



June 2026 HDM Cold Supper Menu

Menu totals include entrée, sides, dessert, fruit, bread, margarine (30mg) & 105mg Na+ for 8oz of milk served daily Nutrition Questions? Call Michelle at 978-624-2263

Monday		Tuesday		Wednesday		Thursday		Friday	
1	NA+	2	NA+	3	NA+	4	NA+	5	NA+
Turkey & Cheese Sandwich	530	Tortellini Pasta Salad	430	Honey Mustard Chicken Salad Sandwich	260	Roast Beef & Swiss Cheese Sandwich	280	Tuna Salad Sandwich	403
Wheat Hamburger Bun (Low Na)	75	with Beans, Spinach & Sundried Tomatoes	-	Wheat Bread (2 slices)	130	Wheat Bread (2 slices)	130	Wheat Bun	75
Sweet Potato & Craisin Salad	34	Broccoli Salad	147	Chickpea & Red Pepper Salad	280	Corn & Red Pepper Salad	7	Italian Pasta Salad	196
Beet Salad	83	Dinner Roll	100	Cole Slaw	96	Shaved Brussel Sprout Salad	16	Carrot Raisin Salad	124
Pear	2	Shortbread Cookie	150	Banana	1	Pudding	130	Fruit Cup	5
Cal:796 CHO:106g Na:886mg	886	Cal:830 CHO:96g Na:932mg	932	Cal:910 CHO:110g Na:872mg	872	Cal:849 CHO:110g Na:723mg	723	Cal:828 CHO:92g Na:908mg	908
8	NA+	9	NA+	10	NA+	11	NA+	12	NA+
Curried Chicken Salad	156	Buffalo Chicken & Cheese Sandwich	525	Greek Pasta Salad	233	Egg Salad Sandwich	287	Roast Beef & Cheese Sandwich	280
Whole Grain Croissant	190	Wheat Hamburger Bun	75	with Chicken, Olives & Feta	-	with Lettuce	0	Wheat Bread (2 slices)	130
Artichoke, Feta & Roasted Pepper Couscous Salad	142	Butternut Squash & Cranberry Couscous	90	Sweet Potato & Craisin Salad	34	Wheat Hamburger Bun	75	Corn & Red Pepper Salad	7
Pea Salad	189	Beet Salad	83	Wheat Roll	150	Italian Pasta Salad	196	Tomato Cucumber Salad	73
Pudding	130	Orange	1	Apple	2	Zucchini Salad	131	Pear	2
		Mavo	57			Fig Newton	180	Mustard	55
Cal:965 CHO:93g Na:912mg	912	Cal:710 CHO:100g Na:936mg	936	Cal:801 CHO:99g Na:524mg	524	Cal:983 CHO:112g Na:974mg	974	Cal:780 CHO:108g Na:652mg	652
15	NA+	16	NA+	17	NA+	18	NA+	19	
Caprese Pasta Salad	411	Turkey & Swiss Cheese Sandwich	440	Crispy Chicken Salad	407	Turkey-Ham & Cheese Sandwich (pork free)	550	Holiday - No meals	
with Mozzarella, Tomatoes & Basil	-	Wheat Hamburger Bun	75	over Romaine, Tomatoes, Cucumbers	-	on Croissant	190		
Chickpeas, Craisin & Apple Salad	199	Italian Pasta Salad	196	Corn & Red Pepper Salad	7	Butternut Squash & Cranberry Couscous	90		
Wheat Roll	150	Tomato Cucumber Salad	73	Wheat Roll	150	Pickled Cabbage Slaw	8		
Orange	1	Pudding	130	Pound Cake	240	Applesauce	2		
Cal:741 CHO:92g Na:866mg	866	Cal:718 CHO:89g Na:1074mg	1074	Cal:780 CHO:93g Na:1129mg	1129	Cal:734 CHO:102g Na:945mg	945		
22	NA+	23	NA+	24	NA+	25	NA+	26	NA+
Italian Pasta Salad with Peppers & Onions	196	Ham & Swiss Cheese	650	Waldorf Chicken Salad Sandwich	161	Turkey & Provolone Cheese Sandwich	668	Egg Salad Sandwich	287
with Chicken	65	Wheat Hamburger Bun	75	Whole Grain Croissant	190	Wheat Hamburger Bun	75	Wheat Bread (2 slices)	130
Pea Salad	190	Beet Salad	83	Artichoke, Feta, Roasted Pepper Couscous Salad	142	Ranch Pasta Salad	179	Chickpeas, Craisin & Apple Salad	199
Wheat Roll	150	Sweet Potato & Craisin Salad	34	Carrot Raisin Salad	124	Tomato Cucumber Salad	73	Shaved Brussel Sprout Salad	11
Pear Fruit Cup	0	Banana	1	Blueberry Bread	250	Orange	1	Pudding	130
Cal:706 CHO:85g Na:706mg	706	Cal:762 CHO:106g Na:948mg	948	Cal:1020 CHO:116g Na:972mg	972	Cal:747 CHO:86g Na:1158mg	1158	Cal:1116 CHO:115g Na:862mg	862
29	NA+	30	NA+						
Roast Beef & Cheese Sandwich	280	Turkey & Cheese Sandwich	530	To cancel meals please call: 978-624-2263 AT LEAST 24 hours before service. Brought to you by the Older American Act.		A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly.		Menus subject to change without notice. No meals will be left without seeing someone at delivery.	
Wheat Bread (2 slices)	130	Wheat Hamburger Bun	75						
Corn & Red Pepper Salad	7	Sweet Potato & Craisin Salad	34						
Butternut Squash & Cranberry Couscous	90	Beet Salad	83						
Lemon Square	90	Applesauce	2						
Cal:948 CHO:134g Na:757mg	757	Cal:745 CHO:93g Na:886mg	886						