

March 2024 Carb-controlled Diabetic Menu

Monday			Tuesday			Wednesday			Thursday			Friday		
Totals include entrée, sides, bread, milk & margarine. Sodium (Na): Milligrams noted in parenthesis. A snack or fruit is sent with each meal containing less than 20g of carbohydrates, between 50–100 calories and under 100mg of sodium, is to be eaten between meals.												1 Bean & (510) Vegetable Stew Quinoa (5)		
												Cal 500	Carb 70	Na 650
4 American Chop Suey (310) Zucchini (5) Garlic Roll (240)			5 Lemon  Fish (220) Couscous (5) Beets (140) Oat Bread (150)			6 Honey Garlic Chicken (235) Brown Rice (25) Capri Veg (15) Wheat Roll (120)			7 Pork & Gravy (405) Mshd Potato (110) Carrots (45) LS WW Bread (0)			8 Broccoli Egg Bake (440) Rstd Potatoes (5) MG Bread Juice (0)		
Cal 570	Carb 65	Na 845	Cal 565	Carb 60	Na 675	Cal 565	Carb 70	Na 555	Cal 615	Carb 55	Na 730	Cal 690	Carb 70	Na 705
11 Sweet & Sour Meatballs (250) Fried Rice (150) Veg Blend (25) MG Bread (150)			12 Chicken Piccata (530) WW Pasta (5) Green Beans (5) LS WW Bread (0)			13 Special: Beef & Cabbage (240) Carrot & Turnip (65) Potatoes (5) Rye Bread (150)			14 BBQ Pulled Pork (530) Swt Potato (55) Cauliflower (15) Wheat Roll (120)			15 Lentils (65) w/Butternut Brown Rice (5)		
Cal 545	Carb 60	Na 750	Cal 480	Carb 60	Na 710	Cal 835	Carb 60	Na 775	Cal 485	Carb 65	Na 850	Cal 440	Carb 75	Na 200
18 Chicken w/Gravy (465) Sweet Potato (25) Green Beans (15) Bread (130)			19 Ravioli w/Marinara (510) Zucchini (10) WW Bread (165)			20 Dijon Pork (430) Butternut (15) Garden Salad (35) WW Roll (180)			21Salisbury Steak w/mushroom(485) Mshd Potato (110) Mixed Veg (55) LS WW Bread (0)			22 Cilantro  Salmon (160) Brown Rice (25) Br. Sprouts (15) MG Bread (150)		
Cal 465	Carb 65	Na 820	Cal 550	Carb 70	Na 865	Cal 665	Carb 70	Na 835	Cal 620	Carb 70	Na 835	Cal 565	Carb 65	Na 510
25 Pot Roast (415) Beets (140) Peas&Onions (35) LS WW Bread (0)			26 Hamburger (340) Brown Rice (5) Coleslaw (45) Roll (250)			27 Turkey Cobb Salad (590) Corn Salad (85) Pita Bread (215) Juice (0)			28 Chicken Pot Pie (565) Mshd Potato (110) LS WW Bread (0)			29 Spinach (510) Alfredo Lasagna Zucchini (10) Wheat Roll(120)		
Cal 490	Carb 50	Na 765	Cal 675	Carb 70	Na 775	Cal 500	Carb 65	Na 890	Cal 465	Carb 60	Na 855	Cal 560	Carb 65	Na 845

To cancel a meal, please call 978-281-1750 by 10am the day before.

A \$2.00 confidential donation is suggested per meal. Donation letters are mailed monthly.

Menu Subject to Change Without Notice