



## June 2026 Asian-Vietnamese HDM 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	
<b>1</b>	<b>NA+</b>	<b>2</b>	<b>NA+</b>	<b>3</b>	<b>NA+</b>	<b>4</b>	<b>NA+</b>	<b>5</b>	<b>NA+</b>
Teriyaki Salmon	470	Sweet & Sour Chicken	448	Lemongrass Beef (Bò xả ớt)	464	Beef & Broccoli Stir Fry (Thit Bo Xao Cai)	395	Pork Meatballs with Nuoc Cham	240
White Rice	50	White Rice	50	White Rice	50	White Rice	50	Rice Noodles	250
Water Spinach	40	Cabbage	37	Bok Choy	64	Bok Choy	64	Broccoli	38
Fruit	0	Shortbread Cookie	150	Fruit	0	Fruit	0	Fruit	0
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	30
Cal:850 CHO:109g Na:695mg	695	Cal:908 CHO:101g Na:820mg	820	Cal:785 CHO:107g Na:713mg	713	Cal:844 CHO:90g Na:644mg	644	Cal:778 CHO:87g Na:663mg	663
<b>8</b>	<b>NA+</b>	<b>9</b>	<b>NA+</b>	<b>10</b>	<b>NA+</b>	<b>11</b>	<b>NA+</b>	<b>12</b>	<b>NA+</b>
Mongolian Beef	430	Pork Fried Rice	355	Chicken Teriyaki Potstickers with Soy Drizzle	570	Turmeric & Ginger Fish	220	Pork with Scallion & Ginger Sauce	332
White Rice	50	White Rice	50	White Rice	50	White Rice	50	White Rice	50
Cabbage	37	Cabbage	37	Bok Choy	64	Water Spinach	40	Broccoli	38
Fruit	0	Fruit	0	Fruit	0	Fig Newton	180	Fruit	0
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	30
Cal:811 CHO:103g Na:652mg	652	Cal:884 CHO:85g Na:577mg	577	Cal:710 CHO:106g Na:819mg	819	Cal:843 CHO:114g Na:625mg	625	Cal:782 CHO:95g Na:555mg	555
<b>15</b>	<b>NA+</b>	<b>16</b>	<b>NA+</b>	<b>17</b>	<b>NA+</b>	<b>18</b>	<b>NA+</b>	<b>19</b>	
Caramel Ginger Chicken	460	Vietnamese Caramel Shrimp & Pork (Tom Thit Rim)	647	<u>Holiday Meal</u>		Pork & Vegetable Egg Roll	530	Holiday - No Meals	
White Rice	50	White Rice	50	Homemade Crispy Chicken	186	White Rice	50		
Cabbage	37	Water Spinach	40	Black Eyed Peas	140	Broccoli	38		
Fruit	0	Fruit	0	Collards & Corn	40	Fruit	0		
Margarine	30	Margarine	30	Cornbread Loaf	180	Margarine	30		
Cal:869 CHO:100g Na:682mg	682	Cal:878 CHO:109g Na:872mg	872	Pound Cake with Berries	241				
Cal:1052 CHO:120g Na:922mg	922			Cal:760 CHO:107g Na:753mg	753				
<b>22</b>	<b>NA+</b>	<b>23</b>	<b>NA+</b>	<b>24</b>	<b>NA+</b>	<b>25</b>	<b>NA+</b>	<b>26</b>	<b>NA+</b>
Chinese BBQ Pork	377	Lemongrass Chicken	437	Green Curry White Fish	155	Pork Lo Mein	450	Teriyaki Beef	458
White Rice	50	White Rice	50	White Rice	50	Noodles	250	White Rice	50
Cabbage	37	Bok Choy	64	Water Spinach	40	Broccoli	38	Cabbage	40
Fruit	0	Blueberry Bread	250	Fruit	0	Fruit	0	Fruit	0
Margarine	30	Margarine	30	Margarine	30	Margarine	30	Margarine	30
Cal:907 CHO:107g Na:599mg	599	Cal:995 CHO:135g Na:936mg	936	Cal:753 CHO:97g Na:380mg	380	Cal:840 CHO:105g Na:873mg	873	Cal:906 CHO:106g Na:683mg	683
<b>29</b>		<b>30</b>	<b>NA+</b>						
Teriyaki Salmon	470	Sweet & Sour Chicken	448	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.		To cancel meals please call: 978-624-2263 AT LEAST 24 hours before service. Brought to you by the Older American Act.	
White Rice	50	White Rice	50						
Water Spinach	40	Cabbage	37						
Lemon Square	90	Fruit	0						
Margarine	30	Margarine	30						
Cal:901 CHO:112g Na:785mg	785	Cal:870 CHO:108g Na:673mg	670						