



June 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	
1	NA+	2	NA+	3	NA+	4	NA+	5	NA+
Roast Tofu with Cranberry Apple Chutney	26	Cheese Tortellini	175	BBQ Chickpeas	467	Veggie Sausage with Vegetables	467	Veggie Fritters with Herb Aioli	430
Mashed Potatoes	23	with Lentil Bolognese	143	Roasted Potatoes	85	Polenta	15	Sweet Potato Wedges	150
Carrots	56	Brussel Sprouts	26	Broccoli	38	Spinach with Peppers	65	California Blend Vegetables	34
Wheat Bread	65	Wheat Roll	150	Whole Grain Cornbread	180	Dinner Roll	100	Hawaiian Roll	80
Pear	1	Shortbread Cookie	150	Banana	1	Vanilla Pudding	130	Fruit Cup	5
Cal:690 CHO:108g Na:306mg	306	Cal:739 CHO:93g Na:779mg	779	Cal:687 CHO:109g Na:906mg	906	Cal:682 CHO:87g Na:912mg	912	Cal:736 CHO:90g Na:834mg	834
8	NA+	9	NA+	10	NA+	11	NA+	12	NA+
Unstuffed Pepper Bowl	197	Refried Bean & Cheese Tacos	566	Veggie Burger with Cheese	495	Chik'n Anna Maria	527	Tofu with Mustard Wine Sauce	212
with Lentils & Rice	25	Cilantro Lime Rice	67	Roasted Potatoes	85	Mashed Potatoes	23	Butternut Squash	12
Kale & Corn	11	Black Beans, Corn & Peppers	61	Green Beans & Red Peppers	21	Carrots	56	Green Peas	20
Wheat Bread	65	Tortilla Wrap	136	Wheat Hamburger Bun	75	Hawaiian Roll	80	Wheat Roll	150
Chocolate Pudding	135	Orange	0	Apple	1	Fig Newton	180	Pear	2
Cal:795 CHO:113g Na:568mg	568	Cal:698 CHO:104g Na:965mg	965	Cal:784 CHO:96g Na:897mg	897	Cal:851 CHO:107g Na:1001mg	1001	Cal:705 CHO:103g Na:531mg	531
15	NA+	16	NA+	17	NA+	18	NA+	19	
Vegetarian Meatloaf & Gravy	493	White Beans with Dill Sauce	465	<u>Holiday Meal</u>		Vegetarian Sausage	632	Holiday - No Meals	
Garlic Mashed Potatoes	23	White Rice	25	Chik'n Cutlet	360	Abruzzi			
Carrots	56	Green Beans & Red Peppers	21	Black Eyed Peas	140	Bowtie Pasta	4		
Whole Grain Cornbread	180	Wheat Bread	65	Collards & Corn	40	California Blend Vegetables	34		
Orange	0	Vanilla Pudding	130	Cornbread Loaf	180	Wheat Roll	150		
Margarine	30	Margarine	30	Pound Cake with Berries	241	Cinnamon Apples	2		
Cal:695 CHO:94g Na:887mg	887	Cal:852 CHO:119g Na:841mg	841	Cal:949 CHO:111g Na:1096mg	1096	Margarine	30		
22	NA+	23	NA+	24	NA+	25	NA+	26	NA+
Tomato Bruschetta	363	Lemon Ricotta White Beans	171	Veggie Fritters	330	Veggie Burger with Cheese	495	<u>High Sodium Meal</u>	
Chik'n		Cheese Ravioli	200	Rice Pilaf	50	Baked Beans	140	Creamy White Bean & Spinach Casserole	795
Mashed Potatoes	23	California Blend Vegetables	34	Mixed Root Vegetables	65	Carrots	56	with Orzo	4
Green Peas & Red Peppers	72	Wheat Bread	65	Wheat Roll	150	Wheat Hamburger Bun	75	Broccoli	38
Wheat Roll	65	Blueberry Bread	250	Banana	1	Orange	1	Cornbread Loaf	180
Pear Fruit Cup	5					Ketchup	82	Margarine	30
Cal:793 CHO:110g Na:663mg	663	Cal:890 CHO:125g Na:855mg	855	Cal:706 CHO:113g Na:731mg	731	Cal:840 CHO:107g Na:984mg	984	Cal:880 CHO:109g Na:1282mg	1282
29	NA+	30	NA+	A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly. 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	
Teriyaki Tofu	437	Whole Grain Cheese Lasagna	390						
Lo Mein Noodles	125	with Marinara & Parmesan	420						
Corn with Peppers	21	Brussel Sprouts	26						
Wheat Roll	150	Wheat Bread	65						
Lemon Square	90	Cinnamon Apples	3						
Cal:790 CHO:118g Na:958mg	958	Cal:688 CHO:87g Na:1039mg	1039						