

To Cancel or Resume meals please call: (978) 345-8501

Asterisk* Indicates the item is >500 mg Sodium

Menu Subject to Change

Suggested voluntary donation: \$3.00

Monday			Tuesday			Wednesday			Thursday			Friday																																
<p>Reduce the Carbohydrate content of any meal by saving the bread and/or dessert for a snack</p> <p>Reduce the Sodium content of any meal by saving the bread and/or baked dessert for a snack</p>									<p>1</p> <div></div> <p>No Meals Delivered</p>			<p>2</p> <p>Meatloaf/Grvy (345) Whip Potato(110) Mixed Veg (20) Bread (130) Fruit (5)</p> <table><tr><td>Cal</td><td>Pro</td><td>Na</td></tr><tr><td>695</td><td>40</td><td>735</td></tr></table>			Cal	Pro	Na	695	40	735																								
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<p>5</p> <p>Beef Burgundy & Carrots (395) Noodles (5) MG Bread (150) Pineapple (5)</p> <table><tr><td>Cal</td><td>Pro</td><td>Na</td></tr><tr><td>655</td><td>40</td><td>680</td></tr></table>			Cal	Pro	Na	655	40	680	<p>6 Sweet & Sour</p> <p>Chicken (460) Rice (5) Broccoli (15) Dinner Roll (240) Gelatin (15)</p> <table><tr><td>Cal</td><td>Pro</td><td>Na</td></tr><tr><td>620</td><td>35</td><td>860</td></tr></table>			Cal	Pro	Na	620	35	860	<p>7</p> <p>Egg Salad (170) Potato Chips (80) Garden Salad (35) Roll (320) Fruit (5)</p> <table><tr><td>Cal</td><td>Pro</td><td>Na</td></tr><tr><td>640</td><td>30</td><td>735</td></tr></table>			Cal	Pro	Na	640	30	735	<p>8</p> <p>Hot dog*(540) Baked Beans (370) Pears (10) Coleslaw (15) Bun (270)</p> <table><tr><td>Cal</td><td>Pro</td><td>Na</td></tr><tr><td>840</td><td>30</td><td>1475</td></tr></table>			Cal	Pro	Na	840	30	1475	<p>9</p> <p>Stuffed Shells & Marinara (410) Cauliflower (15) Oat Bread (150) Cookie (65)</p> <table><tr><td>Cal</td><td>Pro</td><td>Na</td></tr><tr><td>590</td><td>30</td><td>875</td></tr></table>			Cal	Pro	Na	590	30	875
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<p>12</p> <p>BBQ Pulled Pork (290) Sweet Potato (55) Brussel's Sprts (15) Burger Bun (250) Applesauce (20)</p> <table><tr><td>Cal</td><td>Pro</td><td>Na</td></tr><tr><td>895</td><td>50</td><td>760</td></tr></table>			Cal	Pro	Na	895	50	760	<p>13</p> <p>Beef & (385) Vegetable Stew Whip Potato(110) Biscuit (280) Cookie (60)</p> <table><tr><td>Cal</td><td>Pro</td><td>Na</td></tr><tr><td>745</td><td>35</td><td>965</td></tr></table>			Cal	Pro	Na	745	35	965	<p>14</p> <p>Turkey & gravy*(765) Whip Potato(110) Butternut (20) LS Bread (0) Applesauce (20)</p> <table><tr><td>Cal</td><td>Pro</td><td>Na</td></tr><tr><td>550</td><td>35</td><td>1045</td></tr></table>			Cal	Pro	Na	550	35	1045	<p>15</p> <p>Chicken Cacciatore & Penne (415) Green Beans (5) Pudding (170) Dinner Roll (240)</p> <table><tr><td>Cal</td><td>Pro</td><td>Na</td></tr><tr><td>720</td><td>40</td><td>1065</td></tr></table>			Cal	Pro	Na	720	40	1065	<p>16</p> <p>Breaded Fish (220) Risotto (110) Vegetables (25) MG Bread Fruit (5)</p> <table><tr><td>Cal</td><td>Pro</td><td>Na</td></tr><tr><td>845</td><td>35</td><td>930</td></tr></table>			Cal	Pro	Na	845	35	930
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<p>26</p> <p>Meatloaf/Grvy (345) Whip Potato (110) Green Beans (5) Oat Bread (150) Cookie (230)</p> <table><tr><td>Cal</td><td>Pro</td><td>Na</td></tr><tr><td>960</td><td>45</td><td>960</td></tr></table>			Cal	Pro	Na	960	45	960	<p>27</p> <p>Garlic & Dill Fish (130) Brown Rice (25) Beets (140) WW Bread (165) Fruit (5)</p> <table><tr><td>Cal</td><td>Pro</td><td>Na</td></tr><tr><td>625</td><td>30</td><td>595</td></tr></table>			Cal	Pro	Na	625	30	595	<p>28</p> <p>Orange Pork (355) Lo Mein (50) Vegetables (25) Dinner Roll (260) Fruit (5)</p> <table><tr><td>Cal</td><td>Pro</td><td>Na</td></tr><tr><td>790</td><td>40</td><td>810</td></tr></table>			Cal	Pro	Na	790	40	810	<p>29</p> <p>Mary Me Chicken*(740) Quinoa (5) Mixed Veg (55) Bread (130) Gelatin (15)</p> <table><tr><td>Cal</td><td>Pro</td><td>Na</td></tr><tr><td>845</td><td>35</td><td>1070</td></tr></table>			Cal	Pro	Na	845	35	1070	<p>30</p> <p>Mushroom Alfredo Ravioli (450) Spinach (145) Fruit (5) MG Bread (150) Fruit (5)</p> <table><tr><td>Cal</td><td>Pro</td><td>Na</td></tr><tr><td>685</td><td>40</td><td>885</td></tr></table>			Cal	Pro	Na	685	40	885
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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