





CARDIAC LUNCH

JUNE 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.

Access Care Partners
formerly WestMass ElderCare

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
2 (See end of menu for Sunday June 1 st) Harvest Stuffed Chicken (327) w/ LS Cream Sauce (89), Garlic Dill Potatoes (29), Broccoli (15) Tropical Fruit (5) LS Wheat Bread (40), Milk (103)	3 LS Homemade Meatball w/ Tuscan Sauce (156), Spaghetti (9), Wax Beans (4), Fresh Orange (0) LS Wheat Bread (40), Milk (103)	4 Beef Brisket (200), ½ Baked Potato (4), Roasted Brussels Sprouts (19) Mixed Fruit (0) LS Wheat Bread (40), Milk (103)	5 Turkey Loaf w/ Gravy (330), Homemade Mashed Potatoes (76), Green Beans (4) Clementine (1) LS Wheat Bread (40), Milk (103)	6 White Fish w/ Spinach Artichoke Sauce (334), Harvest Rice Pilaf (82), Catalina Blend Vegetables (41), Mixed Fruit (0) LS Wheat Bread (40), Milk (103)	7 FROZEN MEAL Meatballs in Orange Sauce, White Rice, Vegetable, Applesauce, LS Wheat Bread, Milk	8 FROZEN MEAL Breaded Chicken w/ Gravy, Mixed Vegetable, Pears, LS Wheat Bread, Milk
Sodium 608, Calories 629	Sodium 313, Calories 856	Sodium 366, Calories 568	Sodium 554, Calories 657	Sodium 599, Calories 552		
9 Chicken w/ LS Lemon Cream Sauce (190), Garlic Linguini (5) Tarragon Carrots (79) Fresh Orange (0) LS Wheat Bread (40), Milk (103)	10 TACO TUESDAY Pulled Chicken Taco (147), Yellow Rice (34), Fire Roasted Corn (2), Shredded Cheese (90), Mandarin Oranges (6), one Flour Tortilla (160) Milk (103)	11 Chicken w/ Mushroom Lemon Cream Sauce (230), Egg Noodles (17), Catalina Blend Vegetables (41), Tropical Fruit (5) LS Wheat Bread (40), Milk (103)	12 Pulled Pork (40), Yellow Rice & Beans (40), Broccoli, Peppers, Onions (9), Choc Chip Cookie (132) / SF Cookie, LS Wheat Bread (40), Milk (103)	13 Lemon Crumb White Fish (367), Buttered Penne (6), Roasted Cauliflower & Red Peppers (49) Mixed Fruit (0) LS Wheat Bread (40), Milk (103)	14 FROZEN MEAL BBQ Pork Mixed Vegetable Tropical Fruit, LS Wheat Bread, Milk	15 FROZEN MEAL Twisted Mac & Cheese, Vegetable, Pears, LS Wheat Bread, Milk
Sodium 417, Calories 639	Sodium 542, Calories 589	Sodium 436, Calories 655	Sodium 363, Calories 706	Sodium 564, Calories 598		
16 LS Southwest Chicken (137), Tex Mex Rice (29), Black Beans & Corn (60), Tropical Fruit (5), LS Wheat Bread (40), Milk (103)	17 Shepherd's Pie w/ Corn (259), Mashed Potatoes (76), Buttered Carrots (96), Fresh Orange (0), LS Wheat Bread (40), Milk (103)	18 ETHNIC MEAL - POLISH Lazy Man's Galumpki (189) Roasted Cauliflower (21) Vanilla Pudding (115) / SF Pudding LS Wheat Bread (40), Milk (103)	19 JUNETEENTH HOLIDAY 	20 White Fish Puttanesca (353), Gamelli Pasta (0), Green Beans (4) Tropical Fruit (5) LS Wheat Bread (40), Milk (103)	21 FROZEN MEAL Pasta Bolognese, Vegetable Mix Tropical Fruit, LS Wheat Bread, Milk	22 FROZEN MEAL Breaded Chicken w/ Gravy, Mixed Vegetable, SF Cookie, LS Wheat Bread, Milk
Sodium 373, Calories 605	Sodium 574, Calories 791	Sodium 468, Calories 719	HOLIDAY - CLOSED	Sodium 578, Calories 637		
23 Turkey Chili (375), Paprika Rice (21), Cumin Roasted Brussels Sprouts (27), Applesauce (10), LS Wheat Bread (40), Milk (103)	24 Beef Brisket w/ LS Cream Sauce (77), Egg Noodles (17) Peas & Carrots (80) Tropical Fruit (5) LS Wheat Bread (40), Milk (103)	25 Chicken w/ LS Lemon Cream Sauce (190), Harvest Wild Rice (21), Monte Carlo Vegetables (60) Brownie Cookie (115) / SF Cookie LS Wheat Bread (40), Milk (103)	26 LS BBQ Pulled Pork (365), Garlic Linguini (5), Broccoli & Corn (14), Banana (1), LS Wheat Bread (40), Milk (103)	27 White Fish Stew (259), Steamed Potatoes (27), Roasted Brussels Sprouts (19), Mixed Fruit (0), LS Wheat Bread (40), Milk (103)	28 FROZEN MEAL Thai Ginger Curry Chicken w/ Mixed Vegetable SF Cookie, LS Wheat Bread, Milk	29 FROZEN MEAL Meatballs in Orange Sauce, White Rice, Vegetable, Pineapple, LS Wheat Bread, Milk
Sodium 576, Calories 690	Sodium 322, Calories 776	Sodium 528, Calories 669	Sodium 529, Calories 905	Sodium 448, Calories 547		
30 Chicken Jambalaya (342), Red Beans & Rice (113), 5 Way Vegetables (27), Mandarin Oranges (6), LS Wheat Bread (40), Milk (103)	*SUNDAY JUNE 1st FROZEN MEAL Pasta Bolognese, Vegetable Mix, Applesauce, LS Wheat Bread, Milk	MENU KEY: Cardiac lunch 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		Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community Living.		 <small>Locally prepared by Delaney's Market, following the nutrition and portion guidelines from the Massachusetts Executive Office of Elder Affairs.</small>
Sodium 631, Calories 630						