



HOME DELIVERED MEAL TYPES

REGULAR

HOT MEAL FROM OUR CATERER

KOSHER

KOSHER CERTIFIED HOT
WORCESTER ONLY
כשר

FROZEN

2 OR 5 PACKS THAT ARE IDEAL FOR
EVENINGS OR WEEKENDS

VIETNAMESE

CULTURAL MEAL DELIVERED HOT
WORCESTER ONLY

SUPPER

COLD SANDWICH WITH SIDES
SEE ALTERNATIVE MENU

LATINO

CULTURAL MEAL DELIVERED HOT
WORCESTER ONLY

DIABETIC MODIFIED

REGULAR HOT MEAL WITH DIABETIC
FRIENDLY DESSERT

VEGETARIAN

FROZEN MEAL THAT MEETS LACTO/OVO
STANDARDS

SPECIAL DIETS

CARB-CONTROLLED

FROZEN MEAL WITH REGULATED,
LOW CARBOHYDRATES

CARDIAC DIET

FROZEN MEAL LOW IN SODIUM AND
SATURATED FATS

RENAL DIET

FROZEN MEALS FOR INDIVIDUALS
WITH KIDNEY DISEASE

LOW-LACTOSE DIET

FROZEN MEAL LOW IN LACTOSE

SOFT*

FROZEN MEALS WITH SOFT TEXTURE,
MOIST FOODS

PUREED*

FROZEN MEALS THAT ARE A SMOOTH,
PUDDING-LIKE CONSISTENCY

DOCTOR'S ORDER REQUIRED

§§ **ALL HOT MEALS INCLUDE A 1% MILK, BREAD, AND FRUIT OR DESSERT** §§
CULTURAL MEALS DO NOT INCLUDE BREAD OR DESSERT



MAKE A REFERRAL | 508-756-1545 | WWW.ESWA.ORG

All meals meet a
NO ADDED SALT
diet standard

