



Home Delivered Meals September 2025

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

Asterisk Indicates item is > 500 mg Sodium
 Suggested voluntary donation: \$3.00

Monday			Tuesday			Wednesday			Thursday			Friday		
 No Meal Delivery			2 Meatloaf/Gravy (340) Whip Potato (110) Peas (60) MG Bread (150) Fresh Fruit (5)			3 Egg Salad (170) Garden Salad (35) Tabouli (70) Yogurt(75)/Juice(0) Vienna Bread (360)			4 BBQ Pull'd Pork*(510) Swt Potato (55) Collard Greens (35) Bun (250) Applesauce (20)			5 Crab Cake*(510) Rice & Beans (85) Peach Crisp (20) Oat Bread (150) Cuke Salad (40)		
Cal 740	Na 790	Pro 40	Cal 615	Na 715	Pro 25	Cal 710	Na 995	Pro 40	Cal 745	Na 1065	Pro 25			
8 Turkey/Gravy* (765) Whip Potato (110) Carrots (65) LS WW Bread (0) Chilled Fruit (5)			9 Lasagna *(550) Veg Blend (25) Garlic Roll (240) Cookie (60) Diet: No Dessert			10 Hot Dog* (540) Baked Beans (370) Warm Apples (10) Coleslaw (15) Roll (250)			11 Cold: Rst Beef & Cheese (200) Chips (170) Salad (35) MG Bread (300) Fresh Fruit (5)			12 ChicknPiccata 430 Rice Pilaf (40) Broccoli (10) WW Bread (165) Pudding (190) Diet: Diet Pudding		
Cal 525	Na 1080	Pro 35	Cal 645	Na 1090	Pro 30	Cal 830	Na 1455	Pro 30	Cal 620	Na 890	Pro 35	Cal 650	Na 960	Pro 40
15 Burger (425) Sweet Potato (55) Beets (140) WW Roll (250) Gelatin (15)			16 Breaded Fish (330) Mixed Veg (5) Whip Potato (110) WW Bread (165) Chilled Fruit (5)			17 Pineapple Chicken & Peppers (350) Fried Rice (65) Berries & Rhubarb (5) Garden Salad (175) WW Roll (240)			18 Cold Turkey & Cheese Chef Salad*(520) Bean Salad (335) Fresh Fruit (5) Pita Bread (160)			19 Eggplant Parm *(1050) Pasta (5) Veg Blend (15) LS WW Brd (0) Mandarins (10)		
Cal 675	Na 1095	Pro 30	Cal 715	Na 870	Pro 25	Cal 770	Na 960	Pro 40	Cal 660	Na 1145	Pro 40	Cal 715	Na 1200	Pro 30
22 Greek Chicken*(520) Risotto (105) MG Bread (150) Chilled Fruit (5)			23 Broccoli Bake(340) Potatoes (25) Carrots (65) Fruit Loaf (170) Yogurt (75) Juice (0)			24 Tuna Salad (240) 3 Bean Salad (325) Garden Salad (35) WW Bread (330) Chilled Fruit (5)			25 Amer. Chop Suey (440) Broccoli (10) WW Garlic Roll (240) Cupcake (175) Diet: Diet Dessert			26 Sausage Peppers & Onions*(630) Tater Tots (335) Butternut (20) Roll (270) Fresh Fruit (5)		
Cal 655	Na 915	Pro 40	Cal 815	Na 765	Pro 25	Cal 570	Na 1060	Pro 35	Cal 830	Na 1000	Pro 45	Cal 795	Na 1385	Pro 30
29 Roast Pork w/Mushrooms(290) Sweet Potato (30) Cauliflower (15) WW Roll (240) Applesauce (20)			30 Meatballs/Pasta (395) Veg Blend (15) Oat Bread (150) Mandarins (10)			<u>Reduce the Carbohydrate</u> content of any meal by saving the Bread, and/or Dessert for a snack. <u>Reduce the Sodium</u> content of any meal by saving the Bread, & Non-Fruit Dessert for a snack.								
Cal 845	Na 725	Pro 45	Cal 660	Na 805	Pro 35	Nutrition Questions: Contact Alex Welch RD at AWelch@MOCInc.org To Cancel or Resume meals please call: (978) 345-8501								

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Nutrition Matters is a monthly publication offering relevant and timely nutrition information.



A good night's sleep is essential for brain function, mood, and immune health, but 1 in 3 adults do not get enough. Eating the right nutrients and making small changes to your routine can help improve sleep quality.

Sleep-Supporting Foods

Best Food Sources	Beneficial Compound
Kiwi fruit, tart cherries, dark chocolate, walnuts, almond, blueberries, goji berries, spinach, kale, avocado, sweet potatoes, pumpkin seeds	Antioxidants
Dairy and dairy alternatives, leafy greens, almonds, tofu	Calcium
Pumpkin seeds, almonds, spinach, bananas, whole grains	Magnesium
Tart cherries, goji berries, eggs, milk, pistachios, walnuts, almonds, cashews, grapes, tomatoes, brown rice, mushrooms, oatmeal, legumes, salmon, sardines	Melatonin
Fatty fish (salmon, mackerel, sardines), flaxseeds, chia seeds, walnuts	Omega-3 Fatty Acids
Turkey, chicken, fish, eggs, dairy, nuts, seeds, cheese, tofu, bananas, spinach, dark chocolate, whole grains	Tryptophan
Chickpeas, lentils, salmon, tuna, chicken, turkey, beef, eggs, milk, bananas, potatoes, avocados, spinach, carrots, oats, fortified cereals, brown rice, sunflower seeds, pistachios	Vitamin B6
UV-exposed mushrooms, fortified dairy and dairy alternatives, fatty fish, egg yolks, beef liver, fortified orange juice	Vitamin D

Sleep-Disrupting Foods and Drinks

- Caffeine (coffee, soda, chocolate)
- Alcohol
- Refined grains (white bread, pasta)
- High-sugar, processed foods

Sleep-Friendly Eating Habits

- Stick to consistent meal timing
- Keep dinner light
- Try calming herbal teas
- Choose a sleep-friendly snack

Sleep-Supporting Snack Ideas

Banana + almond butter | Warm milk + cinnamon | Greek yogurt with + walnuts
 Kiwi + handful of almonds | Oatmeal + flaxseeds + berries | Tart cherry juice + pistachios