





# Community Table Lunch

## MAY 2025

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

**Access Care Partners**  
formerly WestMass ElderCare

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
  <small>Locally prepared by Delaney's Market, following the nutrition and portion guidelines from the Massachusetts Executive Office of Elder Affairs.</small>	<b>Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging &amp; Independence &amp; Administration for Community Living.</b>	<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	<b>1 SALAD</b> Caesar Salad (632)*, Pulled Pork (67), Garlic Linguini (5), Broccoli & Corn (14), Banana (1) White Bread (125), Milk (103)	<b>2</b> White Fish Stew (259), Steamed Potatoes (27), Roasted Brussels Sprouts (19), Oatmeal Cookie (105), WG Bread (125), Milk (103)
			Sodium 947, Calories 1022	Sodium 507, Calories 638
<b>5 SOUP</b> Tortellini Soup (278) w/ LS Crackers (80), Chicken Jambalaya (342), Red Beans & Rice (113), 5 Way Vegetables (27) Mandarin Oranges (6) WG Bread (125), Milk (103)	<b>6 Ethnic Meal - Chinese</b> Pork Bowl (40) with Ginger Fried Rice (69), Steamed Broccoli (15), Banana (1) White Bread (125), Milk (103)	<b>7</b> Spinach Artichoke Stuffed Chicken (333) w/ Basil Cream Sauce (59), Mediterranean Rice (43), Braised Spinach (43), Choc Chip Cookie (132), WG Bread (125), Milk (103)	<b>8</b> Beef Shepherd's Pie w/ Corn (259), Mashed Potatoes (76) Carrots (96) Fresh Orange (0) White Bread (125), Milk (103)	<b>9</b> Panko White Fish (218) w/ Tomato Dijon Sauce (69), Garlic Parsley Steamed Potatoes (32), 3 Way Vegetables (40), Oatmeal Cookie (105) WG Bread (125), Milk (103)
Sodium 1074, Calories 685	Sodium 353, Calories 587	Sodium 893, Calories 617	Sodium 659, Calories 721	Sodium 692, Calories 496
<b>12</b> Hawaiian Chicken (149), Sesame Jasmine White Rice (89), Broccoli (15), Fresh Apple (2), White Bread (125) Milk (103)	<b>13 TACO TUESDAY</b> Beef Taco (131), Yellow Rice (34), Fire Roasted Corn (2), Shredded Cheese (90), Tropical Fruit (5), Flour Tortilla (320), Milk (103)	<b>14</b> Latino Pulled Pork (122), White Rice & Black Beans (113), Corn, Peppers, Onions (7), Fresh Orange (0), White Bread (125), Milk (103)	<b>15 SALAD</b> Salad w/ Russian Dressing (326), Garlic Paprika Pulled Chicken (212), Garlic Dill Potatoes (29), Monte Carlo Vegetables (41), Oatmeal Cookie (105), WG Bread (125), Milk (103)	<b>16</b> White Fish w/ Spinach Artichoke Sauce (334), Garlic Orecchiette (1), Brussels Sprouts (19), Brownie Cookie (115), White Bread (125), Milk (103)
Sodium 483, Calories 544	Sodium 684, Calories 894	Sodium 467, Calories 709	Sodium 941, Calories 690	Sodium 697, Calories 646
<b>19 SOUP</b> Beef Vegetable Soup (335) w/ Crackers (80), Cilantro Lime Short Ribs (91), Basmati Rice (4), Monte Carlo Vegetables (41), Fresh Apple (2), White Bread (125), Milk (103)	<b>20 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)	<b>21</b> Meatballs w/ Tuscan Sauce (663)*, Spaghetti (9), Wax Beans (4), Fresh Tropical Fruit (5) White Bread (125), Milk (103)	<b>22</b> Margherita Chicken w/ Basil Cream (317), Sour Cream & Chive Mashed Potatoes (83), Carrots & Broccoli (53), Banana (1) WG Bread (125), Milk (103)	<b>23</b> Latino Seafood Stew (475), Yellow Rice (34), Buttered Broccoli (15), Chocolate Pudding (110), White Bread (125), Milk (103)
Sodium 781, Calories 818	Sodium 613, Calories 673	Sodium 909, Calories 755	Sodium 681, Calories 572	Sodium 752, Calories 465
<b>26 Holiday – NO MEAL SERVICE</b> 	<b>27</b> BBQ Chicken (431), Buttered Corn (6), Broccoli (15), Chocolate Chip Cookie (132), White Bread (125), Milk (103)	<b>28 SALAD</b> Salad w/ Italian Dressing (364), Cheeseburger (221), Warm German Potato Salad (100), Spring Peas & Carrots (80), Fresh Orange (0), Hamburger Bun (240), Milk (103), Ketchup Pkt (85)	<b>29</b> Chicken Scallopini (171), White Rice Pilaf (62), Roasted Cauliflower (21), Oatmeal Cookie (105), White Bread (125), Milk (103)	<b>30</b> Almond Encrusted White Fish w/ Garlic Cream Sauce (419), Brown Rice & Black Beans (162), Monte Carlo Vegetables (41), Tropical Fruit (5) WG Bread (125), Milk (103)
Memorial Day - CLOSED	Sodium 811, Calories 588	Sodium 1192, Calories 877	Sodium 588, Calories 500	Sodium 852, Calories 733