

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

Asterisk Indicates item is > 500 mg Sodium

Menu Subject to Change

Suggested voluntary donation: \$3.00

Monday	Tuesday	Wednesday	Thursday	Friday
Brain Tip: What's Good for your Heart is Good for your Brain Limit red meats & sweets chicken, fish, lean pork, eggs, veggies, legumes, whole grains, fruits, & Lower-fat dairy products	1 Meatloaf & Gvy (210) Whip Potato(25) Corn (5) MG Bread (150) Fruit (5) Cal 700 Pro 40 Na 550	2 Cold: Chicken Salad (340) Caesar Salad (300) Couscous (5) Bread (360) Pudding (190) R,D Cal 845 Pro 40 Na 1330	3 PulledPork* (510) Sweet Potato (55) Cauliflower (15) Burger Bun (250) Cookie (65) Cal 750 Pro 40 Na 1020	4 VeggieBurger (320) Green Beans (5) Rst Potato (5) WW Bun (250) Mandarins (10) Cal 670 Pro 30 Na 820
7  No Meal Delivery	8 Lasagna (390) Capri Veg (15) Garlic Roll (240) Cookie (65) Cal 640 Pro 30 Na 1140	9 Hot Dog*(540) D:Roast Pork/Gvy(95) Bk'd Beans (265) BerryCrisp(100)D:Berries Coleslaw (15) Roll (270) Cal 1040 Pro 35 Na 1460	10 Cold: Turkey & Chz*(545) Potato Chips (80) Garden Salad (35) MG Bread (300) Fresh Fruit (5) Cal 575 Pro 35 Na 1175	11 Brd'd Fish (330) Mixed Veg (55) Whip Potato(25) Bun (250) Fruit (5) Cal 755 Pro 30 Na 1055
14 Pork/Mushrooms 290 Sweet Potato (30) Cauliflower (20) MG Bread (150) Applesauce (20) Cal 780 Pro 90 Na 635	15 Beef Chili (365) Brown Rice (25) Cornbread (180) Pineapple (5) Cal 800 Pro 35 Na 730	16 Egg Salad (465) Potato Salad(100) Garden Salad(35) Rye Bread (300) Yogurt (75),Juice Cal 900 Pro 25 Na 980	17 CiderChick'n (420) Fall Veggies (20) Whip Potato(100) Brownie (130) Dinner Roll (260) Cal 865 Pro 35 Na 1105	18 Mac&Chz* (650) Stw'dTomatoes (30) Oat Bread (150) Fruit (5) Cal 610 Pro 25 Na 995
21 Butter Chicken*(510) Rice and Peas (65) Pita Bread (160) Mandarins (5) Cal 1170 Pro 40 Na 900	22 Beef, Noodles & Veggies (125) Corn (5) WW Roll (240) Pineapple (5) Cal 790 Pro 40 Na 525	23 Sw&Sr MtballsR 250 Lo Mein (135) Vegetables (25) Oat Bread (150) Fruit (5) Cal 680 Pro 35 Na 690	24 BDay Cold: Orzo & Chicken (380) Green Bean (150) MG Bread (150) Cake (175) Cal 665 Pro 45 Na 1020	25 Salmon (70) Yellow Rice(65) Black Bean(140) Yogurt (75) Bread (180) Cal 840 Pro 45 Na 690
28 Turkey /Gravy*(765) Whip Potato (25) Carrots (65) Roll (120) Applesauce (15) Cal 500 Pro 30 Na 1150	29 MarryMcChick'n*(740) Couscous (5) Green Beans (5) Oat Bread (150) Pineapple (5) Cal 875 Pro 35 Na 1060	30 Cold: Ham & Chz*(760) Bean Salad (115) Garden Salad(35) LS Bread (0) Yogurt (75),Juice Cal 520 Pro 30 Na 1050	Reduce the Carbohydrate content of a meal by saving the Bread, and/or Dessert for a snack. Reduce the Sodium content of a meal by saving the Bread, & Non-Fruit Dessert for a snack.	

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Nutrition Questions: Contact Alex Welch RD at 978-868-6081 & AWelch@MOCInc.org

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Why Fiber Matters

Dietary fiber is found in plant foods and supports digestion, heart health, stable blood sugar, healthy gut bacteria, and helps you feel full longer. Most people do not get enough fiber, but small changes can make a big difference.

Daily Fiber Goals

WOMEN	MEN
~25 grams/day	~38 grams/day

Fiber All-Star Foods

Fruits — raspberries, pears with skin, apples with skin, bananas, oranges

Vegetables — green peas, broccoli, brussels sprouts, carrots, sweet potatoes with skin

Whole Grains — oatmeal, quinoa, whole wheat bread, brown rice, barley

Legumes — lentils, black beans, chickpeas, kidney beans

Nuts & Seeds — chia seeds, ground flaxseed, almonds, sunflower seeds

Easy Ways to Boost Fiber

- **Choose whole grain** breads, tortillas, and pasta instead of refined grains.
- **Add beans or lentils** to soups, salads, tacos, or pasta dishes.
- **Snack on fruit** with nuts, popcorn, or trail mix.
- **Boost breakfast** with berries, nut butter, chia seeds, or flaxseed.
- **Eat fruits and vegetables with the skin on** when possible.

Go Slow & Hydrate

Increase fiber gradually over 1–2 weeks. Spread fiber throughout the day, drink plenty of water, stay active, and pay attention to how your body feels.



Fill your plate with colorful plant foods, make simple swaps you enjoy, and drink plenty of water.
Let fiber fuel your day!