



February 2026 Traditional Regular HDM Menu

Totals Include 105mg Na+ for 8oz of milk served daily Menu totals include entrée, sides, dessert, fruit, bread, milk & margarine (30mg) A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly.

Monday		Tuesday		Wednesday		Thursday		Friday	
2	NA+	3	NA+	4	NA+	5	NA+	6	NA+
Braised Beef & Vegetables	75	Pulled Pork Tacos	550	Chicken Pot Pie	215	Tuscan White Fish	413	Maple-Bacon Glazed Chicken	162
Mashed Potatoes	23	Cilantro Lime Rice	67	with Whole Grain Buttermilk Biscut	370	Roasted Potatoes	85	Butternut Squash	12
Vegetable Medley	54	Black Beans, Corn & Peppers	61	Broccoli	38	California Blend Vegetables	34	Green Beans & Red Peppers	30
Wheat Bread	65	Tortilla Wrap	135	Fig Newton	180	Cornbread Loaf	180	Hawaiian Roll	80
Chocolate Pudding	135	Orange	0	Margarine	30	Applesauce	0	Orange	1
Cal:832 CHO:91g Na:487mg	487	Cal:680 CHO:90g Na:948mg	948	Cal:915 CHO:102 Na:938mg	938	Cal:690 CHO:80g Na:847mg	847	Cal:780 CHO:101g Na:420mg	420
9	NA+	10	NA+	11	NA+	12	NA+	13	NA+
Creamy Cajun Salmon	226	American Chop Suey (Turkey)	225	Chicken Scampi	172	Holiday Meal		Shepherd's Pie	295
Mashed Potatoes	23	Whole Grain Pasta	4	Whole Grain Pasta	4	Pot Roast with Gravy	590	with Mashed Potatoes, Corn & Peas	-
Carrots	54	Broccoli	38	Green Peas	20	Baked Sweet Potatoes	21	Green Beans	20
Dinner Roll	100	Wheat Bread	65	Wheat Roll	150	Vegetable Medley	50	Cornbread Loaf	180
Vanilla Pudding	130	Fruit Cup	5	Banana	1	Wheat Roll	150	Peach Fruit Cup	5
Margarine	30	Margarine	30	Margarine	30	Chocolate Chip Blondie	190	Margarine	30
Cal:774 CHO:76g Na:668mg	668	Cal:761 CHO:93g Na:472mg	472	Cal:805 CHO:98g Na:482mg	482	Cal:770 CHO:96g Na:1136mg	1136	Cal:877 CHO:83g Na:635mg	635
16		17	NA+	18	NA+	19	NA+	20	NA+
Holiday - No Meals		Chicken Anna Maria (Filet)	540	Ash Wednesday		Beef Stroganoff	201	Herb Crusted White Fish with Lemon	345
		White Rice	25	Egg & Cheese Broccoli Bake with Whole Grain Buttermilk Biscuit	315	Egg Noodles	7	Garlic Mashed Potatoes	23
		Carrots	54		370	Brussel Sprouts	26	Broccoli	38
		Wheat Roll	150	Mixed Vegetables	51	Wheat Roll	150	Wheat Bread	65
		Banana	1	Pound Cake	240	Cinnamon Apples	3	Chocolate Chip Cookie	80
		Cal:705 CHO:89g Na:905mg	905	Cal:782 CHO:76g Na:1111mg	1111	Cal:752 CHO:73g Na:522mg	522	Cal:766 CHO:97g Na:686mg	686
23	NA+	24	NA+	25	NA+	26	NA+	27	NA+
Stewed Tomato Chicken Drumstick	213	Beef Chili with Cheese	323	Teriyaki Shrimp	560	Meatloaf with Gravy	545	Cheesy Vegetable & Rice Casserole	480
Rice Pilaf	50	with Whole Grain Buttermilk Biscuit	370	White Rice	25	Garlic Mashed Potatoes	23	Seasoned Rice	-
Kale & Red Peppers	29	Mixed Root Vegetables	65	Edamame, Corn & Pepeprs	22	Carrots	56	Green Peas	20
Wheat Roll	150	Pear	1	Cornbread Loaf	180	Wheat Bread	65	Dinner Roll	100
Vanilla Pudding	130	Margarine	30	Banana	1	Orange	1	Oatmeal Cookie	90
Cal:761 CHO:77g Na:707mg	707	Cal:755 CHO:85g Na:894mg	894	Cal:795 CHO:115g Na:923mg	923	Cal:716 CHO:83g Na:825mg	825	Cal:742 CHO:88g Na:825mg	825

To cancel meals please call: 978-624-2263 AT LEAST 24 hours before service. Brought to you by the Older American
Nutrition Questions? Call Michelle at 978-406-4618 Menus subject to change without notice. NO MEALS WILL BE LEFT WITHOUT SEEING SOMEONE AT DELIVERY



February 2026 Traditional Congregate Title III Menu

*Totals Include 105mg Na+ for 8oz of milk served daily Menu totals include entrée, sides, dessert, fruit, bread, milk & margarine (30mg)
A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthlv.*

