

April Cardiac Diabetic Menu 2024

Monday			Tuesday			Wednesday			Thursday			Friday		
1 Meatballs & Gravy (330) Mshd Potato(110) Carrots (45) LS WW Bread(0)			2 Stuffed Shells w/Marinara*(585) Cauliflower (15) Roll (120)			3 Steak, Onions & Peppers (305) Rice&Beans (200) Zucchini (5) Tortilla (220)			4 NO MEALS Volunteer Appreciation Day			5 Lentil Vegetable Stew (270) Green Beans (5) No Bread Juice (0)		
Cal 530	Carb 60	Na 660	Cal 470	Carb 65	Na 900	Cal 525	Carb 70	Na 860				Cal 400	Carb 70	Na 320
8 Chicken & Rice (520) Capri Veg (15) Oat Bread (150)			9 Dijon Pork (430) Corn (5) Warm Apples(10) WW Bread (165)			10 Beef Burgundy (445) Noodles (5) Broccoli (15) MG Bread (150)			11 Cold: Egg Salad (145) Quinoa Salad(230) Garden Salad (35) WW Bun (250)			12 Mediterranean Cod (420)  Rstd Potatoes (5) Green Beans (5) Roll (120)		
Cal 610	Carb 70	Na 860	Cal 645	Carb 70	Na 780	Cal 565	Carb 65	Na 790	Cal 525	Carb 65	Na 790	Cal 495	Carb 65	Na 725
15 No Meals Served Patriots Day			16 Broccoli Egg Bake (340) Rstd Potatoes (5) Carrots (65) WW Bread (165) Juice (0)			17 Chicken Piccata & Pasta (430) Zucchini (5) MG Bread (150) Pineapple (5)			18 Meatloaf w/Gravy (210) Mshd Potato(110) Broccoli (15) Oat Bread (150) Fresh Fruit (5)			19 Apple Pork Roast (220) Swt Potato (55) Cauliflower (15) Roll (120)		
			Cal 595	Carb 70	Na 605	Cal 460	Carb 55	Na 760	Cal 605	Carb 70	Na 660	Cal 615	Carb 70	Na 585
22 Beef, Gravy & Mixed (375) Vegetables Mshd Potato(110) Oat Bread (150)			23 Garlic & Herb Chicken (350) Risotto (105) Zucchini (5) WW Roll (180)			24 Cold: Turkey & Swiss (335) Garden Salad (35) 3 Bean Salad (325) LS Bread (0)			25 Pulled Pork (320) Sweet Potato (55) Roll (250)			26 Tuscan  Salmon (185) Orzo (40) Capri Veg (15) MG Bread (150)		
Cal 640	Carb 70	Na 685	Cal 630	Carb 70	Na 820	Cal 495	Carb 60	Na 825	Cal 590	Carb 70	Na 765	Cal 820	Carb 70	Na 570
29 Chicken (435) Alfredo w/Pasta Broccoli (15) MG Bread (150) Chilled Fruit (5)			30 Turkey & Rice Casserole (400) Green Beans (5) No Bread			Totals include entrée, sides, bread, milk & margarine. Sodium (Na): Milligrams noted in parenthesis. Nutrition Questions? Please contact dietitian, Michelle Zelikman @ 978-624-2263 or mzelikman@agespan.org  = Alternate for fish available								
Cal 575	Carb 60	Na 775	Cal 620	Carb 70	Na 580									

To Cancel Meals please call 978-624-2263 at least 24 hours prior to service.

Menu Subject to Change Without Notice

A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly.

A snack or fruit is sent with each meal containing less than 20g of carbohydrates, between 50–100 calories and under 100mg of sodium, to be eaten between meals.