

April Regular HDM Menu 2024

Monday				Tuesday			Wednesday			Thursday			Friday		
1 Turkey w/Gravy* (765) Mshd Potato(110) Carrots (45) LS WW Bread(0) Applesauce (15)				2 Stuffed Shells w/Marinara*(585) Cauliflower (15) Vienna Brd (140) Chilled Fruit (5)			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 490	Carb 65	Na 1110		Cal 605	Carb 90	Na 925	Cal 870	Carb 125	Na 1070				Cal 650	Carb 120	Na 605
8 Chicken & Veg Stir Fry*(560) Brown Rice (5) Oat Bread (150) Pineapple (5)				9 Hot Dog*(540) Bkd Beans (370) Coleslaw (45) Roll (250) Warm Apples (5)			10 B-Day Beef Burgundy (445) Noodles (5) Broccoli (30) MG Bread (150) Cupcake (175)			11 Cold: Egg Salad (145) Quinoa Salad(230) Garden Salad (150) Roll (330) Gelatin (65)			12 Mediterranean Cod (420)  Rstd Potatoes (5) Crmd Spinach(220) WW Roll (180) Fresh Fruit (5)		
Cal 725	Carb 105	Na 890		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 Broccoli Egg Bake (340) Rstd Potatoes (5) Carrots (45) Fruit Loaf (170) Yogurt (75) Juice (0)			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 845	Carb 120	Na 765	Cal 720	Carb 90	Na 1115	Cal 740	Carb 95	Na 710	Cal 1020	Carb 135	Na 1000
22 Shepherd's Pie (360) Biscuit (280) Pudding (190)				23 Balsamic Chicken (345) Risotto (105) Kale (45) WW Roll (180) Chilled Fruit (5)			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 805	Carb 85	Na 1005		Cal 790	Carb 110	Na 860	Cal 620	Carb 85	Na 1180	Cal 605	Carb 90	Na 1170	Cal 920	Carb 85	Na 630
29 Chicken (435) Alfredo w/Pasta Broccoli (30) Roll (260) Chilled Fruit (5)				30 Turkey & Rice Casserole (400) Green Beans (5) Cornbread (210) Gelatin (65)			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								
Cal 720	Carb 90	Na 890		Cal 925	Carb 120	Na 855									

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.