Monday		Tuesday		Wednesday		Thursday	
2	NA+	3	NA+	4	NA+	5	NA+
Braised Beef & Vegetables	75	Pulled Pork Tacos	550	Chicken Pot Pie	215	Tuscan White Fish	413
Mashed Potatoes	23	Cilantro Lime Rice	67	with Whole Grain Buttermilk Biscut	370	Roasted Potatoes	85
Vegetable Medley	54	Chicken Orzo Soup	103	Broccoli	38	Wild Rice & Vegetable Soup	140
Wheat Bread	65	Tortilla Wrap	135	Fig Newton	180	Cornbread Loaf	180
Chocolate Pudding	135	Orange	0	Margarine	30	Applesauce	0
Cal:832 CHO:91g Na:487mg	487	Cal:720 CHO:86g Na:990mg	990	Cal:915 CHO:102 Na:938mg	938	Cal:727 CHO:92g Na:953mg	953
9	NA+	10	NA+	11	NA+	#VALUE!	NA+
Creamy Cajun Salmon	226	American Chop Suey (Turkey)	225	Traveling Chef	172	<u>Holiday Meal</u>	
Mashed Potatoes	23	Whole Grain Pasta	4	Chicken Asian Bowls	4	Pot Roast with Gravy	590
Carrots	54	Black Bean Soup	315	Lo Mein Noodles	20	Baked Sweet Potatoes	21
Dinner Roll	100	Wheat Bread	65	Stir Fry Blend	150	Vegetable Medley	50
Vanilla Pudding	130	Fruit Cup	5	Pineapple Upside Down Cake	1	Wheat Roll	150
Margarine	30	Margarine	30	Fortune Cookie	30	Chocolate Chip Blondie	190
Cal:774 CHO:76g Na:668mg	668	Cal:816 CHO:105g Na:749mg	749	Cal:805 CHO:98g Na:482mg	482	Cal:770 CHO:96g Na:1136mg	1136
16		17	NA+	18	NA+	19	NA+
Holiday - No Meals		Chicken Anna Maria (Filet)	540	<u>Ash Wednesday</u>		Beef Stroganoff	201
		White Rice	25	Egg & Cheese Broccoli Bake	315	Egg Noodles	7
		Cream of Broccoli Soup	70	with Whole Grain Buttermilk Biscuit	370	Tomato Cabbage Soup	91
		Wheat Roll	150	Mixed Vegetables	51	Wheat Roll	150
		Banana	1	Pound Cake	240	Cinnamon Apples	3
		Cal:835 CHO:101g Na:921mg	921	Cal:782 CHO:76g Na:1111mg	1111	Cal:760 CHO:82g Na:587mg	587

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February 2026 Caribbean (Latino) HDM Menu

Totals Include 105mg Na+ for 8oz of milk served daily
 Menu totals include entrée, sides, dessert, fruit, bread,
 milk & margarine (30mg)
 A \$2.00 confidential donation is suggested per meal.
 Donation letters mailed monthly.

