




# CARDIAC LUNCH

## JULY 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   |
|---|---|--|---|--|--|--|
| <b>Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging &amp; Independence &amp; Administration for Community Living.</b>                   | <b>1 ETHNIC MEAL - CHINESE</b><br><br>Pulled Pork (40)<br>Ginger Fried Rice (69), Broccoli (15), Banana (1), LS Wheat Bread (40), Milk (103)                                    | <b>2</b><br><br>Chicken w/ Spinach Artichoke Sauce (189), Mediterranean Rice (43), Braised Spinach (98), Choc Chip Cookie (132) / SF Cookie<br>LS Wheat Bread (40), Milk (103) | <b>3</b><br><br>Shepherd's Pie w/ Corn (259), Mashed Potatoes (76), Carrots (96), Fresh Orange (0), LS Wheat Bread (40), Milk (103)   | <b>4 NO MEAL SERVICE</b><br><br>  | <b>5 FROZEN MEAL</b><br><br>BBQ Pork, Sweet Potato, Mixed Vegetable, Tropical Fruit, LS Wheat Bread, Milk    | <b>6 FROZEN MEAL</b><br><br>Twisted Mac & Cheese, Vegetable, Pears, LS Wheat Bread, Milk                   |
|   | Sodium 268, Calories 657  | Sodium 604, Calories 631   | Sodium 574, Calories 791  | HOLIDAY – 4 <sup>th</sup> of JULY  |  |  |
| <b>7</b><br><br>Hawaiian Chicken (149), Sesame Jasmine Rice (89), Broccoli (15), Mixed Fruit (0) LS Wheat Bread (40), Milk (103)  | <b>8 TACO TUESDAY</b><br><br>Pulled Chicken Taco (147), Yellow Rice (34), Fire Roasted Corn (2), Shredded Cheese (90), Tropical Fruit (5), one Flour Tortilla (160), Milk (103) | <b>9</b><br><br>Latino Pulled Pork (122), White Rice w/ Black Beans (113), Corn, Peppers, Onions (5), Fresh Orange (0), LS Wheat Bread (40), Milk (103)                        | <b>10</b><br><br>Garlic Paprika Pulled Chicken (212), Garlic Dill Potatoes (29), Monte Carlo Vegetables (20), Oatmeal Cookie (105) / SF Cookie, LS Wheat Bread (40), Milk (103) | <b>11</b><br><br>White Fish w/ Spinach Artichoke Sauce (334), Garlic Orecchiette Pasta (1), Brussels Sprouts (19), Mixed Fruit (0), LS Wheat Bread (40), Milk (103)  | <b>12 FROZEN MEAL</b><br><br>Pasta Bolognese, Vegetable Mix, Applesauce, LS Wheat Bread, Milk                | <b>13 FROZEN MEAL</b><br><br>Meatballs in Orange Sauce, White Rice, Vegetable, Pears, LS Wheat Bread, Milk |
| Sodium 396, Calories 587  | Sodium 541, Calories 607  | Sodium 382, Calories 779   | Sodium 480, Calories 453  | Sodium 497, Calories 616   |  |  |
| <b>14</b><br><br>Cilantro Lime Short Ribs (91), Basmati Rice (4), Monte Carlo Vegetables (20), Fresh Apple (2), LS Wheat Bread (40), Milk (103)   | <b>15</b><br><br>Chicken w/ Stir Fry Sauce (154), Paprika White Rice (21), Broccoli, Peppers, Onions (9)<br>Mixed Berry Cobbler (22)<br>LS Wheat Bread (40), Milk (103)         | <b>16</b><br><br>LS Homemade Beef Meatballs w/ Tuscan Sauce (156), Spaghetti (9), Wax Beans (4), Tropical Fruit (5), LS Wheat Bread (40), Milk (103)                           | <b>17</b><br><br>Margherita Chicken w/ Basil Cream (317), Sour Cream & Chive Mashed Potatoes (83), Carrots & Broccoli (53), Banana (1) LS Wheat Bread (40), Milk (103)          | <b>18</b><br><br>Lemon Crumb White Fish (367), Yellow Rice (34), Buttered Broccoli (15), Mixed Fruit (0), LS Wheat Bread (40), Milk (103)  | <b>19 FROZEN MEAL</b><br><br>Hamburger w/ Potato, Mixed Fruit, LS Wheat Bread, Milk                          | <b>20 FROZEN MEAL</b><br><br>Omelet, Sausage, Potato, Vegetable, SF Cookie, LS Wheat Bread, Milk           |
| Sodium 259, Calories 705  | Sodium 349, Calories 599  | Sodium 318, Calories 845   | Sodium 596, Calories 642  | Sodium 559, Calories 529   |  |  |
| <b>21</b><br><br>Southwest Chicken Salad w/ Lettuce & Cheese (268), w/ Avocado Ranch (186), Roasted Corn Salsa (2), Tomatoes & Cucumbers (3), Mandarin Oranges (6), LS Wheat Bread (40), Milk (103) | <b>22</b><br><br>BBQ Chicken (434)<br>Buttered Corn (6), Broccoli (15), Mixed Fruit (0), LS Wheat Bread (40), Milk (103)  | <b>23</b><br><br>Cheeseburger (221), Warm German Potato Salad (100), Spring Peas & Carrots (80), Fresh Orange (0), LS Wheat Bread (40), Milk (103)                             | <b>24</b><br><br>Chicken Scallopini (171), White Rice Pilaf (62), Roasted Cauliflower (21), Oatmeal Cookie (105) / SF Cookie, LS Wheat Bread (40), Milk (103)                   | <b>25</b><br><br>Almond White Fish w/ Lemon Cream (372), White Rice (12), Monte Carlo Vegetables (20), Tropical Fruit (5), LS Wheat Bread (40), Milk (103)   | <b>26 FROZEN MEAL</b><br><br>Meatballs in Orange Sauce, White Rice, Vegetable, Peaches, LS Wheat Bread, Milk | <b>27 FROZEN MEAL</b><br><br>Egg Patty, Potato, Gravy, Mixed Fruit, LS Wheat Bread, Milk                   |
| Sodium 608, Calories 571  | Sodium 597, Calories 544  | Sodium 544, Calories 767   | Sodium 503, Calories 570  | Sodium 552, Calories 733   |  |  |
| <b>28</b><br><br>Harvest Stuffed Chicken (327), w/ LS Lemon Cream (55), Garlic Dill Potatoes (29), Broccoli (15), Tropical Fruit (5), LS Wheat Bread (40), Milk (103)                               | <b>29</b><br><br>LS Homemade Meatballs w/ Tuscan Sauce (156), Penne (6), Cali Blend Vegetables (42), Fresh Orange (0), LS Wheat Bread (40), Milk (103)                          | <b>30</b><br><br>Beef Brisket (200), ½ Baked Potato (4), Roasted Brussels Sprouts (19), Mixed Fruit (0), LS Wheat Bread (40), Milk (103)                                       | <b>31</b><br><br>Turkey Loaf w/ Gravy (330), Mashed Potatoes (76), Green Beans (4), Clementine (1), LS Wheat Bread (40), Milk (103)   | <b>MENU KEY:</b><br><b>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)</b><br><b>LS = Low Sodium; SF = Sugar Free</b> |  |  |
| Sodium 574, Calories 595  | Sodium 347, Calories 814  | Sodium 366, Calories 568   | Sodium 554, Calories 657  |  |  |  |