

SeniorCare January Regular HDM Menu 2026

Monday			Tuesday			Wednesday			Thursday			Friday		
Totals include entrée, sides, dessert, fruit, bread, milk & margarine. *Menu Subject to Change without notice Cal = Calories, Pro = Protein, Na = Sodium (also in parentheses). Nutrition Questions? 978 281-1750 To Cancel Meals, Call 978-281-1750 At Least 2 Days Before Service Menu Subject to Change Without Notice A \$2.00 confidential donation is suggested per meal. Donation letters mailed monthly									1 No meals Holiday			2 Meatloaf & Gravy (345) Mshd Potato (110) Mixed Veg (20) Vienna Brd130 Chilled Fruit (5)		
												Cal 675	Pro 40	Na 855
5 Mac & Cheese (375) Squash (25) Bk Tomato (165) Oatmeal Brd (130) Mandarins (10)			6 Beef Stew w/ Gravy (625) Roasted Potato (5) Dinner Roll (135) Peaches (5)			7 Turkey Salad (670) Pasta Salad (10) Pita (215) Yogurt (75) Juice (5)			8 Chicken w/ Lemon Sauce (370) Lyonnaise Potato (385) Brussel Sprouts (15) WW Roll (115) Cupcake (175)			9 Fish Cake (235) Potato Wedges (200) Spinach (105) WG Bread (150) Chilled Fruit (5)		
Cal 870	Pro 35	Na 835	Cal 785	Pro 40	Na 855	Cal 855	Pro 35	Na 735	Cal 675	Pro 40	Na 1207	Cal 680	Pro 30	Na 790
12 Hot Dog (540) Baked Beans (370) Cinnamon Apple (10) Cole Slaw (15) Hot Dog Roll (270) Mustard (55) Relish (80)			13 Shepard's Pie (210) Corn (5) Mashed Potatoes (110) Dinner Roll Choc Pudding (190)			14 Turkey w/ Gravy (766) Sweet Potato (70) Green Beans (5) LS WW Bread (0) Pears (5)			15 Special General Tso Chicken Fried Rice Broccoli Pork Dumpling Pineapple Fortune Cookie			16 Stuffed Shells w/ Marinara Sauce (410) Capri Veg (15) Oatmeal Bread (130) Mandarins (10) Parmesan (110)		
Cal 790	Pro 25	Na 1360	Cal 870	Pro 30	Na 851	Cal 605	Pro 35	Na 995	Cal	Pro	Na	Cal 615	Pro 30	Na 805
19 No Meals MLK Day			20 Pulled Pork w BBQ (630) Dirty Rice (40) Sweet potato (70) Cornbread (235) Vanilla Pudding (170)			21 Chicken Fillet w Red Pepper Sauce (625) Couscous (5) Veg Blend (20) LS WW Bread (0) Pineapple (5)			22 Pasta w/ Bolognese Sauce (290) Veg (20) Fruit (5) Parmesan (110)			23 Chicken a la King (648) Roasted Potato (5) Biscuit (280) Pears (5)		
			Cal 1020	Pro 40	Na 1315	Cal 695	Pro 35	Na 895	Cal 790	Pro 40	Na 835	Cal 640	Pro 35	Na 1170
26 Swedish Meatballs (185) Mashed Potato (110) Glazed Carrots (125) Oatmeal Br (130) Cookie (60)			27 Stuffed Chicken w/ Sauce (465) Couscous (5) Beets (140) Vienna Brd(130) Mandarins (10)			28 Pot Roast au Jus (200) Red Potatoes (25) Brussel Sprouts (25) MG Bread (150) Chilled Fruit Peaches (5)			29 Breaded Fish w/Lemon Sc (236) Sweet Potato Wedges (185) Tomatoes/Green Beans (210) WW Roll (115) Fruit (5)			30 Cheese Omelet (315) Peas (60) Polenta (60) Fruit Loaf (170) Juice (5) Yogurt (75)		
Cal 660	Pro 35	Na 885	Cal 660	Pro 30	Na 875	Cal 545	Pro 40	Na 525	Cal 715	Pro 30	Na 725	Cal 750	Pro 25	Na 760

NOURISH TO FLOURISH

IN THE NEW YEAR

NUTRIENTS WORTH ADDING



As you step into the new year, focus on nourishment that helps you stay strong, active, and energized. Small, consistent choices—like adding more fiber, potassium, vitamin D, and omega-3s—support lasting health and help you feel your best every day.

Dietary Fiber

Functions: Supports heart and digestive health, including regularity

Sources: Whole grains, fruits, vegetables, beans, and popcorn

How much do you need?

21 g/day (women), 30 g/day (men)

Potassium

Functions: Helps your kidneys, heart, muscles, and nerves work properly

Sources: Leafy greens, beans, potatoes, avocado, yogurt, and bananas

How much do you need? 2,600 mg/day (women), 3,400 mg/day (men)

Omega-3s

Functions: Support heart, brain, and eye health

Sources: Fatty fish (like salmon and mackerel), flaxseed, chia seeds, and walnuts

How much do you need?

1–2 servings of fatty fish per week or include plant sources daily

Vitamin D

Functions: Supports bone and immune health

Sources: Salmon, trout, fortified milk or yogurt, UV-exposed mushrooms, fortified juice, and sunlight

How much do you need?

800 IU/day (male and female 70+)

Supplements may help if sunlight exposure is limited.



Everyday Habits that Help You Flourish

- Plan meals
- Build balanced meals
- Stay hydrated
- Eat the rainbow
- Don't skip meals
- Add foods, don't just subtract