Monday		Tuesday		Wednesday		Thursday		Friday	
2	NA+	3	NA+	4	NA+	5	NA+	6	NA+
Dominican Style Chicken	150	Sancocho with Beef & Chicken & Potatoes	213	Pork & Bean Stew	146	BBQ Jerk Drumstick	464	Caribbean Beef with Peppers & Onions	132
Rice & Beans	65	White Rice	25	Yellow Rice & Black Eyed Peas	61	Cilantro Lime Rice	67	Stewed Beans	356
Vegetable Medley	54	Black Beans, Corn & Peppers	61	Broccoli	38	California Blend Vegetables	34	Green Beans & Red Peppers	30
Wheat Bread	65	Dinner Roll	100	Fig Newton	180	Cornbread Loaf	180	Hawaiian Roll	80
Chocolate Pudding	135	Orange	0	Margarine	30	Applesauce	0	Orange	1
Cal:832 CHO:91g Na:604mg	604	Cal:680 CHO:90g Na:534mg	534	Cal:915 CHO:102 Na:560mg	560	Cal:690 CHO:80g Na:880mg	880	Cal:780 CHO:101g Na:734mg	734
9	NA+	10	NA+	11	NA+	12	NA+	13	NA+
Frango Assado (Brazilian Chicken)	118	Bistec Encebollado (Puerto Rican Steak & Onions)	132	Arroz con Atume (Tuna)	153	Holiday Meal		Pork Linguica with Onions	623
Brown Rice & Pigeon Peas	70	Yucca	15	Yellow Rice	25	Pot Roast with Gravy	590	White Rice	25
Carrots	54	Broccoli	38	Green Peas	20	Baked Sweet Potatoes	21	Green Beans	20
Dinner Roll	100	Wheat Bread	65	Wheat Roll	150	Vegetable Medley	50	Cornbread Loaf	180
Vanilla Pudding	130	Fruit Cup	5	Banana	1	Wheat Roll	150	Peach Fruit Cup	5
Margarine	30	Margarine	30	Margarine	30	Chocolate Chip Blondie	190	Margarine	30
Cal:774 CHO:76g Na:607mg	607	Cal:761 CHO:93g Na:390mg	390	Cal:805 CHO:98g Na:484mg	484	Cal:770 CHO:96g Na:1136mg	1136	Cal:877 CHO:83g Na:988mg	988
16		17	NA+	18	NA+	19	NA+	20	NA+
Holiday - No Meals		Arroz con Camarones (Shrimp)	417	Ash Wednesday		Lentil Okra Coconut Stew	124	Stewed Tomato White Fish	264
		Yellow Rice	25	Egg & Cheese Broccoli Bake with Whole Grain Buttermilk Biscuit	315	White Rice	25	Cilantro Lime Rice	67
		Carrots	54	Mixed Vegetables	370	Brussel Sprouts	26	Broccoli	38
		Wheat Roll	150	Pound Cake	51	Wheat Roll	150	Wheat Bread	65
		Banana	1		240	Cinnamon Apples	3	Chocolate Chip Cookie	80
		Cal:705 CHO:89g Na:782mg	782	Cal:782 CHO:76g Na:1111mg	1111	Cal:752 CHO:73g Na:463mg	463	Cal:766 CHO:97g Na:649mg	649
23	NA+	24	NA+	25	NA+	26	NA+	27	NA+
Creamy Cajun Chicken	240	Pork with Peach-Mango Salsa	100	Haitian Stewed Chicken Drumstick	213	Arroz con Pollo	123	Pastel de Tuna with Lemon	480
Mashed Potatoes	23	Plantains	4	Yucca	15	Yellow Rice	25	Roasted Potatoes	85
Kale & Red Peppers	29	Mixed Root Vegetables	65	Edamame, Corn & Pepeprs	22	Carrots	56	Green Peas	20
Wheat Roll	150	Dinner Roll	100	Cornbread Loaf	180	Wheat Bread	65	Dinner Roll	100
Vanilla Pudding	130	Pear	1	Banana	1	Orange	1	Oatmeal Cookie	90
Cal:761 CHO:77g Na:707mg	707	Cal:755 CHO:85g Na:405mg	405	Cal:795 CHO:115g Na:566mg	566	Cal:716 CHO:83g Na:405mg	405	Cal:742 CHO:88g Na:910mg	910

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February 2026 Vegetarian HDM Menu

*Totals Include 105mg Na+ for 8oz of milk served daily
Menu totals include entrée, sides, dessert, fruit, bread,
milk & margarine (30mg)
A \$2.00 confidential donation is suggested per meal.
Donation letters mailed monthly.*

Monday		Tuesday		Wednesday		Thursday		Friday	
2	NA+	3	NA+	4	NA+	5	NA+	6	NA+
Braised Veggie Sausage & Vegetables	470	Refried Bean & Cheese Tacos	566	Vegetarian Pot Pie	365	Tuscan Fritters	495	Maple Glazed Chik'n	372
Mashed Potatoes	23	Cilantro Lime Rice	67	with Whole Grain Buttermilk Biscuit	370	Roasted Potatoes	85	Butternut Squash	12
Vegetable Medley	54	Black Beans, Corn & Peppers	61	Broccoli	38	California Blend Vegetables	34	Green Beans & Red Peppers	30
Wheat Bread	65	Tortilla Wrap	135	Fig Newton	180	Cornbread Loaf	180	Hawaiian Roll	80
Chocolate Pudding	135	Orange	0	Margarine	30	Applesauce	0	Orange	1
Cal:832 CHO:91g Na:882mg	882	Cal:680 CHO:90g Na:964mg	964	Cal:915 CHO:102 Na:1088mg	1088	Cal:690 CHO:80g Na:929mg	929	Cal:780 CHO:101g Na:630mg	630
9	NA+	10	NA+	11	NA+	12	NA+	13	NA+
Creamy Cajun Beans	527	Vegetarian Chop Suey	530	Tofu & Artichoke Scampi	215	Holiday Meal		Vegetarian Shepherd's Pie	530
Mashed Potatoes	23	Whole Grain Pasta	4	Whole Grain Pasta	4	Veggie Sausage with Gravy	520	with Mashed Potatoes, Corn & Peas	-
Carrots	54	Broccoli	38	Green Peas	20	Baked Sweet Potatoes	21	Green Beans	20
Dinner Roll	100	Wheat Bread	65	Wheat Roll	150	Vegetable Medley	50	Cornbread Loaf	180
Vanilla Pudding	130	Fruit Cup	5	Banana	1	Wheat Roll	150	Peach Fruit Cup	5
Margarine	30	Margarine	30	Margarine	30	Chocolate Chip Blondie	190	Margarine	30
Cal:774 CHO:76g Na:969mg	969	Cal:761 CHO:93g Na:777mg	777	Cal:805 CHO:98g Na:525mg	525	Cal:770 CHO:96g Na:1066mg	1066	Cal:877 CHO:83g Na:870mg	870
16		17	NA+	18	NA+	19	NA+	20	NA+
Holiday - No Meals		Chik'n Anna Maria	538	Ash Wednesday		Vegetarian Stroganoff	600	Veggie Fritters with Herbed Aioli	524
		White Rice	25	Egg & Cheese Broccoli Bake	315	Egg Noodles	7	Garlic Mashed Potatoes	23
		Carrots	54	with Whole Grain Buttermilk Biscuit	370	Brussel Sprouts	26	Broccoli	38
		Wheat Roll	150	Mixed Vegetables	51	Wheat Roll	150	Wheat Bread	65
		Banana	1	Pound Cake	240	Cinnamon Apples	3	Chocolate Chip Cookie	80
		Cal:705 CHO:89g Na:903mg	903	Cal:782 CHO:76g Na:1111mg	1111	Cal:752 CHO:73g Na:921mg	921	Cal:766 CHO:97g Na:865mg	865
23	NA+	24	NA+	25	NA+	26	NA+	27	NA+
Stewed Tomato Garbanzo Beans	400			Teriyaki Tofu	437	Vegetarian Meatloaf with Gravy	495	Cheesy Vegetable & Rice Casserole	480
Rice Pilaf	50	3 Bean Chili with Cheese	535	White Rice	25	Garlic Mashed Potatoes	23	Seasoned Rice	-
Kale & Red Peppers	29	with Whole Grain Buttermilk Biscuit	370	Edamame, Corn & Pepeprs	22	Carrots	56	Green Peas	20
Wheat Roll	150	Mixed Root Vegetables	65	Cornbread Loaf	180	Wheat Bread	65	Dinner Roll	100
Vanilla Pudding	130	Pear	1	Banana	1	Orange	1	Oatmeal Cookie	90
Cal:761 CHO:77g Na:894mg	894	Cal:755 CHO:85g Na:894mg	1106	Cal:795 CHO:115g Na:800mg	800	Cal:716 CHO:83g Na:775mg	775	Cal:742 CHO:88g Na:825mg	825

