




# Community Table Lunch

## JULY 2025

Reach out to meal site to sign up.  
For nutrition-related questions call (413) 538-9020.  
**MEALS ARE SUBJECT TO CHANGE WITHOUT NOTICE.**



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community Living.	<b>1 ETHNIC MEAL - CHINESE</b> Teriyaki Pulled Pork (731*), Ginger Fried Rice (69), Broccoli (15), Banana (1), White Bread (125), Milk (103) Sodium 1044, Calories 573	<b>2</b> Spinach Artichoke Stuffed Chicken (333), w/ Basil Cream (59), Mediterranean Rice (43), Braised Spinach (98), Choc Chip Cookie (132), WG Bread (125), Milk (103) Sodium 893, Calories 617	<b>3</b> Beef Shepherd's Pie w/ Corn (259), Mashed Potatoes (76), Carrots (96), Fresh Orange (0), White Bread (125), Milk (103) Sodium 659, Calories 721	<b>4 NO MEAL SERVICE</b>  HOLIDAY – 4 <sup>th</sup> of JULY
<b>7</b> Hawaiian Chicken (149), Sesame Jasmine Rice (89), Broccoli (15), Mixed Fruit (0), White Bread (125), Milk (103) Sodium 481, Calories 517	<b>8 TACO TUESDAY</b> Beef Taco (131), Yellow Rice (34), Fire Roasted Corn (2), Shredded Cheese (90), Tropical Fruit (5), Flour Tortillas (320), Milk (103) Sodium 684, Calories 894	<b>9</b> Latino Pulled Pork (122), White Rice & Black Beans (113), Corn, Peppers, Onions (7), Fresh Orange (0), White Bread (125), Milk (103) Sodium 467, Calories 709	<b>10 SALAD</b> Tossed Salad (90), Russian Dressing (236), Garlic Paprika Pulled Chicken (212), Garlic Dill Potatoes (29), Monte Carlo Vegetables (20), Oatmeal Cookie (105), WG Bread (125), Milk (103) Sodium 920, Calories 680	<b>11</b> White Fish w/ Spinach Artichoke Sauce (334), Garlic Orecchiette Pasta (1), Brussels Sprouts (19), Brownie Cookie (115), White Bread (125), Milk (103) Sodium 697, Calories 646
<b>14 SOUP</b> Beef & Veg Soup (335), Crackers (80), Cilantro Lime Short Ribs (91), Basmati Rice (4), Monte Carlo Vegetables (20), Apple (2) White Bread (125), Milk (103) Sodium 760, Calories 808	<b>15 BIRTHDAY CAKE</b> Chicken w/ Stir Fry Sauce (154), Paprika White Rice (21), Broccoli, Peppers, Onions (9), White Cake (210), WG Bread (125), Milk (103) Sodium 622, Calories 675	<b>16</b> Meatballs w/ Tuscan Sauce (663*), Spaghetti (9), Wax Beans (4), Tropical Fruit (5) White Bread (125), Milk (103) Sodium 909, Calories 755	<b>17</b> Margherita Chicken w/ Basil Cream (317), Sour Cream & Chive Mashed Potatoes (83), Carrots & Broccoli (53), Banana (1) WG Bread (125), Milk (103) Sodium 681, Calories 572	<b>18</b> Latino Seafood Stew (475) Yellow Rice (34), Broccoli (15), Chocolate Pudding (110) White Bread (125), Milk (103) Sodium 862, Calories 575
<b>21</b> Southwest Chicken Salad w/ Lettuce & Cheese (268), w/ Avocado Ranch Dressing (186), Black Beans & Corn (60), Tomatoes & Cucumbers (3), Mandarin Oranges (6) WG Bread (125), Milk (103) Sodium 751, Calories 517	<b>22</b> BBQ Chicken (434), Buttered Corn (6), Broccoli (15), Chocolate Chip Cookie (132) White Bread (125), Milk (103) Sodium 814, Calories 583	<b>23 SALAD</b> Tossed Salad (90), Italian Dressing (274), Cheeseburger (221), Warm German Potato Salad (100), Spring Peas & Carrots (80), Fresh Orange (0), Hamburger Bun (240), Milk (103), Ketchup pkt (85) Sodium 1192, Calories 877	<b>24</b> Chicken Scallopini (171) White Rice Pilaf (62), Roasted Cauliflower (21) Oatmeal Cookie (105) White Bread (125), Milk (103) Sodium 588, Calories 500	<b>25</b> Almond Crusted White Fish w/ Garlic Cream (419), Brown Rice & Black Beans (162), Monte Carlo Vegetables (20), Tropical Fruit (5), WG Bread (125), Milk (103) Sodium 834, Calories 723
<b>28</b> Harvest Stuffed Chicken w/ Harvest Cream (489), Garlic Dill Potatoes (29), Broccoli (15), Tropical Fruit (5), WG Bread (125), Milk (103) Sodium 767, Calories 545	<b>29 SOUP / HIGH SODIUM DAY</b> Tortellini Soup (278), Crackers (80), Meatballs w/ Tuscan sauce (663*), Penne (6), Cali Blend Vegetables (42), Fresh Orange (0) White Bread (125), Milk (103) Sodium 1297, Calories 849	<b>30</b> BBQ Beef Brisket (658*), ½ Baked Potato (4), Roasted Brussels Sprouts (19), Vanilla Pudding (110), WG Bread (125), Milk (103) Sodium 1024, Calories 540	<b>31</b> Turkey Breast w/ Gravy (592*), Mashed Potatoes (76), Green Beans (4), Clementine (1), White Bread (125), Milk (103) Sodium 900, Calories 454	<b>MENU KEY:</b> High Sodium items (>500mg) are marked with asterisk* <u>High Sodium Days</u> are >1200mg. The number in parenthesis next to item is the sodium content in milligrams (mg) SF = Sugar Free; WG = Whole Grain