





CARDIAC LUNCH

MAY 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
 <p>Locally prepared by Delaney's Market, following the nutrition and portion guidelines from the Massachusetts Executive Office of Elder Affairs.</p>	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 Pulled Pork (67), Garlic Linguini (5), Broccoli & Corn (14), Banana (1), LS Wheat Bread (40), Milk (103) Sodium 230, Calories 859	2 White Fish Stew (259), Steamed Potatoes (27), Roasted Brussels Sprouts (19), Oatmeal Cookie (105) / SF Cookie, LS Wheat Bread (40), Milk (103) Sodium 553, Calories 577	3 <u>FROZEN MEAL</u> Meatballs in Orange Sauce, White Rice, Vegetable, Applesauce, LS Wheat Bread, Milk	4 <u>FROZEN MEAL</u> Breaded Chicken w/ Gravy, Mixed Vegetable, Pears, LS Wheat Bread, Milk
5 Chicken Jambalaya (342), Red Beans & Rice (113), 5 Way Vegetables (27), Mandarin Oranges (6), LS Wheat Bread (40), Milk (103) Sodium 631, Calories 630	6 Pork Bowl (40) w/ Ginger Fried Rice (69), Steamed Broccoli (15), Banana (1), LS Wheat Bread (40), Milk (103) Sodium 268, Calories 657	7 Chicken (135) w/ Spinach Artichoke Sauce (54), Mediterranean Rice (43), Braised Spinach (98), Choc Chip Cookie (132) / SF Cookie, LS Wheat Bread (40), Milk (103) Sodium 604, Calories 631	8 Shepherd's Pie w/ Corn (259), Mashed Potatoes (76), Carrots (96), Fresh Orange (0), LS Wheat Bread (40), Milk (103) Sodium 574, Calories 791	9 Panko White Fish (218), w/ Tomato Dijon Sauce (69), Garlic Parsley Potatoes (32), 3 Way Vegetables (40), SF Lemon Cookie (70), LS Wheat Bread (40), Milk (103) Sodium 572, Calories 546	10 <u>FROZEN MEAL</u> BBQ Pork, Sweet Potato, Mixed Vegetable, Tropical Fruit, LS Wheat Bread, Milk	11 <u>FROZEN MEAL</u> Twisted Mac & Cheese, Vegetable, Pears, LS Wheat Bread, Milk
12 Hawaiian Chicken (149), Sesame Jasmine Rice (89), Broccoli (15), Mixed Fruit (0), LS Wheat Bread (40), Milk (103) Sodium 396, Calories 587	13 TACO TUESDAY Pulled Chicken Taco (147), Yellow Rice (34), Fire Roasted Corn (2), Shredded Cheese (90), one Flour Tortilla (160), Milk (103) Sodium 536, Calories 547	14 Latino Pulled Pork (122), White Rice w/ Black Beans (113), Corn, Peppers, Onions (5), Fresh Orange (0), LS Wheat Bread (40), Milk (103) Sodium 382, Calories 779	15 Garlic Paprika Pulled Chicken (212), Garlic Dill Potatoes (29), Monte Carlo Vegetables (41), Oatmeal Cookie (105) / SF Cookie, LS Wheat Bread (40), Milk (103) Sodium 530, Calories 593	16 White Fish w/ Spinach Artichoke Sauce (334), Garlic Orecchiette Pasta (1), Brussels Sprouts (19), Mixed Fruit (0), LS Wheat Bread (40), Milk (103) Sodium 497, Calories 616	17 <u>FROZEN MEAL</u> Pasta Bolognese, Vegetable Mix, Applesauce, LS Wheat Bread, Milk	18 <u>FROZEN MEAL</u> Meatballs in Orange Sauce, White Rice, Vegetable, Pineapple, LS Wheat Bread, Milk
19 Cilantro Lime Short Ribs (91), Basmati Rice (4), Monte Carlo Vegetables (41), Fresh Apple (2), LS Wheat Bread (40), Milk (103) Sodium 281, Calories 715	20 Chicken w/ Stir Fry Sauce (154), Paprika White Rice (21), Broccoli, Peppers, Onions (9), Mixed Berry Cobbler (22), LS Wheat Bread (40), Milk (103) Sodium 349, Calories 599	21 LS Homemade Beef Meatballs w/ Tuscan Sauce (156), Spaghetti (9), Wax Beans (4), Tropical Fruit (5), LS Wheat Bread (40), Milk (103) Sodium 318, Calories 845	22 Margherita Chicken w/ Basil Cream (317), Sour Cream & Chive Mashed Potatoes (83), Carrots & Broccoli (53), Banana (1) LS Wheat Bread (40), Milk (103) Sodium 596, Calories 642	23 Lemon Crumb White Fish (367), Yellow Rice (34), Buttered Broccoli (15), Mixed Fruit (0), LS Wheat Bread (40), Milk (103) Sodium 559, Calories 529	24 <u>FROZEN MEAL</u> Thai Ginger Curry Chicken w/ Mixed Vegetable, Pears, LS Wheat Bread, Milk	25 <u>FROZEN MEAL</u> Breaded Chicken w/ Gravy, Mixed Vegetable, Mixed Fruit, LS Wheat Bread, Milk
26 Holiday – NO MEAL SERVICE 	27 BBQ Chicken (431) Buttered Corn (6), Broccoli (15), Mixed Fruit (0), LS Wheat Bread (40), Milk (103) Sodium 595, Calories 549	28 Cheeseburger (221), Warm German Potato Salad (100), Spring Peas & Carrots (80), Fresh Orange (0), LS Wheat Bread (40), Milk (103) Sodium 544, Calories 767	29 Chicken Scallopini (171), White Rice Pilaf (62), Roasted Cauliflower (21), Oatmeal Cookie (105) / SF Cookie, LS Wheat Bread (40), Milk (103) Sodium 503, Calories 570	30 Almond White Fish w/ Lemon Cream (372), White Rice (12), Monte Carlo Vegetables (41), Tropical Fruit (5), LS Wheat Bread (40), Milk (103) Sodium 573, Calories 743	31 <u>FROZEN MEAL</u> Meatballs in Orange Sauce, White Rice, Vegetable, Peaches, LS Wheat Bread, Milk	
Memorial Day - CLOSED						