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February 2026 Asian-Vietnamese HDM Menu

Totals Include 105mg Na+ for 8oz of milk served daily
 Menu totals include entrée, sides, dessert, fruit, bread,
 milk & margarine (30mg)
 A \$2.00 confidential donation is suggested per meal.
 Donation letters mailed monthly.

Monday		Tuesday		Wednesday		Thursday		Friday	
2	NA+	3	NA+	4	NA+	5	NA+	6	NA+
Caramel Ginger Chicken	460	Teriyaki Beef	460	Green Curry White Fish	155	Pork Lo Mein	450	Chicken Teriyaki Potstickers with Soy Drizzle	570
White Rice	50	White Rice	50	White Rice	50	Noodles	250	White Rice	50
Cabbage	37	Water Spinach	40	Water Spinach	40	Broccoli	38	Bok Choy	57
Fruit	0	Fruit	0	Fig Newton	180	Fruit	0	Fruit	0
Cal:831 CHO:92g Na:682mg	682	Cal:925 CHO:109g Na:685mg	685	Cal:848 CHO:110g Na:560mg	560	Cal:820 CHO:102g Na:873mg	873	Cal:700 CHO:100g Na:812mg	812
9	NA+	10	NA+	11	NA+	12	NA+	13	NA+
Teriyaki Salmon	456	Sweet & Sour Chicken	448	Lemongrass Beef (Bò xà ớt)	464	Holiday Meal		Pork Meatballs with Nuoc Cham	240
White Rice	50	White Rice	50	White Rice	50	Pot Roast with Gravy	590	Yakisoba Noodles	250
Water Spinach	40	Cabbage	37	Bok Choy	64	Baked Sweet Potatoes	21	Broccoli	38
Fruit	0	Fruit	0	Fruit	0	Vegetable Medley	50	Fruit	0
Margarine	30	Margarine	30	Margarine	30	Wheat Roll	150	Margarine	30
Cal:766 CHO:102g Na:681mg	681	Cal:873 CHO:108g Na:670mg	670	Cal:803 CHO:110g Na:713mg	713	Cal:770 CHO:96g Na:1136mg	1136	Cal:778 CHO:90g Na:663mg	663
16		17	NA+	18	NA+	19	NA+	20	NA+
Holiday - No Meals		Mongolian Beef	430	Pork Fried Rice	355	Turmeric & Ginger Fish	220	Pork with Scallion & Ginger Sauce	332
		White Rice	50	White Rice	50	White Rice	50	White Rice	50
		Cabbage	37	Cabbage	37	Water Spinach	40	Broccoli	38
		Fruit	0	Pound Cake	240	Fruit	0	Fruit	0
		Cal:810 CHO:103g Na:652mg	652	Cal:973 CHO:94g Na:817mg	817	Cal:730 CHO:94g Na:445mg	445	Cal:807 CHO:103g Na:555mg	555
23	NA+	24	NA+	25	NA+	26	NA+	27	NA+
Chicken Teriyaki	630	Vietnamese Caramel Shrimp & Pork (Tom Thit Rim)	647	Pork & Vegetable Egg Roll	530	Chinese BBQ Pork	377	Beef & Broccoli Stir Fry (Thit Bo Xao Cai)	395
White Rice	50	White Rice	50	White Rice	50	White Rice	50	White Rice	50
Broccoli	38	Water Spinach	40	Broccoli	38	Cabbage	37	Bok Choy	64
Fruit	0	Fruit	0	Fruit	0	Fruit	0	Oatmeal Cookie	90
Cal:696 CHO:103g Na:853mg	853	Cal:878 CHO:109g Na:872mg	872	Cal:740 CHO:102g Na:753mg	753	Cal:855 CHO:93g Na:599mg	599	Cal:856 CHO:85g Na:734mg	734

