



LATINO LUNCH

March 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.



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3 Chicken Parmesan (629)* Rigatoni w/ Red Sauce (81) Green Beans (4) Fresh Fruit (1) White Bread (125), Milk (103)	4 Adobo Pulled Beef Short Ribs (329) Spanish Rice & Beans (162) Catalina Blend Vegetables (41) Fudge Brownie (230) / SF Cookie Whole Grain Bread (125), Milk (103)	5 Ethnic Meal - Indian Sweet Curry Chicken w/ Red Peppers (296), Sesame Jasmine Rice (89) Cauliflower (18) Pudding (110) / SF Pudding Naan Bread (360), Milk (103)	6 Cilantro-Glazed Pork Loin (189) Mashed Garlic Yuca (22) Cumin Broccoli (13) Tropical Fruit (5) White Bread (125), Milk (103)	7 Cheese Ravioli w/ Latino Red Sauce (558)*, Italian Zucchini Carrot Blend (49) Mixed Fruit (0) Whole Grain Bread (125), Milk (103)
Sodium 944, Calories 771	Sodium 990, Calories 780	Sodium 976, Calories 656	Sodium 458, Calories 759	Sodium 835, Calories 609
10 Open-Faced Plantain Stuffed Chicken (379), Mashed Plantains (9) California Blend Vegetables (42), Banana (1) White Bread (125), Milk (103)	11 Spaghetti & Meatballs w/ Green Sofrito Sauce (488), Wax Beans (4), Broccoli (17) Mandarin Oranges (6) Whole Grain Bread (125), Milk (103)	12 BIRTHDAY CAKE Boneless Pork Chop w/ Garlic Cream Sauce (175), Mashed Malanga (22) Meadow Blend Vegetables (20) Cake (320) / SF Cookie White Bread (125), Milk (103)	13 Homemade Turkey Salisbury Steak w/ Gravy (312), Cumin Brown Rice w/ Black Beans (162), Peas & Carrots (80), Fresh Fruit (1) Whole Grain Bread (125), Milk (103)	14 Latino White Fish w/ Garlic Sauce (418) Garlic Yuca (22), Ratatouille Vegetables (66) Pineapple (0) White Bread (125), Milk (103)
Sodium 660, Calories 612	Sodium 743, Calories 875	Sodium 764, Calories 728	Sodium 783, Calories 715	Sodium 734, Calories 562
17 St. Patrick's Day Irish Beef Stew (188) Homemade Mashed Potatoes (76) Fresh Apple (2) Whole Grain Bread (125) Milk (103)	18 Homemade Meatloaf w/ Latino Sauce (249), Mashed Plantains (9) Brussels Sprouts (19) Yogurt (60) White Bread (125), Milk (103)	19 Chimichurri Baked Chicken (192) Herb Roasted Potatoes (30) Garden Mixed Vegetables (48) Mixed Fruit (0) Whole Grain Bread (125), Milk (103)	20 Latino Pulled Pork (122) Garlic Yuca (22) Corn, Peppers, Onions (5) Fresh Fruit (1) White Bread (125), Milk (103)	21 White Fish w/ Sofrito Sauce (423), Latino Rice w/ Pigeon Peas (51) Spanish Broccoli (28), Chocolate Chip Cookie (132) / SF Cookie Whole Grain Bread (125), Milk (103)
Sodium 493, Calories 656	Sodium 565, Calories 613	Sodium 498, Calories 498	Sodium 378, Calories 704	Sodium 862, Calories 624
24 Beef Shepard's Pie w/ Corn (259) Homemade Mashed Potatoes (76) Fresh Fruit (1) White Bread (125) Milk (103)	25 TACO TUESDAY Beef Taco (131), Yellow Rice (34) Fire Roasted Corn (2) Shredded Cheese (90) Fresh Orange (0) Flour Tortilla (320), Milk (103)	26 Latino Braised Pork & Vegetable Stew (306), Mashed Malanga (22) Broccoli (17) Rice Pudding (15) / SF Pudding Whole Grain Bread (125), Milk (103)	27 Pollo Guisado (193), Mofongo (9) Meadow Blend Vegetables (20) Mixed Berry Cobbler (22) / SF Cookie, White Bread (125) Milk (103)	28 Latino Seafood Stew (475) Cumin White Rice w/ Black Beans (231) Catalina Blend Vegetables (41) Peaches (0), Whole Grain Bread (125), Milk (103)
Sodium 563, Calories 676	Sodium 679, Calories 904	Sodium 588, Calories 656	Sodium 472, Calories 657	Sodium 975, Calories 556
31 Latino Meatballs w/ Smoked Cumin Paprika Sauce (638)*, Egg Noodles (17), Spanish Broccoli (28) Fresh Fruit (1) White Bread (125), Milk (103)	 <small>Locally prepared by Delaney's Market, following the nutrition and portion guidelines from the Massachusetts Executive Office of Elder Affairs.</small>	 <small>formerly WestMass ElderCare</small>	Suggested, Confidential, Voluntary Donation of \$3.00/meal. Funding provided by MA Executive Office of Aging & Independence & Administration for Community Living.	Menu Key: High Sodium Item (>500mg) are marked with asterisk* High Sodium Days are >1200mg Number in parenthesis next to item is the sodium content in milligrams (mg).
Sodium 911, Calories 757				