



April 2026



Monday	Tuesday		Wednesday		Thursday		Friday	
For cancellations of home delivered meals, call the Nutrition Office at 1-508-324-4619. If you want to cancel a meal, call no later than 10:30 a.m. at least one business day before.	All Meals include:		1		2		3	
	<u>Milk:</u> 110 Calories 125mg Sodium 13g Carbs		Spaghetti & Meatballs 300 Italian Blend 26 Scali Bread 310 Pears 4		BBQ Chicken Legs 491 Potato Wedges 27 Hot German Slaw 81 Multigrain Roll 190 Lemon Pudding 101		Ham 294 Pineapple Sauce 98 Au Gratin Potatoes 172 Carrots 77 Wheat Roll 160 Fruit Cocktail 10	
	<u>Margarine:</u> 36 Calories		Total Sodium: 736 Calories: 765 Carbs: 96		Total Sodium: 987 Calories: 680 Carbs: 76		Total Sodium: 936 Calories: 533 Carbs: 77	
6	7		8		9		10	
Catch of the Day 220	Mac & Cheese* 588	Chicken Chili 121	Fish Cake* 610	Braised Beef 243				
Chili Garlic Sauce 57	Escalloped Tomatoe 143	White Rice 31	Lyonnaise Potatoes 111	With Gravy 105				
Rice Pilaf 130	Fruit Loaf 160	Corn 1	Country Blend 32	Sweet Potatoes 33				
Green Bean 3	Fresh Orange 0	Cornbread 280	WW Roll 160	Peas and Mushroom 133				
Oatmeal Bread 121		Pears 4	Sugar Cookie 155	Multigrain Roll 190				
Peaches 5			MOD: Graham Wafer 85	Cantaloupe 12				
Total Sodium: 661 Calories: 484 Carbs: 67	Total Sodium: 1016 Calories: 789 Carbs: 109	Total Sodium: 563 Calories: 621 Carbs: 97	Total Sodium: 1123 Calories: 651 Carbs: 99	Total Sodium: 841 Calories: 732 Carbs: 87				
13	14		15		16		17	
Chicken Salad 286	Hot Dog* 540	Teriyaki Chicken 479	Meatloaf 131	Glazed Salmon 67				
Pasta Salad 56	Relish 81	Lo Mein Noodles 29	With Gravy 105	Couscous 36				
Coleslaw 81	Baked Beans 37	Asian Blend Veg 26	Parsley Mash Potatoes 50	Mixed Veg 41				
Sub Roll 162	Cabbage & Carrots 47	Multigrain Bread 190	Brussel Sprouts 12	Oatmeal Bread 121				
Mandarin Oranges 6	Hot Dog Bun 210	Banana 1	Rye Bread 330	Peaches 5				
	Mixed Fruit 10		Pears 4					
Total Sodium: 716 Calories: 611 Carbs: 69	Total Sodium: 1050 Calories: 754 Carbs: 87	Total Sodium: 850 Calories: 726 Carbs: 110	Total Sodium: 756 Calories: 704 Carbs: 94	Total Sodium: 394 Calories: 556 Carbs: 73				
20	21		22		23		24	
	Cheeseburger* 581	Chicken Florentine 370	Pork Rib 403	Roasted Turkey 90				
	Ketchup 82	Spaghetti 1	With BBQ Sauce 174	Gravy 65				
	Red Bliss Potatoes 15	Broccoli 12	Potato Wedges 27	Mashed Potatoes 49				
	Green & Wax Beans 3	WW Roll 160	Chuckwagon Corn 2	Winter Squash 11				
	Hamburger Bun 230	WG Brownie 132	Hamburger Bun 230	WW Roll 160				
	Pineapple 1		Apple Slices 10	Applesauce 20				
NO MEALS SERVED	Total Sodium: 1038 Calories: 708 Carbs: 82	Total Sodium: 800 Calories: 690 Carbs: 85	Total Sodium: 970 Calories: 742 Carbs: 97	Total Sodium: 520 Calories: 679 Carbs: 100				
27	28		29		30			
Baked Fish 337	Cheese Omelet 312	Beef Fajitas 342	Chicken La Orange 418					
Ritz Cracker Top	Hashbrowns 132	Rice & Beans 31	Veggie Fried Rice 73					
Baked Potato 59	Florentine Tomatoes 121	Peppers & Onions 3	Oriental Blend 26					
Jardiniere Veg Blend 39	Fruit Loaf 160	Tortilla 236	Multigrain Bread 190					
Oatmeal Bread 121	Orange Juice 0	Tropical Fruit Mix 10	Birthday Cake 209					
Graham Wafer 85								
Total Sodium: 765 Calories: 779 Carbs: 93	Total Sodium: 849 Calories: 707 Carbs: 82	Total Sodium: 747 Calories: 630 Carbs: 79	Total Sodium: 916 Calories: 576 Carbs: 82					