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February 2026 Cold Supper Menu

Totals Include 105mg Na+ for 8oz of milk served daily
 Menu totals include entrée, sides, dessert, fruit, bread,
 milk & margarine (30mg)
 A \$2.00 confidential donation is suggested per meal.
 Donation letters mailed monthly.

Monday		Tuesday		Wednesday		Thursday		Friday	
2	High Sodium Meal Turkey & Provolone Cheese Sandwich on Wheat Bread (2 slices) - Low Na Pea Salad Beet Salad Chocolate Pudding Cal:875 CHO:106g Na:1252mg	3	Greek Pasta Salad with Chicken, Olives & Feta Sweet Potato Craisin Salad Wheat Roll Orange Cal:780 CHO:95g Na:522mg	4	Chicken Salad Wheat Bread (2 slices) Artichoke, Feta & Roasted Pepper & Couscous Salad Broccoli Salad Fig Newton Cal:1073 CHO:122g Na:865mg	5	High Sodium Meal Ham & Swiss Cheese Sandwich on Wheat Bun Potato Salad Carrot Raisin Salad Applesauce Cal:701 CHO:80g Na:1206mg	6	Egg Salad Sandwich Wheat Hamburger Bun (Low Na) Italian Pasta Salad Brussel Sprout Salad Banana Cal:931 CHO:105g Na:679mg
9	Turkey & Cheese Sandwich Wheat Hamburger Bun (Low Na) Chickpea, Craisin & Apple Salad Pickled Cabbage Slaw Pudding Mayo Cal:835 CHO:102g Na:1018mg	10	Roast Beef & Swiss Cheese Sandwich Wheat Bread (2 slices) Macaroni Salad Beet Salad Fruit Cup Mustard Cal:980 CHO:112g Na:846mg	11	Honey Mustard Chicken Salad Sandwich Wheat Bread (2 slices) Corn & Red Pepper Salad Tomato Cucumber Salad Orange Cal:817 CHO:107g Na:576	12	Tortellini Pasta Salad with Beans, Spinach & Sundried Tomatoes Broccoli Salad Dinner Roll Chocolate Chip Blondie Cal:950 CHO:113g Na:972mg	13	Tuna Salad with Lettuce Wheat Hamburger Bun Ranch Pasta Salad Zucchini Salad Banana Cal:863 CHO:96g Na:893mg
16	Holiday - No Meals	17	Buffalo Chicken & Cheese Sanwich Wheat Hamburger Bun Artichoke, Feta & Roasted Pepper Couscous Salad Chickpeas, Craisin & Apple Salad Fruit Cup Cal:730 CHO:97g Na:962mg	18	Caprese Pasta Salad w/ Mozzarella, Tomatoes & Basil Beet Salad Cornbread Loaf Pound Cake Cal:798 CHO:100g Na:1028mg	19	Turkey & Provolone Cheese Sandwich Wheat Hamburger Bun Sweet Potato & Craisin Salad Pickled Cabbage Slaw Apple Cal:716 CHO:104g Na:794mg	20	Egg Salad Sandwich Wheat Bun Italian Pasta Salad Cole Slaw Chocolate Chip Cookie Cal:967 CHO:87g Na:838mg
23	Ham & Cheese Sandwich (Contains pork) Wheat Hamburger Bun Butternut Squash & Cranberry Couscous Salad Beet Salad Vanilla Pudding Cal:744 CHO:102g Na:1142mg	24	Turkey & Swiss Cheese Sandwich Wheat Hamburger Bun Potato Salad Carrot Raisin Salad Pear Cal:751 CHO:93g Na:996mg	25	Crispy Chicken Salad over Romaine, Tomatoes, Cucumbers Ranch Pasta Salad Wheat Roll Banana Honey Mustard Dressing Cal:806 CHO:100g Na:1061mg	26	Waldorf Chicken Salad Sandwich Wheat Hamburger Bun (Low Na) Roasted Potato & Bean Salad Tomato Cucumber Salad Oatmeal Cookie Cal:710 CHO:70g Na:584mg	27	Whole Grain Tuna Pasta Salad w/ Green Peas Cornbread Loaf Shaved Brussel Sprout Salad Orange Cal:873 CHO:102 Na:765mg

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February 2026 Low Lactose Menu

Meals served with 8oz Lactaid milk daily Menu totals include entrée, sides, dessert, fruit, bread, milk & margarine (30mg)
A \$2.00 confidential donation is suggested per meal.
Donation letters mailed monthly.

