



June 2026 Modified Cardiac/Diabetic Menu

Menu totals include entrée, sides, dessert, fruit, bread, margarine (0g) and 8oz of 2% milk served with meal daily. A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly.

| Monday | | Tuesday | | Wednesday | | Thursday | | Friday | |
|------------------------------------|--------|---------------------------------------|--------|--|--------|---|--------|--|--------|
| 1 | CHO(g) | 2 | CHO(g) | 3 | CHO(g) | 4 | CHO(g) | 5 | CHO(g) |
| Egg Omelet with Cheddar Cheese | 3 | White Fish with Pineapple-Mango Salsa | 10 | Lemon Ricotta Chicken | 3 | American Chop Suey (Turkey) | 6 | Rosemary & Garlic Chicken | 15 |
| Rosemary Potatoes | 13 | Brown Rice & Beans | 28 | Baked Sweet Potato | 15 | Whole Grain Pasta | 21 | Mashed Potatoes | 15 |
| Mixed Vegetables | 9 | Carrots | 5 | Brussel Sprouts | 5 | Green Beans & Red Peppers | 5 | Broccoli | 5 |
| Fruit | 15 | Fruit | 15 | Fruit | 15 | Fruit | 15 | Fruit | 15 |
| Milk | 13 | Milk | 13 | Milk | 13 | Milk | 13 | Milk | 13 |
| Cal:485 CHO:53g Na:595mg | | Cal:560 CHO:71g Na:346mg | | Cal:568 CHO:51g Na:350mg | | Cal:585 CHO:60g Na:365mg | | Cal:652 CHO:63g Na:530mg | |
| 8 | CHO(g) | 9 | CHO(g) | 10 | CHO(g) | 11 | CHO(g) | 12 | CHO(g) |
| Braised Beef with Peppers & Onions | 2 | Curried Chicken | 17 | Pork with Cranberry Apple Chutney | 15 | Stewed Tomato White Fish | 5 | White Bean & Chicken Chili | 30 |
| Quinoa | 18 | Brown Rice | 22 | Roasted Potatoes | 14 | Couscous | 22 | Shredded Cheese (Garnish) | 0 |
| Green Peas | 15 | Carrots | 5 | Mixed Root Vegetables (squash, carrot, turnip) | 10 | Brussel Sprouts | 5 | California Blend Vegetables | 4 |
| Fruit | 15 | Fruit | 15 | Fruit | 15 | Fruit | 15 | Fruit | 15 |
| Milk | 13 | Milk | 13 | Milk | 13 | Milk | 13 | Milk | 13 |
| Cal:551 CHO:63g Na:315mg | | Cal:630 CHO:72g Na:395mg | | Cal:605 CHO:67g Na:377mg | | Cal:560 CHO:60g Na:356mg | | Cal:513 CHO:62g Na:575mg | |
| 15 | CHO(g) | 16 | CHO(g) | 17 | CHO(g) | 18 | CHO(g) | 19 | |
| Chicken Scampi | 9 | Honey Mustard Chicken | 7 | Turkey Meatloaf with Gravy | 9 | Lentil Bolognese & Parm Cheese | 20 | Holiday - No Meals | |
| Pasta | 22 | Rice Pilaf | 25 | Mashed Potatoes | 15 | Whole Grain Pasta | 21 | | |
| Green Peas | 15 | Mixed Vegetables | 10 | Carrots | 5 | Broccoli | 5 | | |
| Fruit | 15 | Fruit | 15 | Fruit | 15 | Fruit | 15 | | |
| Milk | 13 | Milk | 13 | Milk | 13 | Milk | 13 | | |
| Cal:696 CHO:74g Na:350mg | | Cal:665 CHO:70g Na:426mg | | Cal:635 CHO:57g Na:502mg | | Cal:452 CHO:74g Na:398mg | | | |
| 22 | CHO(g) | 23 | CHO(g) | 24 | CHO(g) | 25 | CHO(g) | 26 | CHO(g) |
| Harvest Roasted Chicken | 3 | Salmon with Lemon Wedge | 4 | Pot Roast with Gravy | 4 | Chicken Taco with Cheese | 2 | Whole Grain Cheese Lasagna | 29 |
| Mashed Butternut Squash | 19 | Mashed Potatoes | 15 | Roasted Sweet Potato | 15 | Tortilla Wrap (1) | 15 | with Florentine Sauce | 4 |
| California Blend Vegetables | 4 | Garlic Kale | 5 | Green Beans | 6 | Black Beans, Corn & Peppers | 16 | Carrots | 5 |
| Fruit | 15 | Fruit | 15 | Fruit | 15 | Fruit | 15 | Fruit | 15 |
| Milk | 13 | Milk | 13 | Milk | 13 | Milk | 13 | Milk | 13 |
| Cal:477 CHO:51g Na:280mg | | Cal:575 CHO:60g Na:250mg | | Cal:455 CHO:53g Na:405mg | | Cal:608 CHO:61g Na:578mg | | Cal:495 CHO:66g Na:624mg | |
| 29 | CHO(g) | 30 | CHO(g) | | | | | | |
| Egg Omelet with Cheddar Cheese | 3 | White Fish with Pineapple-Mango Salsa | 10 | Nutrition Questions? Call Michelle at 978-624-2263 Menus subject to change without notice. | | 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 | |
| Rosemary Potatoes | 13 | Brown Rice & Beans | 28 | | | | | | |
| Mixed Vegetables | 9 | Carrots | 5 | | | | | | |
| Fruit | 15 | Fruit | 15 | | | | | | |
| Milk | 13 | Milk | 13 | | | | | | |
| Cal:485 CHO:53g Na:595mg | | Cal:560 CHO:71g Na:346mg | | | | | | | |