

April Regular HDM Menu 2024

Monday			Tuesday			Wednesday			Thursday			Friday		
1			2			3 Steak, Onions & Peppers (305) Black Beans (140) Spanish Rice (260) Tortilla (220) Fresh Fruit (5)			4 NO MEALS Volunteer Appreciation Day			5 Lentil Vegetable Stew (300) Green Beans (5) WW Roll (180) Yogurt (75) Juice (0)		
						Cal 870	Carb 125	Na 1070				Cal 650	Carb 120	Na 605
8			9 TRAVELING CHEF			10 B-Day Beef Burgundy (445) Noodles (5) Broccoli (30) MG Bread (150) Cupcake (175)			11 NO MEALS			12 Mediterranean Cod (420)  Rstd Potatoes (5) Crmd Spinach(220) WW Roll (180) Fresh Fruit (5)		
			Cal 780	Carb 100	Na 1485	Cal 675	Carb 80	Na 965	Cal 735	Carb 105	Na 1050	Cal 785	Carb 105	Na 1085
15 No Meals Served Patriots Day			16			17 Chicken Parm w/Pasta* (790) Zucchini (5) MG Bread (150) Pineapple (5)			18 Meatloaf w/Gravy (210) Mshd Potato(110) Peas (60) Oat Bread (150) Fresh Fruit (5)			19 Apple Pork Roast (220) Swt Potato (55) Garden Salad(150) Corn Bread (210) Brd Pudding(190)		
						Cal 720	Carb 90	Na 1115	Cal 740	Carb 95	Na 710	Cal 1020	Carb 135	Na 1000
22			23			24 Cold: Turkey & Swiss (335) Garden Salad (35) 3 Bean Salad (325) Rye Bread (300) Fresh Fruit (5)			25 BBQ Pulled Pork*(530) Swt Tater Tot (230) Cauliflower (5) Roll (250) Applesauce (15)			26 Tuscan  Salmon (185) Orzo (40) Capri Veg (15) MG Bread (150) Cookie (60)		
						Cal 620	Carb 85	Na 1180	Cal 605	Carb 90	Na 1170	Cal 920	Carb 85	Na 630
29			30			Total Calories, Na and Carb include: Entrée, sides, dessert, fruit, bread, milk & margarine. Sodium (Na): Milligrams noted in parenthesis *High sodium item (>500mg) Shading = High sodium meal (>1200mg) Nutrition Questions? Contact Michelle Zelikman @ 978-624-2263  = Alternate for fish available								

To Cancel Meals please call the COA – 781-631-6225

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