Monday		Tuesday		Wednesday		Thursday		Friday	
2 Harvest Roasted Chicken Mashed Butternut Squash California Blend Vegetables Fruit Wheat Roll Lactaid Milk Cal:566 CHO:67g Na:446mg	NA+ 121 3 17 0 150 125 446	3 Salmon with Lemon Wedge Mashed Potatoes Garlic Kale Fruit Wheat Roll Lactaid Milk Cal:661 CHO:80g Na:415mg	NA+ 56 23 31 0 150 125 415	4 Pot Roast with Gravy Roasted Sweet Potato Green Beans Fruit Wheat Roll Lactaid Milk Cal:545 CHO:78g Na:574mg	NA+ 245 21 3 0 150 125 574	5 Chicken Tacos (No Cheese) Brown Rice Black Beans, Corn & Peppers Fruit Wheat Tortilla Wrap (1) Lactaid Milk Cal:669 CHO:90g Na:501mg	NA+ 147 3 61 0 135 125 501	6 Whole Grain Pasta with Turkey Bolognese (No Cheese Garnish) Carrots Fruit Wheat Bread Lactaid Milk Cal:630 CHO:65g Na:477mg	NA+ 4 213 40 0 65 125 477
9 Scrambled Egg (2 ea) Rosemary Potatoes Mixed Vegetables Fruit Wheat Roll Lactaid Milk Cal:516 CHO:68g Na:693mg	NA+ 270 85 33 0 150 125 693	10 White Fish with Pineapple & Mango Salsa Brown Rice & Beans Carrots Fruit Wheat Roll Lactaid Milk Cal:670 CHO:97g Na:514mg	NA+ 105 65 39 0 150 125 514	11 Chicken Picatta Baked Sweet Potato Brussel Sprouts Fruit Wheat Roll Lactaid Milk Cal:631 CHO:80g Na:480mg	NA+ 144 21 10 0 150 125 480	12 American Chop Suey (Turkey) Whole Grain Pasta Green Beans w/ Red Peppers Fruit Wheat Bread Lactaid Milk Cal:725 CHO:88g Na:451mg	NA+ 225 4 2 0 65 125 451	13 Rosemary & Garlic Chicken Mashed Potatoes Broccoli Fruit Wheat Roll Lactaid Milk Cal:742 CHO:75g Na:695mg	NA+ 347 23 20 0 150 125 695
16 Holiday - No Meals		17 Curried Chicken Brown Rice Carrots Fruit Wheat Roll Lactaid Milk Cal:700 CHO:95g Na:559mg	NA+ 195 3 56 0 150 125 559	18 Pork with Cranberry Apple Chutney Mashed Potatoes Mixed Root Vegetables (squash, carrot, turnip) Fruit Wheat Roll Lactaid Milk Cal:690 CHO:87g Na:482mg	NA+ 89 23 65 0 150 125 482	19 Stewed Tomato White Fish Couscous Brussel Sprouts Fruit Wheat Roll Lactaid Milk Cal:647 CHO:79g Na:583mg	NA+ 264 4 10 0 150 125 583	20 White Bean & Chicken Chili (No Cheese) California Blend Vegetables Fruit Wheat Roll Lactaid Milk Margarine Cal:544 CHO:75g Na:582mg	NA+ 260 17 0 150 125 30 582
23 Chicken Scampi Pasta Green Peas Fruit Wheat Roll Lactaid Milk Cal:785 CHO:86g Na:519mg	NA+ 190 4 20 0 150 125 519	24 Honey Mustard Chicken Rice Pilaf Mixed Vegetables Fruit Wheat Roll Lactaid Milk Cal:756 CHO:97g Na:593mg	NA+ 205 50 33 0 150 125 593	25 Turkey Meatloaf w/ Gravy Mashed Potatoes Carrots Fruit Hawaiian Roll Lactaid Milk Cal:745 CHO:85g Na:602mg	NA+ 305 23 40 0 80 125 603	26 Lentil Bolognese Whole Grain Pasta Broccoli Fruit Wheat Roll Lactaid Milk Cal:552 CHO:93g Na:472mg	NA+ 143 4 20 0 150 125 472	27 Beef Stew Roasted Potatoes Vegetable Medley Fruit Wheat Roll Lactaid Milk Cal:680 CHO:77g Na:567mg	NA+ 140 85 37 0 150 125 567

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February 2026 Modified Cardiac/Diabetic Menu

