutritional Shake	100				
Cal:950 CHO:125g Na:697	697	Cal:744 CHO:109g Na:740mg	740	Cal:953 CHO:111g Na:626mg	626	Cal:950 CHO:130g Na:650mg	650	Cal:930 CHO:119g Na:461mg	461
8	NA+	9	NA+	10	NA+	11	NA+	12	NA+
Potato Pollock	330	Unstuffed Pepper Bowl with Beef & Brown Rice	276	Shrimp Tacos with Cheese	479	Hamburger	230	Chicken Anna Maria	537
Brown Rice	50	Kale & Corn	11	Cilantro Brown Lime Rice	67	Brown Rice	50	Brown Rice	50
California Blend Vegetables	34	Soft Fruit	0	Black Beans, Corn & Peppers	61	Green Beans & Red Peppers	21	Carrots	56
Soft Fruit	0	Nutritional Shake	100	Soft Fruit	0	Soft Fruit	0	Soft Fruit	0
Nutritional Shake	100			Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100
Cal:919 CHO:125g Na:619mg	619	Cal:1066 CHO:122g Na:542mg	542	Cal:735 CHO:106g Na:812mg	812	Cal:923 CHO:118g Na:506mg	506	Cal:911 CHO:118g Na:848mg	848
15	NA+	16	NA+	17	NA+	18	NA+	19	
Pork with Mustard Wine Sauce	248	Meatloaf with Gravy	545	Salmon with Dill Sauce	160	<u>Holiday Meal</u>		Holiday - No Meals	
Brown Rice	50	Brown Rice	50	Brown Rice	50	Homemade Crispy Chicken	186		
Butternut Squash	20	Carrots	56	Green Beans & Red Peppers	21	Black Eyed Peas	140		
Soft Fruit	0	Soft Fruit	0	Soft Fruit	0	Collards & Corn	40		
Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100	Brown Rice	25		
						Soft Fruit	0		
Cal:1012 CHO:140g Na:523mg	523	Cal:979 CHO:122g Na:856mg	856	Cal:1035 CHO:125g Na:436mg	436	Nutritional Shake	100		
22	NA+	23	NA+	24	NA+	25	NA+	26	NA+
Sausage with Abruzzi Sauce	649	Tomato Bruschetta Chicken	333	Lemon Ricotta Parmesan Chicken (comm strips)	332	Herb Crusted White Fish with Lemon Wedge	346	Hot Dog (beef)	540
Whole Grain Pasta	8	Brown Rice	50	Cheese Ravioli	200	Brown Rice Pilaf	50	Baked Beans	140
California Blend Vegetables	34	Green Peas & Red Peppers	72	California Blend Vegetables	34	Mixed Root Vegetables	65	Carrots	56
Soft Fruit	0	Soft Fruit	0	Brown Rice	25	Soft Fruit	0	Brown Rice	50
Nutritional Shake	100	Nutritional Shake	100	Soft Fruit	0	Nutritional Shake	100	Soft Fruit	0
Cal:905 CHO:112g Na:896mg	896	Cal:905 CHO:128g Na:660mg	660	Cal:980 CHO:123g Na:796mg	796	Cal:1011 CHO:140g Na:666mg	666	Nutritional Shake	100
29	NA+	30	NA+						
Creamy Turkey & Spinach Casserole with Orzo	375	Beef Teriyaki	458	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.		NO MEALS WILL BE LEFT WITHOUT SEEING SOMEONE AT DELIVERY	
Broccoli	38	Lo Mein Noodles	250						
Soft Fruit	0	Corn with Peppers	21						
Nutritional Shake	100	Soft Fruit	0						
Cal:910 CHO:111g Na:626mg	626	Nutritional Shake	100						
		Cal:1070 CHO:145g Na:934mg	934						