



CARDIAC LUNCH

AUGUST 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 WITHOUT NOTICE.



MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY		SUNDAY	
Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community Living.				MENU KEY: Cardiac meals aim to be under 600 milligrams of sodium, 20 grams or less total fat, and 6 grams or less saturated fat. Number in parenthesis next to item is the sodium content in milligrams (mg) LS = Low Sodium; SF = Sugar Free				1 Garlic Parmesan Cheese Ravioli (292) Italian Zucchini & Carrots (49) Mixed Fruit (0) LS Wheat Bread (40) Milk (103)		2 <u>FROZEN MEAL</u> BBQ Pork, Sweet Potato, Mixed Vegetable, Tropical Fruit, LS Wheat Bread, Milk		3 <u>FROZEN MEAL</u> Twisted Mac & Cheese, Vegetable, Pears, LS Wheat Bread, Milk	
								Sodium 484, Calories 684					
4 Chicken w/ Lemon Cream (190) Garlic Linguini (2) Tarragon Carrots (79) Fresh Orange (0) LS Wheat Bread (40), Milk (103)		5 TACO TUESDAY Pulled Chicken Taco w/ Cheese (237) Yellow Rice (34) Fire Roasted Corn (2) Mandarin Oranges (6) One Flour Tortilla (160), Milk (103)		6 Chicken w/ Mushroom Lemon Sauce (230) ½ Baked Potato (4) Catalina Blend Vegetables (41) Clementine (1) LS Wheat Bread (40), Milk (103)		7 Pulled Pork (40) Yellow Rice & Black Beans (40) Broccoli, Peppers, Onions (9) Choc Chip Cookie (132) / SF Cookie LS Wheat Bread (40), Milk (103)		8 Lemon Crumb White Fish (367) Penne (6) Cauliflower w/ Red Peppers (49) Mixed Fruit (0) LS Wheat Bread (40), Milk (103)		9 <u>FROZEN MEAL</u> Pasta Bolognese, Vegetable Mix, Applesauce, LS Wheat Bread, Milk		10 <u>FROZEN MEAL</u> Meatballs in Orange Sauce, White Rice, Vegetable, Pears, LS Wheat Bread, Milk	
Sodium 414, Calories 519		Sodium 582, Calories 719		Sodium 419, Calories 464		Sodium 363, Calories 706		Sodium 564, Calories 598					
11 Southwestern Chicken (137) Tex-Mex Rice (29) Black Beans & Corn (60) Tropical Fruit (5) LS Wheat Bread (40), Milk (103)		12 Shepherd's Pie w/ Corn (259) Mashed Potatoes (76) Carrots (96) Fresh Orange (0) LS Wheat Bread (40), Milk (103)		13 ETHNIC MEAL - POLISH Lazy Man's Beef Galumpki (189) Roasted Cauliflower (21) Vanilla Pudding (115) / SF Pudding LS Wheat Bread (40), Milk (103)		14 Chimichurri Chicken (192) Adobo Potatoes (33) Stewed Italian Tomatoes (137) Applesauce (10) LS Wheat Bread (40), Milk (103)		15 Cheese Ravioli (278) w/ LS Alfredo Sauce (89) Broccoli (15) Tropical Fruit (5) LS Wheat Bread (40), Milk (103)		16 <u>FROZEN MEAL</u> Hamburger w/ Potato, Mixed Fruit, LS Wheat Bread, Milk		17 <u>FROZEN MEAL</u> Omelet, Sausage, Potato, Vegetable, SF Cookie, LS Wheat Bread, Milk	
Sodium 373, Calories 605		Sodium 574, Calories 791		Sodium 468, Calories 719		Sodium 516, Calories 579		Sodium 530, Calories 661					
18 Turkey Chili (375) ½ Baked Sweet Potato (29) Cumin Roasted Brussels Sprouts (27) Applesauce (10) LS Wheat Bread (40), Milk (103)		19 Pulled Beef Brisket w/ LS Cream (77) Egg Noodles (17) Peas & Carrots (80) Clementine (1) LS Wheat Bread (40), Milk (103)		20 Chicken w/ Lemon Cream (190) Harvest Wild Rice (21) Monte Carlo Vegetables (20) Brownie Cookie (115) / SF Cookie LS Wheat Bread (40), Milk (103)		21 LS BBQ Pulled Pork (365) Garlic Linguini (2) Broccoli (15) Banana (1) LS Wheat Bread (40), Milk (103)		22 White Fish Stew (259) Steamed Potatoes (27) Brussels Sprouts (19) Mixed Fruit (0) LS Wheat Bread (40), Milk (103)		23 <u>FROZEN MEAL</u> Meatballs in Orange Sauce, White Rice, Vegetable, Peaches, LS Wheat Bread, Milk		24 <u>FROZEN MEAL</u> Egg Patty, Potato, Gravy, Mixed Fruit, LS Wheat Bread, Milk	
Sodium 584, Calories 777		Sodium 318, Calories 743		Sodium 488, Calories 637		Sodium 526, Calories 758		Sodium 448, Calories 547					
25 Chicken Jambalaya (342) Red Beans & Rice (113) 5 Way Vegetables (27) Mandarin Oranges (6) LS Wheat Bread (40), Milk (103)		26 Cheeseburger (221) Herb Roasted Potatoes (30) Broccoli (15), Banana (1) LS Wheat Bread (40), Milk (103) w/ Ketchup (85)		27 Chicken w/ Spinach Artichoke Sauce (189) Mediterranean Rice (43) Braised Spinach (98) Choc Chip Cookie (132) / SF Cookie LS Wheat Bread (40), Milk (103)		28 Margherita Chicken w/ Basil Cream (316) Penne (6) Cauliflower (18) Tropical Fruit (5) LS Wheat Bread (40), Milk (103)		29 Panko White Fish w/ Tomato Cream (287) Garlic Parsley Potatoes (32) 3 Way Vegetables (40) SF Lemon Cookie (70) LS Wheat Bread (40), Milk (103)		30 <u>FROZEN MEAL</u> BBQ Pork, Sweet Potato, Mixed Vegetable, Tropical Fruit, LS Wheat Bread, Milk		31 <u>FROZEN MEAL</u> Twisted Mac & Cheese, Vegetable, Pears, LS Wheat Bread, Milk	
Sodium 630, Calories 630		Sodium 495, Calories 772		Sodium 604, Calories 631		Sodium 488, Calories 664		Sodium 572, Calories 546					