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

Monday		Tuesday		Wednesday		Thursday		Friday	
2	CHO(g)	3	CHO(g)	4	CHO(g)	5	CHO(g)	6	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	
9	CHO(g)	10	CHO(g)	11	CHO(g)	12	CHO(g)	13	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 w/ 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	
16		17	CHO(g)	18	CHO(g)	19	CHO(g)	20	CHO(g)
Holiday - No Meals		Curried Chicken	17	Pork with Cranberry Apple Chutney	15	Stewed Tomato White Fish	5	White Bean & Chicken Chili	30
		Brown Rice	22	Roasted Potatoes	14	Couscous	22	with Shredded Cheese (Garnish)	0
		Carrots	5	Mixed Root Vegetables (squash, carrot, turnip)	10	Brussel Sprouts	5	California Blend Vegetables	4
		Fruit	15	Fruit	15	Fruit	15	Fruit	15
		Milk	13	Milk	13	Milk	13	Milk	13
		Cal:630 CHO:72g Na:395mg		Cal:605 CHO:67g Na:377mg		Cal:560 CHO:60g Na:356mg		Cal:513 CHO:62g Na:575mg	
23	CHO(g)	24	CHO(g)	25	CHO(g)	26	CHO(g)	27	CHO(g)
Chicken Scampi	9	Honey Mustard Chicken	7	Turkey Meatloaf with Gravy	9	Lentil Bolognese & Parm Cheese	20	Beef Stew	13
Pasta	22	Rice Pilaf	25	Mashed Potatoes	15	Whole Grain Pasta	21	Roasted Potatoes	14
Green Peas	15	Mixed Vegetables	10	Carrots	5	Broccoli	5	Vegetable Medley	10
Fruit	15	Fruit	15	Fruit	15	Fruit	15	Fruit	15
Milk	13	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		Cal:590 CHO:65g Na:592mg	

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Menus subject to change without notice. NO MEALS WILL BE LEFT WITHOUT SEEING SOMEONE AT DELIVERY



February 2026 Ground, Chopped, Puree Menu

*Meals served with a 4oz nutritional shake supplement and 8oz 1% milk daily Menu totals include entrée, sides, dessert, fruit, milk & Nutritional Shake (100mg)
A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly.*

Monday		Tuesday		Wednesday		Thursday		Friday	
2	NA+	3	NA+	4	NA+	5	NA+	6	NA+
Harvest Roasted Chicken	121	Baked Salmon	56	Pot Roast with Gravy	245	Chicken Tacos	243	Whole Grain Cheese Lasagna	390
Mashed Butternut Squash	3	Mashed Potatoes	23	Mashed Sweet Potatoes	20	White Rice	25	with Florentine Sauce	55
California Blend Vegetables	17	Garlic Kale	31	Green Beans	3	Black Beans, Corn & Peppers	61	Carrots	40
Fruit	0	Fruit	0	Fruit	0	Fruit	0	Fruit	0
Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100
Cal:677 CHO:80g Na:396mg	396	Cal:742 CHO:83g Na:345mg	345	Cal:683 CHO:92g Na:503mg	503	Cal:846 CHO:101g Na:564mg	564	Cal:717 CHO:97g Na:720mg	720
9	NA+	10	NA+	11	NA+	12	NA+	13	NA+
Egg Omelet with Cheese	240	White Fish with Pineapple & Mango Salsa	105	Lemon Ricotta Chicken	180	American Chop Suey (Turkey)	225	Rosemary & Garlic Chicken	347
Mashed Potatoes	23	Stewed Beans	356	Mashed Sweet Potatoes	19	Whole Grain Pasta	4	Mashed Potatoes	23
Mixed Vegetables	33	Carrots	39	Brussel Sprouts	9	Green Beans w/ Red Peppers	2	Broccoli	20
Fruit	0	Fruit	0	Fruit	0	Fruit	0	Fruit	0
Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100
Cal:662 CHO:86g Na:531mg	531	Cal:760 CHO:101g Na:735mg	735	Cal:795 CHO:91g Na:443mg	443	Cal:767 CHO:88g Na:466mg	466	Cals:874 CHO:93g Na:625mg	625
16		17	NA+	18	NA+	19	NA+	20	NA+
Holiday - No Meals		Curried Chicken	195	Pork with Cranberry Apple Chutney	85	Stewed Tomato White Fish	264	White Bean & Chicken Chili	260
		Mashed Potatoes	23	Mashed Potatoes	22	Orzo	4	with Shredded Cheese (Garnish)	96
		Carrots	56	Mixed Root Vegetables (squash, carrot, turnip)	65	Brussel Sprouts	9	California Blend Vegetables	17
		Fruit	0	Fruit	0	Fruit	0	Fruit	0
		Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100
		Cal:782 CHO:97g Na:509mg	509	Cal:802 CHO:100g Na:427mg	407	Cal:739 CHO:88g Na:512mg	512	Cal:734 CHO:92g Na:608mg	608
23	NA+	24	NA+	25	NA+	26	NA+	27	NA+
Chicken Scampi	190	Honey Mustard Chicken	205	Turkey Meatloaf with Gravy	305	Lentil Bolognese & Parmesan Garnish	232	Beef Stew	140
Pasta	4	Rice Pilaf	50	Mashed Potatoes	22	Pasta	4	Mashed Potatoes	23
Green Peas	20	Mixed Vegetables	33	Carrots	40	Broccoli	20	Vegetable Medley	37
Fruit	0	Fruit	0	Fruit	0	Fruit	0	Fruit	0
Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100	Nutritional Shake	100
Cal:916 CHO:100g Na:449mg	449	Cal:837 CHO:101g Na:523mg	523	Cal:802 CHO:87g Na:602mg	602	Cal:673 CHO:105g Na:491mg	491	Cal:825 CHO:97g Na:435mg	435

