



# LATINO 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
 <p>Locally prepared by Delaney's Market, following the nutrition and portion guidelines from the Massachusetts Executive Office of Elder Affairs.</p>	<p><b>Suggested, Confidential, Voluntary Donation of \$3.00/meal.</b></p> <p>Funding provided by MA Executive Office of Aging &amp; Independence &amp; Administration for Community Living.</p>	<p><b>MENU KEY:</b> High Sodium items (&gt;500mg) are marked with asterisk* High Sodium Days are &gt;1200mg the number in parenthesis next to item is the sodium content in milligrams (mg). SF = Sugar Free; WG = Whole Grain</p>	<p><b>1</b></p> <p>Latino Pulled Pork (122), Mashed Garlic Yuca (22), Broccoli &amp; Corn (14), Banana (1), White Bread (125), Milk (103)</p> <p>Sodium 387, Calories 766</p>	<p><b>2</b></p> <p>Latino Seafood Stew (475), Adobo Steamed Potatoes (33), Roasted Brussels Sprouts (19), Oatmeal Cookie (105) / SF Cookie, WG Bread (125), Milk (103)</p> <p>Sodium 860, Calories 602</p>
<p><b>5</b></p> <p>Chicken Jambalaya (342), Red Beans &amp; Rice (113), 5 Way Vegetables (27), Mandarin Oranges (6), WG Bread (125), Milk (103)</p> <p>Sodium 716, Calories 560</p>	<p><b>6 Ethnic Meal - Chinese</b></p> <p>Pork Bowl (40), Ginger Fried Rice (69), Steamed Broccoli (15), Banana (1), White Bread (125), Milk (103)</p> <p>Sodium 353, Calories 587</p>	<p><b>7</b></p> <p>Spinach Artichoke Stuffed Chicken (333) w/ Cilantro Cream (58), Yuca Fries (21), Braised Spinach (98), Chocolate Chip Cookie (132) / SF Cookie, WG Bread (125), Milk (103)</p> <p>Sodium 870, Calories 708</p>	<p><b>8</b></p> <p>Latino Shepherd's Pie w/ Corn (277), Mashed Potatoes (76), Carrots (96), Coconut Rice Pudding (15) / SF Pudding, White Bread (125), Milk (103)</p> <p>Sodium 692, Calories 697</p>	<p><b>9</b></p> <p>Panko White Fish w/ Tomato Dijon Sauce (287), Garlic Mashed Plantains (9), 3 Way Vegetables (40), Oatmeal Cookie (105) / SF Cookie, WG Bread (125), Milk (103)</p> <p>Sodium 669, Calories 505</p>
<p><b>12</b></p> <p>Hawaiian Chicken (149) White Rice w/ Pigeon Peas (51), Cumin Broccoli (13), Mixed Fruit (0), White Bread (125), Milk (103)</p> <p>Sodium 441, Calories 506</p>	<p><b>13 TACO TUESDAY</b></p> <p>Beef Taco (131), Yellow Rice (34), Fire Roasted Corn (2), Shredded Cheese (90), Tropical Fruit (5), Flour Tortillas (320), Milk (103)</p> <p>Sodium 684, Calories 894</p>	<p><b>14</b></p> <p>Latino Pulled Pork (122), White Rice &amp; Black Beans (113), Corn, Peppers, Onions (5), Fresh Orange (0), White Bread (125), Milk (103)</p> <p>Sodium 467, Calories 709</p>	<p><b>15</b></p> <p>Garlic Paprika Pulled Chicken (212), Mashed Garlic Yuca (22), Monte Carlo Vegetables (41), Oatmeal Cookie (105) / SF Cookie, WG Bread (125), Milk (103)</p> <p>Sodium 608, Calories 567</p>	<p><b>16</b></p> <p>White Fish w/ Spinach Artichoke Sauce (334), Mofongo (9), Brussels Sprouts (19), Brownie Cookie (115) / SF Cookie, White Bread (125), Milk (103)</p> <p>Sodium 704, Calories 607</p>
<p><b>19</b></p> <p>Cilantro Lime Short Ribs (91), Basmati Rice (4), Monte Carlo Vegetables (41), Fresh Apple (2), White Bread (125), Milk (103)</p> <p>Sodium 366, Calories 645</p>	<p><b>20 BIRTHDAY CAKE</b></p> <p>Latino Pulled Pork (122), White Rice w/ Pigeon Peas (51), Paprika Zucchini (9), White Cake (210), WG Bread (125), Milk (103)</p> <p>Sodium 620, Calories 898</p>	<p><b>21</b></p> <p>Meatballs w/ Smoked Cumin Sauce (638)*, Mofongo (9), Wax Beans (4), Tropical Fruit (5), White Bread (125), Milk (103)</p> <p>Sodium 884, Calories 636</p>	<p><b>22</b></p> <p>Chicken w/ Cilantro Cream Sauce (193), Garlic Mashed Plantains (9), Carrots &amp; Broccoli (53), Banana (1), WG Bread (125), Milk (103)</p> <p>Sodium 484, Calories 529</p>	<p><b>23</b></p> <p>Latino Seafood Stew (475), Yellow Rice (34), Broccoli (15), Chocolate Pudding (110) / SF Pudding, White Bread (125), Milk (103)</p> <p>Sodium 862, Calories 575</p>
<p><b>26 Holiday – NO MEAL SERVICE</b></p>  <p>Memorial Day - CLOSED</p>	<p><b>27</b></p> <p>Pollo Guisado (193), Buttered Corn (6), Broccoli (15), Chocolate Chip Cookie (132) / SF Cookie, White Bread (125), Milk (103)</p> <p>Sodium 573, Calories 636</p>	<p><b>28</b></p> <p>Cheeseburger (221), Warm Spanish Potato Salad (76), Spring Peas &amp; Carrots (80), Fresh Orange (0), Hamburger Bun, Milk (103), Ketchup packet (85)</p> <p>Sodium 805, Calories 781</p>	<p><b>29</b></p> <p>Plantain Stuffed Chicken w/ Green Sofrito Sauce (388), White Rice Pilaf (62), Roasted Cauliflower (21), Oatmeal Cookie (105) / SF Cookie, White Bread (125), Milk (103)</p> <p>Sodium 804, Calories 696</p>	<p><b>30</b></p> <p>Almond White Fish w/ Cilantro Cream (376), Brown Rice &amp; Black Beans (162), Monte Carlo Vegetables (41), Tropical Fruit (5), WG Bread (125), Milk (103)</p> <p>Sodium 812, Calories 727</p>