



Home Delivered Meals

March 2024

To Cancel or Resume meals, call: (978) 345-8501 Ext. 5
Menu Subject to Change

Asterisk Indicates Item Is > 500 mg Sodium
Suggested voluntary donation: \$3.00

Monday	Tuesday	Wednesday	Thursday	Friday
Reduce the Carbohydrate content of a meal by saving the Beverage, Bread, &/or Dessert for a snack. Reduce the Sodium content of a meal by saving the Milk, Bread, & Non-Fruit Dessert for a snack. Nutrition Questions: Contact Alex Welch RD at AWelch@MOCInc.org To Cancel or Resume meals please call: (978) 345-8501 Ext: 5				1 Bean & Veg Stew* (570) Quinoa (5) Biscuit (280) Cookie (60)
4 American Chop Suey (310) Zucchini (5) Garlic Roll (240) Mandarins (10)	5 Cod (380) w/Breadcrumbs Couscous (5) Br. Sprouts (15) Oat Bread (150) Cookie (60)	6 Honey Garlic Chicken (235) Brown Rice (25) Capri Veg (15) Vienna Bread (140) Fresh Fruit (5)	7 Turkey* w/Herb Gravy (765) Mshd Potato (110) Carrots (45) LS WW Bread (0) Applesauce (15)	8 Broccoli Egg Bake (440) Rstd Potatoes (5) Fruit Loaf (170) Yogurt (75) Juice (0)
Cal 660 Carb 80 Na 855	Cal 630 Carb 85 Na 770	Cal 770 Carb 105 Na 595	Cal 580 Carb 90 Na 1110	Cal 950 Carb 120 Na 800
11 Sweet & Sour Meatballs (250) Fried Rice(150) Veg Blend (25) MG Bread(150) Pudding (190)	12 Chicken Piccata* (530) WW Pasta (5) Green Beans (5) Roll (260) Mandarins (10)	13 Corned Beef & Cabbage*(740) Carrot & Turnip (65) Potatoes (5) Rye Bread (150) Mint Bar (160) Diet: Diet Dessert	14 BBQ Pulled Pork* (530) Swt Tots (270) Corn & Red Peppers (5) Roll (250) Chilled Fruit (5)	15 Macaroni & Cheese* (815) Peas (60) Oat Bread (150) Orange (0)
Cal 695 Carb 80 Na 940	Cal 650 Carb 90 Na 980	Cal 950 Carb 105 Na 1460	Cal 740 Carb 115 Na 1190	Cal 735 Carb 125 Na 1200
18 Br'd Chicken w/Gravy*(570) Sweet Potato(25) Crm Spinach (220) Vienna Bread (130) Applesauce (15)	19 Ravioli w/ Marinara* (510) Zucchini (10) WW Bread (165) Mandarins (10)	20 Br.Sugar Pork(290) Diet: Dijon Pork B-nut Squash (15) Garden Salad (35) Bread Pudding (190) Diet: Diet Dessert	21 Salisbury Steak w/mushroom(485) Mshd Potato (110) Mixed Veg (55) Cornbread (235) Chilled Fruit (5)	22 Garlic & Herb Salmon (170) Brown Rice (25) Br. Sprouts (15) MG Bread (150) Gelatin (65)
Cal 755 Carb 95 Na 1140	Cal 665 Carb 90 Na 985	Cal 1175 Carb 185 Na 890	Cal 780 Carb 105 Na 1060	Cal 760 Carb 85 Na 600
25 Pot Roast*(565) Beets (140) Scalloped Potato (165) LS WW Bread (0) Pineapple (5)	26 Hot Dog*(540) Baked Beans (140) Coleslaw (45) Roll (250) Warm Apples (10)	27 Cobb Salad*(705) Corn Salad (85) Pita Bread (215) Yogurt (75) Juice (0)	28 Chicken Pot Pie*(570) Mashed Potatoes (110) Oat Bread (150) Cake (175)	29 Spinach*(510) Alfredo Lasagna Zucchini (10) WW Roll (180) Fresh Fruit (5)
Cal 635 Carb 80 Na 1050	Cal 800 Carb 95 Na 1255	Cal 700 Carb 110 Na 1085	Cal 710 Carb 90 Na 1180	Cal 740 Carb 95 Na 1015

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