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February 2026 Renal Menu

Sodium content includes 50mg from 4oz whole milk Menu totals include entrée, sides, dessert, fruit, bread, milk & margarine (30mg)
A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly

Monday		Tuesday		Wednesday		Thursday		Friday	
2	NA+	3	NA+	4	NA+	5	NA+	6	NA+
Harvest Roasted Chicken	121	Herb Crusted White Fish with Lemon	346	Pot Roast with Gravy	245	Chicken Tacos	243	Chicken Primavera Pasta	85
Couscous	4	Orzo	4	Polenta	15	White Rice	25	Bowtie Pasta	4
California Blend Vegetables	17	Broccoli	29	Green Beans	3	Corn & Peppers	21	Carrots	39
Wheat Bread	65	Wheat Bread	65	Wheat Bread	65	Tortilla Wrap (1 each)	135	Wheat Bread	65
Applesauce	2	Cookie (Oatmeal/Sugar only)	90	Fresh Apple	2	Applesauce	2	Fruit Cup (Peach/Pear)	5
Cal:612 CHO:72g Na:289mg	289	Cal:706 CHO:98g Na:614mg	614	Cal:602 CHO:84g Na:410mg	410	Cal:712 CHO:78g Na:506mg	506	Cal:640 CHO:74g Na:278mg	278
9	NA+	10	NA+	11	NA+	12	NA+	13	NA+
Egg Omelet	240	White Fish with Peach Salsa	105	Chicken Picatta	144	Lentil Unstuffed Pepper (No Cheese)	138	Rosemary & Garlic Chicken	347
Mexican Rice	71	Couscous	4	Rice Pilaf	50	White Rice	25	Orzo	4
Mixed Vegetables	33	Carrots	39	Brussel Sprouts	8	Green Beans with Red Peppers	2	Broccoli	20
Wheat Bread	65	Wheat Bread	65	Wheat Bread	65	Wheat Bread	65	Wheat Bread	65
Applesauce	2	Cookie (Oatmeal/Sugar only)	90	Fresh Apple	2	Applesauce	2	Fruit Cup (Peach/Pear)	5
Cal:580 CHO:80g Na:491mg	491	Cal:608 CHO:78g Na:383mg	383	Cal:737 CHO:87g Na:349mg	349	Cal:577 CHO:94g Na:312mg	312	Cals:815 CHO:90g Na:521mg	521
16		17	NA+	18	NA+	19	NA+	20	NA+
Holiday - No Meals		Curried Chicken	195	Roast Turkey with Cranberry Apple Chutney	225	Lemon Herb Sauce with White Fish	353	Stewed Chicken	123
		White Rice	25	Polenta	15	Couscous	4	White Rice	25
		Mixed Vegetables	33	Carrots	39	Brussel Sprouts	9	California Blend Vegetables	17
		Wheat Bread	65	Wheat Bread	65	Wheat Bread	65	Wheat Bread	65
		Cookie (Oatmeal/Sugar only)	90	Fresh Apple	0	Applesauce	2	Fruit Cup (Peach/Pear)	5
		Cal:765 CHO:94g Na:488mg	488	Cal:700 CHO:94g Na:424mg	424	Cal:578 CHO:80g Na:513mg	513	Cal:668 CHO:75g Na:315mg	315
23	NA+	24	NA+	25	NA+	26	NA+	27	NA+
Chicken Scampi	190	Honey Mustard Chicken	205	Turkey Meatloaf with Gravy	305	Balsamic Glazed Chicken	95	Beef Stew	140
Pasta	4	Rice Pilaf	50	White Rice	25	Pasta	4	White Rice	25
Green Peas	20	Mixed Vegetables	33	Carrots	39	Broccoli	20	Vegetable Medley	37
Wheat Dinner Roll	150	Wheat Roll	150	Wheat Bread	65	Wheat Bread	65	Wheat Bread	65
Applesauce	2	Cookie (Oatmeal/Sugar only)	90	Fresh Apple	2	Applesauce	2	Fruit Cup (Peach/Pear)	5
Cal:750 CHO:79g Na:446mg	446	Cal:701 CHO:75g Na:608mg	608	Cal:796 CHO:89g Na:516mg	516	Cal:597 CHO:76 Na:466mg	266	Cal:780 CHO:90g Na:352mg	352

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