






Community Table Lunch

November 2025

Reach out to the 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
MENU KEY: High Sodium foods (>500mg) are marked with an asterisk* High Sodium Day = The total meal has 1200mg or more sodium The number in parenthesis next to food is the sodium content in milligrams (mg) SF = Sugar Free; WG = Whole Grain			Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community Living.	
3 Turkey & Bean Chili (375) Herb Roasted Potatoes (30) Broccoli (15) Vanilla Pudding (115) White Bread (125), Milk (103)	4 Special – Indian-Inspired Sweet Curry Chicken (296) Sesame White Rice (89) Peas & Carrots (80) Mixed Fruit (0) WG Bread (125), Milk (103)	5 Lasagna Roll w/ Garden Tomato Sauce (573*) Monte Carlo Vegetables (20) Tropical Fruit (5) White Bread (125), Milk (103)	6 Soup Tortellini Soup w/ Crackers (358) Bruschetta Chicken (344) Garlic Linguini (2), Brussels Sprouts (19) Choc Chip Cookie (132) WG Bread (125), Milk (103)	7 Irish Beef Stew (188) Mashed Potatoes (76) Green Beans (4) Fresh Clementine (1) White Bread (125), Milk (103)
Sodium 763, Calories 619	Sodium 694, Calories 585	Sodium 826, Calories 691	Sodium 1083, Calories 818	Sodium 496, Calories 649
10 Chicken Parmesan (629*) Rigatoni w/ Red Sauce (81) Italian Zucchini & Carrots (49) Mandarin Oranges (6) WG Bread (125), Milk (103)	11 Veteran's Day - Closed 	12 Salad Tossed Salad w/ Russian Dressing (326) Spaghetti and Meatballs w/ Marinara Sauce (576*) Broccoli (15), Peaches (0) White Bread (125), Milk (103)	13 Special – Breakfast for Lunch Turkey Sausage Patties (620*) French Toast Sticks w/ Syrup (290) Hashbrown (280) w/ Ketchup pkt (85) Fresh Apple (2) Orange Juice (0), Milk (103)	14 Cheese Ravioli w/ Vodka Sauce (536*) California Blend Vegetables (42) Choc Pudding (110) WG Bread (125), Milk (103)
Sodium 993, Calories 709	NO MEAL SERVICE	Sodium 1145, Calories 833	Sodium 1380 HIGH. Calories 880	Sodium 916, Calories 659
17 Hot Dog (448) Baked Beans (288) Garden Mix Vegetables (48) Mixed Fruit (0) Hot Dog Bun (270), Milk (103)	18 Soup Beef & Veg Soup w/ Crackers (415) Meatloaf w/ Sauce (264) Garlic Parsley Potatoes (32) Green Beans (4), Tropical Fruit (5) White Bread (125), Milk (103)	19 Cheese Manicotti w/ Marinara Sauce (595*) Braised Spinach (98) Peaches (0) WG Bread (125), Milk (103)	20 Special – Holiday Meal Turkey w/ Stuffing & Gravy (851*) Mashed Potatoes (76) Whipped Butternut Squash (28) Apple Crisp (200) White Bread (125), Milk (103)	21 Special – Birthday Cake Sloppy Joe (152) Potato Wedges (27) Broccoli (15) White Cake (210) / SF Cookie Hamburger Bun (240), Milk (103)
Sodium 1157, Calories 598	Sodium 949, Calories 746	Sodium 921, Calories 532	Sodium 1383 HIGH, Calories 879	Sodium 747, Calories 865
24 BBQ Pulled Pork (515*) Baked Sweet Potato (29) Corn, Peppers, Onions (5) Fresh Orange (0) WG Bread (125), Milk (103)	25 Special – Taco Tuesday Beef Taco w/ Cheese (221) Yellow Rice (34) Fire Roasted Corn (2) Pineapples (0) Flour Tortillas (320), Milk (103)	26 Salad Tossed Salad w/ Italian Dressing (364) Chicken Marsala (357) Olive Oil Penne (11), Brussels Sprouts (19) Choc Chip Cookie (132) WG Bread (125), Milk (103)	27 Happy Thanksgiving - Closed 	28 No Meal Service 
Sodium 777, Calories 823	Sodium 679, Calories 899	Sodium 1110, Calories 908	NO MEAL SERVICE	NO MEAL SERVICE