






November 2025 – Cardiac Lunch

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 |
|--|---|--|--|--|--|--|
| 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 | | | Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community Living. | | <u>1 FROZEN MEAL</u> Pasta Bolognese, Vegetable Mix, Applesauce, LS Wheat Bread, Milk | <u>2 FROZEN MEAL</u> Meatballs in Orange Sauce, White Rice, Vegetable, Pears, LS Wheat Bread, Milk |
| 3 Turkey & Bean Chili (375) Herb Roasted Potatoes (30) Broccoli (15) Peaches (0) LS Wheat Bread (40), Milk (103) | 4 Sweet Curry Chicken (296) Sesame Jasmine Rice (89) Peas & Carrots (80) Mixed Fruit (0) LS Wheat Bread (40), Milk (135) | 5 Cheese Ravioli w/ Garden Tomato Sauce (361) Monter Carlo Vegetables (20) Tropical Fruit (5) LS Wheat Bread (40), Milk (103) | 6 Balsamic Glazed Chicken (181) Garlic Linguini (2) Brussels Sprouts (19) Choc Chip Cookie (132) / SF Cookie LS Wheat Bread (40), Milk (103) | 7 Irish Beef Stew (188) Mashed Potatoes (76) Green Beans (4) Fresh Clementine (1) LS Wheat Bread (40), Milk (103) | 8 FROZEN MEAL Hamburger w/ Potato, Mixed Fruit, LS Wheat Bread, Milk | 9 FROZEN MEAL Omelet, Sausage, Potato, Vegetable, SF Cookie, LS Wheat Bread, Milk |
| Sodium 563, Calories 639 | Sodium 609, Calories 655 | Sodium 529, Calories 701 | Sodium 477, Calories 713 | Sodium 411, Calories 719 | | |
| 10 Baked Chicken Cutlet (138) Italian Herb Rigatoni (1) Italian Zucchini & Carrots (49) Mandarin Oranges (6) LS Wheat Bread (40), Milk (103) | 11 Veteran's Day - Closed  | 12 Homemade Meatballs (79) w/ LS Garlic Sauce (101), Spaghetti (9) Broccoli (15) Peaches (0) LS Wheat Bread (40), Milk (103) | 13 Egg Omelet w/ Swiss Cheese (330) Herb Roasted Potatoes (30) Broccoli (15) Fresh Apple (2) LS Wheat Bread (40), Milk (103) | 14 Garlic Parmesan Ravioli (292) w/ LS Lemon Cream Sauce (55) California Blend Vegetables (42) Mixed Fruit (0) LS Wheat Bread (40), Milk (103) | 15 FROZEN MEAL Meatballs in Orange Sauce, White Rice, Vegetable, Peaches, LS Wheat Bread, Milk | 16 FROZEN MEAL Egg Patty, Potato, Gravy, Mixed Fruit, LS Wheat Bread, Milk |
| Sodium 337, Calories 751 | NO MEAL SERVICE | Sodium 348, Calories 797 | Sodium 519, Calories 705 | Sodium 532, Calories 709 | | |
| 17 Chicken w/ Honey Ginger Glaze (138) White Rice Pilaf (62) Garden Mix Vegetables (48) Mixed Fruit (0) LS Wheat Bread (40), Milk (103) | 18 Meatloaf w/ Sauce (264) Garlic Parsley Potatoes (32) Green Beans (4) Tropical Fruit (5) LS Wheat Bread (40), Milk (103) | 19 Garlic Parmesan Ravioli (292) w/ LS Basil Cream Sauce (59) Braised Spinach (98) Peaches (0) LS Wheat Bread (40), Milk (103) | 20 Special – Holiday Meal Turkey Loaf w/ Gravy (330) Mashed Potatoes (76) Whipped Butternut Squash (28) Mixed Berry Cobbler (22) / SF Cookie LS Wheat Bread (40), Milk (103) | 21 Sloppy Joe (152) Potato Wedges (27) Broccoli (15) Pears (0) Hamburger Bun (240), Milk (103) | 22 FROZEN MEAL BBQ Pork, Sweet Potato, Mixed Vegetable, Tropical Fruit, LS Wheat Bread, Milk | 23 FROZEN MEAL Twisted Mac & Cheese, Vegetable, Pears, LS Wheat Bread, Milk |
| Sodium 391, Calories 668 | Sodium 449, Calories 662 | Sodium 592, Calories 694 | Sodium 599, Calories 844 | Sodium 537, Calories 635 | | |
| 24 LS BBQ Pulled Pork (365) Baked Sweet Potato (29) Corn, Peppers, Onions (5) Fresh Orange (0) LS Wheat Bread (40), Milk (103) | 25 Special – Taco Tuesday Chicken Taco w/ Cheese (237) Yellow Rice (34) Fire Roasted Corn (2) Pineapples (0) One Flour Tortilla (160), Milk (103) | 26 Chicken Marsala (357) Olive Oil Penne (11) Brussels Sprouts (19) Tropical Fruit (5) LS Wheat Bread (40), Milk (103) | 27 Happy Thanksgiving - Closed  | 28 <i>No Meal Service</i>  | 29 FROZEN MEAL Pasta Bolognese, Vegetable Mix, Applesauce, LS Wheat Bread, Milk | 30 FROZEN MEAL Meatballs in Orange Sauce, White Rice, Vegetable, Pears, LS Wheat Bread, Milk |
| Sodium 543, Calories 870 | Sodium 536, Calories 612 | Sodium 535, Calories 768 | NO MEAL SERVICE | NO MEAL SERVICE | | |