



June 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	
1	NA+	2	NA+	3	NA+	4	NA+	5	NA+
Roast Turkey with Cranberry Apple Chutney Mashed Potatoes Carrots Wheat Bread Pear	435 23 56 65 1	Cheese Tortellini with Beef Bolognese Brussel Sprouts Wheat Roll Shortbread Cookie	175 195 26 150 150	BBQ Chicken Roasted Potatoes Broccoli Whole Grain Cornbread Banana	357 85 38 180 1	Braised Beef & Vegetables Polenta Spinach with Peppers Dinner Roll Vanilla Pudding	161 15 65 100 130	Potato Pollock Sweet Potato Wedges California Blend Vegetables Hawaiian Roll Fruit Cup Tartar Sauce	330 150 34 80 5 113
Cal:690 CHO:110g Na:715mg	715	Cal:786 CHO:75g Na:831mg	831	Cal:755 CHO:101g Na:796mg	796	Cal:797 CHO:86g Na:606mg	606	Cal:706 CHO:82g Na:847mg	847
8	NA+	9	NA+	10	NA+	11	NA+	12	NA+
Unstuffed Pepper Bowl with Beef & White Rice Kale & Corn Wheat Bread Chocolate Pudding	276 25 11 65 135	Shrimp Tacos with Cheese Cilantro Lime Rice Black Beans, Corn & Peppers Tortilla Wrap Orange	536 67 61 136 0	Hamburger Roasted Potatoes Green Beans & Red Peppers Wheat Hamburger Bun Apple	230 85 21 75 1	Chicken Anna Maria (comm filet) Mashed Potatoes Carrots Hawaiian Roll Fig Newton	537 23 56 80 180	Pork with Mustard Wine Sauce Butternut Squash Green Peas Wheat Roll Pear	248 12 20 150 2
Cal:916 CHO:95g Na:647mg	647	Cal:702 CHO:96g Na:935mg	935	Cal:693 CHO:85g Na:632mg	632	Cal:747 CHO:95g Na:1011mg	1011	Cal:762 CHO:101g Na:567mg	567
15	NA+	16	NA+	17	NA+	18	NA+	19	
Meatloaf with Gravy Garlic Mashed Potatoes Carrots Whole Grain Cornbread Orange Margarine	545 23 56 180 0 30	Salmon with Dill Sauce White Rice Green Beans & Red Peppers Wheat Bread Vanilla Pudding Margarine	160 25 21 65 130 30	Holiday Meal Homemade Crispy Chicken Black Eyed Peas Collards & Corn Cornbread Loaf Pound Cake with Berries	186 140 40 180 241	Father's Day Special Sausage with Abruzzi Sauce Bowtie Pasta California Blend Vegetables Wheat Roll Cinnamon Apples	649 4 34 150 2	Holiday - No Meals	
Cal:766 CHO:86g Na:939mg	939	Cal:914 CHO:98g Na:541mg	536	Cal:1052 CHO:120g Na:922mg	922	Cal:690 CHO:71g Na:974mg	974		
22	NA+	23	NA+	24	NA+	25	NA+	26	NA+
Tomato Bruschetta Chicken Mashed Potatoes Green Peas & Red Peppers Wheat Roll Pear Fruit Cup	333 23 72 65 5	Lemon Ricotta Parmesan Chicken Cheese Ravioli California Blend Vegetables Wheat Bread Blueberry Bread	332 200 34 65 250	Herb Crusted White Fish with Lemon Wedge Rice Pilaf Mixed Root Vegetables Wheat Roll Banana	346 50 65 150 1	Hot Dog (beef) Baked Beans Carrots Whole Wheat Hot Dog Bun Orange Ketchup	540 140 56 85 1 82	Creamy Turkey & Spinach Casserole with Orzo Broccoli Cornbread Loaf Vanilla Pudding	375 4 38 180 130
Cal:673 CHO:98g Na:633mg	633	Cal:963 CHO:113g Na:1016mg	1016	Cal:795 CHO:112g Na:747mg	747	Cal:870 CHO:101g Na:1039mg	1039	Cal:860 CHO:88g Na:862mg	862
29	NA+	30	NA+						
Beef Teriyaki Lo Mein Noodles Corn with Peppers Wheat Roll Lemon Square	458 125 21 150 90	Whole Grain Cheese Lasagna with Marinara & Parmesan Brussel Sprouts Wheat Bread Cinnamon Apples	390 420 26 65 3	To cancel meals please call: 978-624-2263 AT LEAST 24 hours before service. Brought to you by the Older American Act.		Nutrition Questions? Call Michelle at 978-624-2263		NO MEALS WILL BE LEFT WITHOUT SEEING SOMEONE AT DELIVERY	
Cal:929 CHO:113g Na:979mg	979	Cal:688 CHO:87g Na:1039mg	1039						