



CARDIAC LUNCH

MARCH 2025

For cancellations & questions about your meals, please call the Nutrition Department at (413) 538-9020 by NOON the business day before. MEALS SUBJECT TO CHANGE



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
 <small>Locally prepared by Delaney's Market, following the nutrition and portion guidelines from the Massachusetts Executive Office of Elder Affairs.</small>		 <small>formerly WestMass ElderCare</small>		MENU KEY: Cardiac meals do not exceed 600 milligrams of sodium, 20 grams total fat, and 6 grams saturated fat. Number in parenthesis next to item is the sodium content in milligrams (mg). LS = Low Sodium; SF = Sugar Free						1 FROZEN MEAL Chicken Patty w/ Picadillo, Sweet Potatoes, Peas, Pears, LS Wheat Bread, Milk		2 FROZEN MEAL Chicken w/ Gravy, Potatoes, Brussel Sprouts, Tropical Fruit, LS Wheat Bread, Milk	
3 Baked Chicken Cutlet (138), Italian Herb Rigatoni (1), Green Beans (4) Fresh Fruit (1) LS Wheat Bread (40), Milk (103)		4 Honey Ginger Glazed Pulled Beef (35), Ginger Fried Rice w/ Carrots (100), Catalina Blend Vegetables (41), Oatmeal Cookie (105) / SF Cookie, LS Wheat Bread (40), Milk (103)		5 Ethnic Meal - Indian Sweet Curry Chicken w/ Red Peppers (296) Jasmine Rice (85) Cauliflower (18) Jello (40)/ SF Jello LS Wheat Bread (40), Milk (103)		6 Honey Glazed Pork Loin (52) Linguini (5), Broccoli (17) Tropical Fruit (5) LS Wheat Bread (40) Milk (103)		7 Garlic Parmesan Cheese Ravioli (292) Italian Zucchini Carrot Blend (49), Mixed Fruit (0) LS Wheat Bread (40) Milk (103)		8 FROZEN MEAL BBQ Pork Riblet Sweet Potatoes, Mixed Veg Fresh Fruit LS Wheat Bread, Milk		9 FROZEN MEAL Twisted Mac and Cheese Carrots Pears LS Wheat Bread, Milk	
Sodium 288, Calories 813		Sodium 424, Calories 752		Sodium 582, Calories 581		Sodium 222, Calories 759		Sodium 484, Calories 684					
10 Chicken w/ Pumpkin Cream Sauce (252), Italian Herb White Rice (55), California Blend Vegetables (42), Banana (1) LS Wheat Bread (40), Milk (103)		11 Spaghetti & Homemade Meatballs w/ LS Cream Sauce (364), Wax Beans (4), Broccoli (17), Mandarin Oranges (6), LS Wheat Bread (40), Milk (103)		12 Boneless Pork Chop w/ Garlic Cream Sauce (175), Baked Sweet Potato (29), Meadow Blend Vegetables (20), Oatmeal Cookie (105) / SF Cookie, LS Wheat Bread (40), Milk (103)		13 Homemade Turkey Salisbury Steak w/ Gravy (226), Brown Rice Pilaf (79), Peas & Carrots (80), Fresh Fruit (1), LS Wheat Bread (40), Milk (103)		14 Italian Herb White Fish (300) Pesto White Rice (21) Carrots (96), Pineapple (0) LS Wheat Bread (40), Milk (103)		15 FROZEN MEAL Hamburger with Diced Potatoes, Carrot Applesauce LS Wheat Bread, Milk		16 FROZEN MEAL Pasta Bolognese Italian Vegetable Pears LS Wheat Bread, Milk	
Sodium 493, Calories 616		Sodium 534, Calories 829		Sodium 472, Calories 718		Sodium 530, Calories 783		Sodium 561, Calories 683					
17 St. Patrick's Day Irish Beef Stew (188), Penne (6) Broccoli (17) Fresh Apple (2) LS Wheat Bread (40), Milk (103)		18 Homemade Meatloaf w/ Sauce (264), Egg Noodles (17), Brussels Sprouts (19), Peaches (0), LS Wheat Bread (40), Milk (103)		19 Chicken Marsala w/ Sauce (269), Ziti (1), Garden Mixed Vegetables (48) Mixed Fruit (0), LS Wheat Bread (40), Milk (103)		20 LS BBQ Pulled Pork (365), Basmati Rice (4), Corn, Peppers, Onions (5) Fresh Fruit (1), LS Wheat Bread (40), Milk (103)		21 Lemon Crumb White Fish (367), Italian Herb White Rice (55), Broccoli (17), Tropical Fruit (5), LS Wheat Bread (40), Milk (103)		22 FROZEN MEAL Thai Ginger Curry Chicken, Green Beans, Carrots, Mixed Fruit LS Wheat Bread, Milk		23 FROZEN MEAL Breaded Pollock Cheesy Mash, Vegetable, Pears LS Wheat Bread, Milk	
Sodium 355, Calories 857		Sodium 443, Calories 787		Sodium 460, Calories 704		Sodium 518, Calories 835		Sodium 587, Calories 520					
24 Beef Shepards Pie w/ Corn (259), Herb Roasted Potatoes (30) Fresh Fruit (1), LS Wheat Bread (40), Milk (103)		25 TACO TUESDAY Pulled Chicken Taco (226), Yellow Rice (34), Fire Roasted Corn (1), Shredded Cheese (90), Fresh Orange (1) One Flour Tortilla (160), Milk (103)		26 Braised Pork & Vegetable Stew (271), Seasoned Potatoes (99), Broccoli (17), Jello (40)/ SF Jello, LS Wheat Bread (40), Milk (103)		27 Chicken w/ Apple Salsa (137), Whipped Squash (28), Meadow Blend Vegetables (20), Mixed Berry Cobbler (22) / SF Cookie, LS Wheat Bread (40), Milk (103)		28 White Fish w/ Florentine Sauce (339), Italian Herb White Rice (55), Catalina Blend Vegetables (41), Peaches (0), LS Wheat Bread (40), Milk (103)		29 FROZEN MEAL Chicken Patty w/ Picadillo, Sweet Potatoes, Peas, Mixed Fruit, LS Wheat Bread, Milk		30 FROZEN MEAL Chicken w/ Gravy, Potatoes, Brussel Sprouts, Applesauce, LS Wheat Bread, Milk	
Sodium 433, Calories 750		Sodium 614, Calories 649		Sodium 570, Calories 695		Sodium 350, Calories 637		Sodium 528, Calories 607					
31 Homemade Beef Meatballs w/ Swedish Sauce (342), Egg Noodles (17), Broccoli, Fresh Fruit (1), LS Wheat Bread (40), Milk (103)				Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community Living.									
Sodium 522, Calories 811													