

SeniorCare April 2026 Regular Home Delivered Meals Menu

Monday			Tuesday			Wednesday			Thursday			Friday		
Totals include entrée, sides, dessert, fruit, bread, milk & margarine. Sodium (Na): Milligrams noted in parenthesis. *High sodium item (over 500mg) Menus Subject to Change without notice A \$2 confidential donation is suggested per meal. To Cancel Meals: call 978 281-1750 at least 2 days before service.			1 Beef Brisket (42) Mashed Potatoes (36) Glazed Beets (179) Oatmeal Bread (130) Pudding (250)			2 Turkey Stew* (561) Parslied Couscous (5) Biscuit (280) Fresh Orange (0)			3 Mac & Cheese (374) Green Beans (3) Oatmeal Bread (130) Orange Juice (10) Yogurt (75)					
												Cal	Carb	Na
			706	84	774	611	84	983	798	133	718			
6 Homestyle Chili (365) Coleslaw (161) Cornbread (236) Mixed Fruit (3)			7 SPRING SPECIAL Baked Ham (283) Roasted Potatoes (5) Early Spring Veg (102) Dinner Roll (210) Confetti Cake (300)			8 Herbed Chicken (370) Broccoli (32) Jasmine Rice (5) Multigrain Bread (164) Fresh Fruit (1)			9 Turkey Meatloaf w/Gravy (349) Roast Butternut (19) Mashed Potato (36) Wheat Bread (127) Chocolate Pudding (190)			10 Lemon Dill Fish (185) Peas & Carrots (75) Parslied Orzo (32) Oatmeal Bread (130) Fresh Orange (0)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
654	82	902	702	103	1038	757	84	399	720	90	846	570	90	621
13 Chicken Parm (231) Penne Pasta (34) Brussels Sprouts (21) Vienna Bread (96) Chilled Peaches (6)			14 Turkey Meatballs (85) Onion Gravy (57) Sweet Potato (91) Peas (58) Oatmeal Bread (150) Fresh Orange (0)			15 Polynesian Pork (406) Cabbage & Carrots (187) Scallion Rice (68) Hawaiian Roll (120) Melon Wedge (7)			16 Beef Stew (116) Mashed Potato (36) Multigrain Bread (164) Brownie (125)			17 Chicken Salad (149) Quinoa Salad (102) Marinated Veg (17) WW Roll (170) Pineapple (1)		
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
553	80	402	687	89	553	725	94	839	747	83	577	673	76	575
20 HOLIDAY- NO MEALS			21 Chicken Scampi (285) Lemon Garlic- Greens (107) Italian Rice (55) Vienna Bread (96) Chilled Pears (5)			22 HIGH SODIUM DAY LS Hot Dog* (540) Baked Beans Carrots (63) Hot Dog Roll (270) Cantaloupe Wedge (7) Ketchup (90)			23 Butter Crumb Fish (254) Roasted Red Potato (5) Vegetable Blend (102) Multigrain Bread (164) Chilled Pineapple (1)			24 Stuffed Pepper (174) Green Beans (3) WW Garlic Knot (120) Oatmeal Cookie (90)		
			Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na
			585	79	633	732	83	1465	655	88	624	763	79	523
27 Chicken Taco* (636) Fajita Style Veg (43) Mexican Rice (52) WW Tortilla (180) Fresh Apple (1)			28 Chicken & Gravy (363) Butternut Squash Mashed Potato (107) Wheat Bread (127) Choc. Chip Cookie (120)			29 Egg Salad (257) White Bean-Tomato Salad (352) Tossed Salad (2) Italian Dressing (119) Dinner Roll (210) Fresh Fruit (2)			30 Apple Glaze Pork (74) Corn & Red Pepper (5) Sweet Potato (53) Whole Grain Roll (170) Applesauce (19)					
Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na	Cal	Carb	Na			
904	121	1037	656	84	871	749	85	1079	616	82	457			